

Turkey Gravy



INGREDIENTS:

2 cups turkey pan drippings
2 Tbsp butter or margarine
1/2 cup all-purpose flour
(use rice flour for a gluten-free option)
1 3/4 cups Lochmead Milk
1 tsp onion powder
1/2 tsp garlic powder
salt and pepper
(*optional - substitute soy sauce for all or part of the salt for added flavor.)

INSTRUCTIONS:

Pour the turkey pan drippings into a 2 cup measuring cup and skim the fat off. Add water or chicken broth to the remaining drippings to make 2 cups total.

Heat 1/4 cup of the fat plus 2 Tbsp butter or margarine in a saucepan. Discard any remaining turkey fat. Add the flour and stir while browning over medium heat to a toasty, golden color. About 3 minutes. Slowly add the de-fatted pan drippings and milk while whisking constantly. Add the onion and garlic powder. Bring to a bubbling simmer while continuing to whisk, about 5-7 minutes. Simmer another 1-2 minutes until fully thickened. Add salt/soy sauce and pepper to taste.

Serve in a gravy boat with your turkey dinner.

Notes: Any Lochmead Milk will work for this recipe: skim, 1%, 2%, or whole, depending on your dietary preference.

Enjoy!

Lochmead Frozen Mimosa

INGREDIENTS:

1 c Lochmead orange juice
2 c dry champagne*
 $\frac{3}{4}$ c Lochmead orange sherbet
orange zest

INSTRUCTIONS:

Pour orange juice into about 8 compartments of a standard ice cube tray; freeze. Add frozen juice cubes, champagne, and sherbet to blender in order listed and secure lid. Allow champagne bubbles to settle. Select "Ice Crush." Pour into chilled champagne flutes, and garnish with orange zest. Makes 2 servings.

* For a nonalcoholic version, replace champagne with sparkling white grape juice.



Enjoy!

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Scrumptious Alfredo

Makes 4 servings
Prep time: 10 minutes
Cook time: 15 minutes



INGREDIENTS:

8 oz. dried small pasta (shells, macaroni, ditalini)
1 1/2 cup 1% low-fat milk
3 tbsp. flour
2/3 cup grated Parmesan cheese
1/2 cup reduced-fat sour cream
4 oz. lean deli ham, diced
1 1/2 cups frozen peas, thawed

INSTRUCTIONS:

Cook the pasta according to package directions. Drain and set aside. Return the saucepan to the stove (do not place over heat just yet). Add the milk and flour and whisk until well blended. Place over medium-high heat and bring to a simmer, stirring constantly. Reduce the heat and continue to simmer and stir gently until the mixture thickens slightly, about 2 minutes. Add the Parmesan cheese and sour cream and stir until well blended. Stir in the pasta, ham, and peas, heat through.

Enjoy!

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Marvelous Mac-n-Cheese

Creamy and delicious,
this mac-n-cheese puts the
“comfort” in comfort food!



INGREDIENTS:

2½ c Lochmead Farms Fat Free Milk
2 c elbow macaroni (7 oz), uncooked
1 T butter
3 T all-purpose flour
¾ t salt
½ t dry mustard
10 oz sharp cheddar cheese, shredded
(reserve 2 oz for optional topping)

DIRECTIONS:

Preheat oven to 375°F. Cook macaroni according to package directions. In saucepan, heat milk and butter over medium heat until melted. Gradually whisk in flour, salt and dry mustard. Simmer for 1 minute, whisking until slightly thickened and creamy; remove from heat. Sprinkle in 8 oz cheese and melt. Add warm, drained macaroni to saucepan and toss with sauce. Transfer to a square 8" or 9" baking dish. Top with additional cheese (optional). Bake uncovered until hot and bubbly, about 20 minutes. Let stand 5 minutes before serving.

VARIATION:

Sauté some chopped red pepper and broccoli florets in the butter before adding the flour for a colorful, nutritious gourmet version of this comforting creation.

Makes 10 servings

Enjoy!

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Fabulous French Toast with Vanilla Yogurt Syrup



Wake up the family or overnight guests with the smell of this tasty, bread-pudding-style French toast baking in the oven.

INGREDIENTS:

10 c Italian bread, cubed
9 lg eggs
2 c Lochmead Farms Milk
12 oz all-natural vanilla yogurt
2/3 c maple syrup
1 T cinnamon

DIRECTIONS:

Spray 9"x13" baking pan with cooking spray and place bread cubes in pan. In a large bowl, whisk eggs, milk, all-natural vanilla yogurt, syrup and cinnamon. Pour mixture over bread and make sure the bread is completely coated. Let set for about 15 minutes to absorb the liquid. Bake at 350° for 40-45 minutes, or until liquid is absorbed and completely set.

YOGURT SYRUP:

6 oz low-fat yogurt (for syrup mixture)
1 c butter-flavor maple syrup (for syrup mixture)

Whisk together low-fat yogurt and syrup until smooth and creamy to top French toast.

Makes 8 servings

Enjoy!

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Kick-the-Can Ice Cream

Makes 4 servings
Prep time: 30 minutes



INGREDIENTS:

1 cup milk (can use low-fat, fat-free, flavored)
1 cup whipping cream (can use half-and-half)
1/2 cup sugar
1 teaspoon vanilla extract
Ice
Rock salt
Large and small cans with lids
(like coffee cans, cleaned)
Duct tape

DIRECTIONS:

Pour milk, cream, sugar and vanilla into small can. Cover the can and duct tape well. Shake the can to mix. Put a layer of ice and rock salt in large can. Add small can and layer more ice and rock salt. Cover can and duct tape well. Kick or roll the can for 10 to 15 minutes. Remove the small can. Scrape the ice cream away from the side of the can. Re-tape and put back in large can with more ice and rock salt. Kick or roll for 5 to 10 more minutes. Open can, stir and serve.

VARIATIONS:

For reduced fat ice cream, use low-fat or fat-free milk and half-and-half.
For strawberry ice cream, use strawberry milk and add 1/2 cup of fresh or frozen sliced strawberries.
For chocolate chip ice cream, use chocolate milk and add 1/3 cup chocolate chips.

Enjoy!

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Mint Chocolate 'Skinny' Milkshake

Makes 2 servings

INGREDIENTS:

4 scoops Lochmead Mint Chocolate Breeze Sherbet
1/3 cup Lochmead milk

DIRECTIONS:

Combine ice cream and milk in a blender. Blend until smooth. Pour into glasses and serve.

Enjoy!



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The Chowder Soup Base



This recipe has so many options, a chowder to please everyone. Perfect way to warm up from the cold.

INGREDIENTS:

4 ounces (2/3 cup) diced blanched salt pork or bacon
1 Tbs butter
3 cups (1 pound) sliced onions
1 imported bay leaf
3/4 cup crumbled "common" or pilot crackers, or 1 pressed-down cup fresh white bread crumbs
6 cups liquid (milk, chicken stock, fish stock, clam juices, or a combination)
3 1/2 cups (1 pound) peeled and sliced or diced boiling potatoes
Salt and freshly ground white pepper

DIRECTIONS:

Sauté the pork or bacon bits slowly with the butter in a large saucepan for 5 minutes, or until pieces begin to brown. Stir in the onions and bay leaf; cover, and cook slowly 8 to 10 minutes, until the onions are tender. Drain off fat and blend crackers or bread crumbs into onions. Pour in the liquid; add the potatoes and simmer, loosely covered, for 20 minutes or so, until the potatoes are tender. Season to taste with salt and white pepper, and the soup base is ready.

New England clam chowder: For about 2 1/2 quarts, serving 6 to 8. Scrub and soak 24 medium-size hard-shell clams. Steam them for 3 to 4 minutes in a large tightly covered saucepan with 1 cup water, until most have opened. Remove the opened clams; cover, and steam the rest another minute or so. Discard any unopened clams. Pluck meat from the shells, then decant steaming-liquid very carefully, so all sand remains in the saucepan; include the clam-steaming liquid as part of the chowder base. Meanwhile, mince the clam meats in a food processor or chop by hand. Fold them into the finished chowder base. Just before serving, heat to below the simmer—so the clams won't overcook and toughen. Fold in a little heavy cream or sour cream if you wish; thin with milk if necessary, correct seasoning, and serve.

To prepare clams: Scrub one at a time under running water, discarding any that are cracked, damaged, or not tightly closed. Soak 30 minutes in a basin of salted water (1/3 cup salt per 4 quarts water). Lift out, and if more than a few grains of sand remain in the basin, repeat. Refrigerate, covered by a damp towel. It's wise to use them within a day or two.

Fish chowder: Prepare the chowder base using fish stock, and/or light chicken stock, and milk. Cut into 2-inch chunks 2 to 2 1/2 pounds of skinless, boneless lean fish, such as cod, haddock, halibut, monkfish, or sea bass, all one kind or a mixture. Add to the finished chowder base and simmer 2 to 3 minutes, just until fish is opaque and springy. Correct seasoning, and top each serving, if you wish, with a spoonful of sour cream.

Chicken chowder: Prepare the chowder base using 6 cups of light chicken stock and milk. Stir 3 cups or so of grated fresh corn into the finished base, adding, if you wish, 2 green and/or red peppers chopped fine and sautéed briefly in butter. Bring to the simmer for 2 to 3 minutes; correct seasoning, and top each serving, if you wish, with a spoonful of sour cream.

Corn chowder: Prepare the chowder base using 6 cups of light chicken stock and milk. Stir 3 cups or so of grated fresh corn into the finished base, adding, if you wish, 2 green and/or red peppers chopped fine and sautéed briefly in butter. Bring to the simmer for 2 to 3 minutes; correct seasoning, and top each serving, if you wish, with a spoonful of sour cream.

Enjoy!

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Lochmead Farms Whipped Cream

Makes the perfect topping
for your favorite dessert.



INGREDIENTS:

1 c Lochmead Farms Heavy Whipping Cream
2 T confectioners' sugar
1 ½ t vanilla extract

DIRECTIONS:

In a large bowl, use a mixer to beat together the whip
cream, sugar, and vanilla extract until soft peaks form.

Enjoy!

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