



**WHICH MILK IS BEST:
NON-FAT
LOW-FAT
FULL-FAT**
AN EXPERT ANSWERS

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WHICH MILK IS BEST: NON-FAT, LOW-FAT, OR FULL-FAT? AN EXPERT ANSWERS

There is a lot of confusing information about whether fat in dairy products is good for you. If recent reports have you reaching for the ultra-rich, cream-on-the-top yogurts and whole milk, you have likely heard or seen stories suggesting that skim products are less healthy and the saturated fats in full-fat dairy products will not clog your arteries or add inches to your waistline. Unfortunately, a lot of the good news about high-fat dairy foods gets a lot of media attention but does not hold up to scientific scrutiny. Skim milk or any other low-fat dairy product is not high in sugar compared to their full-fat counterparts nor are they somehow slimmed of nutrients.

All types of cow's milk—non-fat, 1 percent, 2 percent, or whole—have the same amount of carbohydrates and protein but vary in their total fat, saturated fat, and calorie count. Since satiety is based on protein content and not fat or calories, the notion that whole milk dairy is more filling makes little sense.

MILK TYPE	CALORIES	PROTEIN	FAT	SATURATED FAT	CHOLESTEROL (MG)
Skim	90	8.75	0.6	0.4	5
Low-fat 1%	105	8.5	2.4	1.5	10
Low-fat 2%	140	9.6	4.8	3.0	20
Whole	150	7.7	7.9	4.5	24

Values based on an eight-ounce serving



MILK BY- PRODUCTS



Cream

It is the fat component of milk and is heavier, thus, it easily accumulates forming a layer, which can be easily separated using a spoon, leaving behind skimmed milk as another by-product. It is often used as an accompaniment to coffee, as a filling in cakes, and an ingredient in ice-cream.



Butter

Butter is a semi-solid mass that contains 80-85% of milk fat. It is derived by thoroughly churning pasteurized milk, which helps separate milk-fat and water. With further processing, a white, yellow non-salted, salted smooth textured by-product is derived. It is then packed in either greaseproof paper or foil wrappers. It holds high value and demand as an ingredient in other food processing like confectionery and bakery uses.



Ghee

Ghee is a high demand by-product of milk. It is used in some countries as a domestic ingredient for local food production in bakeries and confectionery manufacturers and as an export commodity. It is derived in 2 ways—by heating and clarifying butter at 40 degrees or by boiling cream until milk proteins start to coagulate, forming particles, and the color of the cream darkens.

FERMENTED MILK PRODUCTS



Yogurt

Yogurt is unsweetened or sweetened, set, or stirred. A cup of plain yogurt has about seven grams of natural milk sugars but a cup of fruit-on-the-bottom yogurt has as much as 32 grams of sugar or eight teaspoons. A whole milk yogurt will have up to 200 calories and seven to 10 grams of fat per serving; two percent will have 120 to 150 calories, and fat free will have about 100 calories and no fat per serving.



Cheese

Cheese is derived by a combined working of lactic acid present in the milk and an enzyme known as rennet, which may be externally added to milk. It is a concentrated form of milk fat and milk protein. To make a pound of regular cheese, one will need about 10 pounds of milk, so ounce per ounce, regular cheese has more calories, fat, saturated fat, and cholesterol than full fat milk.

<http://www.popsugar.com/fitness/Which-Milk-Best-You-37206266>
<http://govindmilk.com/milk-by-products/>

How healthy is your cup of milk?

One cup of milk—whether whole, low-fat, fat-free or lactose-free—provides:

Why do you need milk?

Drinking milk promises these lifetime benefits!

- Brain development
- Strong bones and teeth
- Sports recovery
- Disease prevention
- Maintain strong muscles and bones

Source: <http://www.healthyeating.org/Portals/0/Documents/Tip%20Sheets/Why-You-Need-Milk.pdf>



- Vitamin A
- Niacin (niacin equivalents)
- Potassium
- Vitamin B12
- Protein
- Riboflavin
- Phosphorus
- Vitamin D
- Calcium

You would need to eat one of the following foods to be able to get the same amount of calcium as there is in just one 8-ounce glass of milk!

- 12 servings of whole grains
- 10 cups of raw spinach
- 6 servings of legumes

DECODING

YOUR CHOICE IN THE DAIRY AISLE

With so many choices on grocers' shelves, how do you know which one you should buy?



WHOLE MILK

Creamy! Whole milk contains 3.5% fat by weight, the same amount found when it leaves the cow.

2% OR 1% MILK

Fat and calorie levels are reduced in these versions, but they have the same complete nutrient package as whole milk.

FAT-FREE MILK

Fat-free milk has no more than 0.2% milk fat. It's the lowest in calories but, again, has just as many nutrients as whole milk.

ORGANIC MILK

The nutrient content is the same as conventional milk and offers the same health benefits. It's the process that makes this milk organic, not the product.

LACTOSE-FREE MILK

Think you're lactose-intolerant? Try lactose-free milk. This type of milk is basically regular cow's milk minus lactose, the natural sugar in milk. It provides all of the same healthful nutrients, just not the sugar that stokes digestive problems

Source: <http://www.healthyeating.org/Portals/0/Documents/Tip%20Sheets/Why-You-Need-Milk.pdf>

MENU OF THE MONTH:

Beef Wellington

Ingredients:

- 1kg/2lb 4 oz of a good beef fillet (preferably Aberdeen Angus)
- 3 tbsp olive oil
- 250g/ 9oz chestnut mushroom, include some wild ones if you like
- 50g/ 2oz butter
- 1 large sprig fresh thyme
- 100ml/ 3½ fl oz dry white wine
- 12 slices prosciutto
- 500g/1lb 2oz pack puff pastry, thawed if frozen
- a little flour for dusting
- 2 egg yolk beaten with 1 tsp water

DIRECTIONS:

1. Heat oven to 220C/fan 200C/gas 7. Sit the 1kg. beef fillet on a roasting tray, brush with 1 tbsp olive oil and season with pepper. Roast for 15 minutes for medium-rare or 20 minutes for medium. When the beef is cooked to your liking, remove from the oven to cool, then chill in the fridge for about 20 minutes.

2. While the beef is cooling, chop 250g of chestnut (and wild, if you like) mushrooms as finely as possible so they have the texture of coarse breadcrumbs.

3. Heat 2 tbsp of olive oil and 50g butter in a large pan and fry the mushrooms over a medium heat, with 1 large sprig fresh thyme, for about 10 minutes, stirring often, until you have a softened mixture. Season the mushroom mixture and then pour 100ml of dry white wine over the mixture and cook for about 10 minutes until all the wine has been absorbed. The mixture, or mushroom duxelle, should hold its shape when stirred. Remove the mushroom duxelle from the pan to cool and discard the thyme.



<http://www.bbcgoodfood.com/recipes/2538/beef-wellington>

4. Overlap two pieces of cling film over a large chopping board. Lay 12 slices prosciutto on the cling film, slightly overlapping, in a double row. Spread half the duxelles over the prosciutto, then sit the fillet on top and spread the remaining duxelles over the fillet. Use the cling film's edges to draw the prosciutto around the fillet, then roll it into a sausage shape, twisting the ends of cling film to tighten it as you go. Chill the fillet while you roll out the pastry.

5. Dust your work surface with a little flour. Roll out a third of the 500g pack of puff pastry to a 18 x 30cm strip and place on a non-stick baking sheet. Roll out the remainder of the 500g pack of puff pastry to about 28 x 36cm. Unravel the fillet from the cling film and sit it in the centre of the smaller strip of pastry. Beat the 2 egg yolks with 1 tsp water and brush the pastry's edges, and the top and sides of the wrapped fillet. Using a rolling pin, carefully lift and drape the larger piece of pastry over the fillet, pressing well into the sides. Trim the joins to about a 4cm rim. Seal the rim with the edge of a fork or spoon handle. Glaze all over with more egg yolk and, using the back of a knife, mark the beef Wellington with long diagonal lines taking care not to cut into the pastry. Chill for at least 30 minutes and up to 24 hrs.

6. Heat oven to 200C/fan 180C/gas 6. Brush the Wellington with a little more egg yolk and cook until golden and crisp – 20-25 minutes for medium-rare beef, 30 minutes for medium. Allow to stand for 10 minutes before serving in thick slices.

DID YOU KNOW?

Eating fast food regularly has the same impact on the liver as hepatitis.

A new study shows that regularly eating fast food is not just bad for your waistline, it can also damage your liver in ways that are surprisingly similar to hepatitis. The results were revealed on the television program, The Doctors, where it was found that even just a month of eating fast food can cause significant changes to your liver.



Read more: <http://www.dailymail.co.uk/news/article-2279860/Eating-fast-food-regularly-impact-liver-hepatitis-study-finds.html#ixzz41dShZThK>



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