

# Sweetness Made Simple

It's time to enjoy summer entertaining with easy, no-bake desserts that let you relax and enjoy time with friends and family while your creations are chilling in the fridge. To help you keep your cool, Eagle Brand® Sweetened Condensed Milk is sharing expert tips and recipes to satisfy your family, friends and guests alike without ever turning on the oven.

**Foolproof Ice Cream:** Homemade ice cream is easy to make with Eagle Brand Sweetened Condensed Milk. It lends a rich, thick consistency, so no eggs are required — and you don't need an ice-cream maker, either. Try this luscious Butter Pecan Ice Cream recipe, or use your favorite fruit, candy pieces, nuts or coffee to create your own delicious and refreshing ice cream flavors.

**Make It Mini:** Mini desserts are perfect for summer parties — small, bite-sized treats are easy to handle and let guests enjoy something sweet without feeling like they're overindulging.

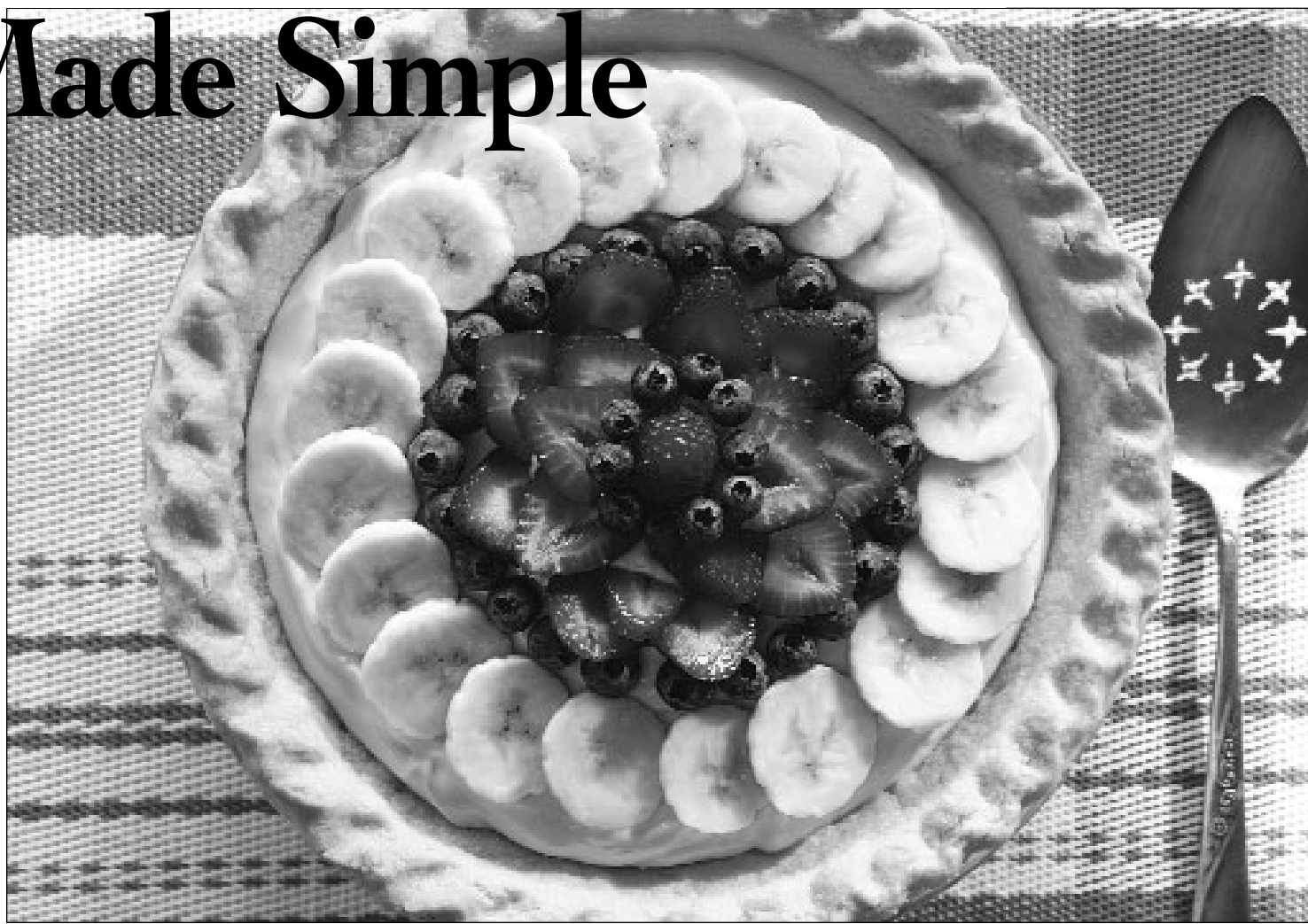
Try different variations of Creamy Mini Tarts using chocolate, peanut butter or your favorite fruit to satisfy everyone's taste. Also try making mini-size Raspberry Mocha Mousse Parfaits by layering the ingredients in small juice glasses.

**Fresh and Fun:** Make the most of the season's freshest flavors with this Fresh Fruit Cream Cheese Pie. Mix and match your favorites for a show-stopping dessert.

**Sweet Inspiration:** If life hands you lemons, make easy, no-bake party desserts. When combined with acidic fruit juice from a lemon or lime, Eagle Brand Sweetened Condensed Milk thickens — without heating — to form velvety pie fillings, puddings and other desserts. Get inspired and whip up these Creamy Mini Tarts.

To get more easy dessert recipes, see how-to videos, and to download a free recipe book, visit [www.eaglebrand.com](http://www.eaglebrand.com).

(FAMILY FEATURES)



## FRESH FRUIT CREAM CHEESE PIE

Prep Time: 10 Minutes  
Chilling Time: 3+ hours  
Yield: 8 servings

### Ingredients

- 1 8-ounce package cream cheese, softened
- 1 14-ounce can Eagle Brand Sweetened Condensed Milk OR 1 14-ounce can Eagle Brand Low Fat Sweetened Condensed Milk
- 1/3 cup lemon juice
- 1 teaspoon vanilla extract
- 1 9-inch frozen deep-dish pie crust, baked
- Fresh fruit (blueberries, strawberries, bananas\*)
- Seedless red raspberry jam

### Directions

1. BEAT cream cheese in large bowl with an electric mixer until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in lemon juice and vanilla. Pour into baked pie crust.
2. REFRIGERATE 3 hours or until set. Arrange fruit on top of pie. If coating berries, stir jam until smooth. Brush berries with jam and serve.
- \*If using bananas, dip in lemon juice before placing on pie to keep them from turning brown. Do not coat with jam.

## RASPBERRY MOCHA MOUSSE PARFAITS

Prep Time: 40 Minutes  
Chilling Time: 20 Minutes  
Yield: 8 servings

### Ingredients

- 4 1-ounce squares unsweetened chocolate
- 1 14-ounce can Eagle Brand Sweetened Condensed Milk
- 1 1/2 teaspoons vanilla extract
- 1 tablespoon Folgers® Instant Coffee Crystals
- 1 teaspoon hot water
- 1 cup (1/2 pint) heavy cream
- 1 can refrigerated whipped cream
- 2 cups Nature's Peak® Frozen Raspberries OR 2 cups fresh raspberries

### Directions

1. MELT chocolate in a microwave-safe dish on HIGH (100% power) in 20 second intervals until melted. Stir until smooth.
2. POUR sweetened condensed milk into large bowl. Beat in melted chocolate and vanilla. Dissolve coffee in hot water. Add to chocolate mixture, beating until smooth. Chill 15 minutes. Chill beaters and mixing bowl from electric mixer 10 minutes in preparation for next step.
3. BEAT cream in chilled bowl with

chilled beaters until stiff. Fold into chilled chocolate mixture. Reserve 8 raspberries for garnish. Layer parfait glasses as follows: 1/4 cup chocolate mousse, refrigerated whipped cream, 1/4 cup raspberries, 1/4 cup chocolate mousse. Refrigerate parfaits 20 minutes before serving. Just before serving, garnish each with refrigerated whipped cream and a single raspberry.

## CREAMY MINI TARTS

Prep Time: 1 hour  
Chilling Time: 2 hours  
Yield: 60 mini tarts

### Ingredients

- 1 8-ounce package cream cheese, softened
- 1 14-ounce can Eagle Brand Sweetened Condensed Milk
- 1/3 cup lemon juice
- 1 teaspoon vanilla extract
- 4 1.9-ounce boxes mini phyllo shells
- 2/3 cup Smucker's® Blueberry Preserves

### Directions

1. BEAT cream cheese in large bowl until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in lemon juice and vanilla until blended. Spoon about 2 teaspoons into each mini

shell. Refrigerate 2 hours or until firm.

2. MAKE a slight indentation in the filling using the back of small round measuring spoon. Fill with 1/2 teaspoon preserves. Refrigerate until ready to serve.

### Variations

**Fresh Fruit:** Top mini tarts with fresh fruit such as strawberries, blueberries, bananas, raspberries, cherries, kiwi, grapes or pineapple. Garnish with mint leaves.

**Hot Fudge:** Place 2 tablespoons hot fudge topping into corner of resealable plastic bag. Cut small corner off bag. Squeeze to drizzle over top of mini tarts.

**Preserves:** Use different flavors of preserves or orange marmalade to create a colorful assortment. Garnish with mint leaves.

## BUTTER PECAN ICE CREAM

Prep Time: 15 minutes  
Freezer Time: 6+ hours  
Yield: 1 3/4 quarts

### Ingredients

- 2 cups heavy cream
- 1 14-ounce can Eagle Brand Sweetened Condensed Milk
- 1 to 1 1/2 cups chopped pecans, toasted\*
- 3 tablespoons butter, melted



1 teaspoon maple extract  
Directions

1. WHIP heavy cream to stiff peaks in large bowl. Combine sweetened condensed milk, pecans, butter and maple flavoring in large bowl. Mix well. Fold in whipped cream.
  2. POUR into 9 x 5-inch loaf pan or 2-quart container; cover. Freeze 6 hours or until firm. Store in freezer.
  - \*To toast nuts: Place nuts in dry non-stick skillet. Cook over medium heat, shaking pan until nuts are lightly browned. To avoid over-browning, remove from pan immediately.
- SOURCE: EAGLE BRAND SWEETENED

# Tips For Grilling And Summer Cooking

BY SHARON GUTHMILLER  
Extension Educator

Take time this 4th of July weekend to reflect, celebrate and be thankful for this nation's independence and the freedoms we enjoy as Americans. Pack the weekend with meaning and sharing time with family and friends as we celebrate our individual and national freedoms. Take time also for safety no matter what activity you may choose whether travel, boating, camping, fireworks, planning picnics, etc.

The following information is from the USDA fact sheet on summer food safety. It is important to follow food safety guidelines to prevent harmful bacteria from multiplying and causing food-borne illness. During grocery shopping, be sure to select cold food like meat and poultry last. Separate raw meat and poultry from other food in your shopping cart. Cross-contamination can happen when raw meat or poultry juices drip on other food. You may want to take a cooler with ice for perishables. Always refrigerate perishable food within 2 hours after purchase. Refrigerate foods within 1 hour when the temperature is above 90 °F. Meat and poultry should be placed in the refrigerator immediately after arrival at home. When preparing food, thaw meat and poultry completely before grilling so it cooks more evenly. Use the refrigerator for slow, safe thawing or thaw sealed packages in cold water. You can microwave defrost if the food will be placed immediately on the grill.

A marinade is a savory, acidic sauce in which a food is soaked to enrich its flavor or to tenderize it. Marinate food in the refrigerator, not on the counter. Poultry and cubed meat or stew meat can be marinated up to 2 days. Beef, veal, pork, and lamb roasts, chops, and steaks may be marinated up to 5 days. If some of the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade before putting raw meat and poultry in it. However, if the marinade used on raw meat or poultry is to be reused, make sure to let it come to a boil first to destroy any harmful bacteria.

If you transport food to another location, keep it cold to minimize bacterial growth. Use an insulated cooler with sufficient ice or ice packs to keep the food at 40 °F or below. Pack food right from the refrigerator into the cooler immediately before leaving home.



SHARON GUTHMILLER

Keep meat and poultry refrigerated until ready to use. Only take out the meat and poultry that will immediately be placed on the grill.

When using a cooler, keep it out of the direct sun by placing it in the shade or shelter. Avoid opening the lid too often, which lets cold air out and warm air in. Pack beverages in one cooler and perishables in a separate cooler.

Be sure there are plenty of clean utensils and platters. To prevent food-borne illness, don't use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food. If you're eating away from home, find out if there's a source of clean water. If not, bring water

for preparation and cleaning. Or pack clean cloths, and wet wipes for cleaning surfaces and hands.

Precooking food partially in the microwave, oven, or stove is a good way of reducing grilling time. Just make sure that the food goes immediately on the preheated grill to complete cooking.

Cook foods to minimum cooking temperatures. Those include: Whole poultry: 165 °F; Poultry breasts: 165 °F; Ground poultry: 165 °F; Hamburgers, beef: 160 °F; Beef, veal, and lamb (steaks, roasts and chops): Medium rare 145 °F and Medium 160 °F; and All cuts of pork: 160 °F. Cooking food to a safe minimum internal temperature destroys harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside.

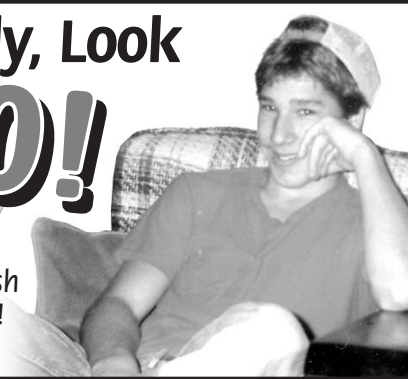
When removing food from the grill, use a clean platter. Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food. In hot weather

(above 90 °F), food should never sit out for more than 1 hour. Refrigerate any leftovers promptly in shallow containers. Discard any food left out more than 2 hours (1 hour if temperatures are above 90 °F).

Sharon Guthmiller is a Yankton County Extension educator specializing in family and consumer sciences.

Lordy, Lordy, Look Who's 40!

When you see Daryl, wish him a Happy Birthday! Love, Your Family



NOMINATE THE 2011 YANKTON COUNTY

RELAY FOR LIFE American Cancer Society  
**Honorary Survivorship Chair**

**Nomination Deadline: Friday, July 9, 2010**

Please Mail Your Nomination To:  
Avera Sacred Heart Cancer Center  
Attn: Darla Gullikson  
1115 W. 9th Street, Yankton, SD 57078  
For questions or more information call 668-8850

My nomination for the 2011 Honorary Survivorship Chair of the Year is:

This person should be Honorary Survivorship Chair of the Year because:

MY NAME \_\_\_\_\_

MY ADDRESS \_\_\_\_\_

MY PHONE NUMBER \_\_\_\_\_

The Yankton Unit **Press & Dakotan** 706.3 YANKTON MEDICAL CLINIC, P.C.  
Relay For Life Is Made Possible By Our **ROGER'S Avera** FARMER'S VISHAY LEWIS & CLARK  
Corporate Sponsors: **Sacred Heart Cancer Center** Specialty Hospital

**THANK YOU**

The students and parents of the Yankton Science Club and Yankton Science Olympiad teams would again like to thank all of those that supported the teams in attending and participating at the National Science Olympiad at the University of Illinois, Champaign-Urbana, IL. As with any thank you list, we worried that the ad in the paper would inadvertently overlook someone, and it did. We would like to add The Freeman Company and the Yankton Morning Optimist Club names to the very long list of supporters and thank them and all of the others for their extreme generosity, even in tough economic times. We are truly blessed to be an organization supported by such a caring community. Thank you again.

**Yankton Science Olympiad Teams**

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