

INTERNATIONAL *Flavors*



WITH REAL CALIFORNIA DAIRY



Milk, cheese and yogurt have been an important source of nutrition all across the world for thousands of years. Today, dairy is still incorporated into a wide variety of global cuisines, as well as inventive fusion dishes. We hope you enjoy these delicious international-inspired recipes made with Real California Dairy. From delicate egg dishes and addictive cheesy noodles to refreshing drinks and flavorful desserts, it really is a small world after all.



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ÇILBIR
Turkish Eggs on Yogurt

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Turkish Eggs on Yogurt

Çilbir is an extremely popular and extremely delicious breakfast in Turkey. It's a comforting dish of creamy + garlicky yogurt topped with delicately poached eggs. It's drizzled with chile-infused oil and topped with bright, punchy herbs. Serve with a side of toast or warm flatbread to scoop every saucy bit up.

Prep time: 15 minutes

Cook time: 12 minutes

Servings: 2

Instructions

MAKE THE YOGURT SPREAD. Place the yogurt in a medium bowl. Whisk in the garlic, lemon zest, lemon juice, salt and pepper. Stir to combine and set aside.

MAKE THE CHILE BUTTER. Cut the butter into 1-inch pieces and melt in a small skillet over medium-low heat, stirring occasionally until the butter begins to foam slightly, about 2-3 minutes. Continue cooking the butter until it starts to smell nutty and turns a light brown color, about 3 minutes longer. Stir in the Aleppo pepper and cumin seeds, and set aside.

POACH THE EGGS. Bring a large skillet to a boil filled halfway with water. Stir in the vinegar and reduce heat to a simmer. Crack the eggs into small bowls or mugs. Gently slip each egg into the simmering water and poach until the egg whites are firm and the yolk is set, but still soft and runny, about 2-3 minutes. Remove the eggs from the water with a slotted spoon and place on a paper-towel-lined plate. Gently pat the tops of the eggs dry.

ASSEMBLE THE DISH. Divide the yogurt between two plates or shallow bowls. Top with the poached eggs and drizzle with chile butter. Sprinkle the chopped herbs and flaky salt over the top. Serve with toast or flatbread.

NOTES: You can make the yogurt mixture a few days ahead if needed. It's important that the yogurt is at room temperature so you're not putting warm eggs on cold yogurt. Take it out of the fridge about 30 minutes before you want to eat it.

Ingredients

FOR THE YOGURT

1 cup Real California Yogurt, at room temperature (whole fat is best)

1 clove of garlic, finely grated

1 teaspoon lemon zest

2 teaspoons freshly squeezed lemon juice

¼ teaspoon sea salt

¼ teaspoon pepper

FOR THE CHILE BUTTER

4 tablespoons salted Real California Butter

2 teaspoons ground Aleppo chile

¼ teaspoon cumin seeds or ground cumin

FOR THE POACHED EGGS

4 large eggs

1 tablespoon white vinegar

TO TOP

Fresh herbs (dill, mint, parsley)

Flaky sea salt

GET CULTURED

03.03.2023 ARRIVED

People have been enjoying creamy, tangy yogurt for over 7,000 years! It's believed that

yogurt, like butter, was an accidental discovery created when milk was exposed to warm temperatures. Today, yogurts are cultured and pasteurized and available plain or with a wide variety of flavors. Like other products made with Real California Milk, yogurt is a good source of high-quality protein, calcium, potassium and riboflavin. And some yogurts also contain probiotics which are believed to be good for the digestive system.



COLOR-CHANGING

Sweet Potato Muffins

COLOR-CHANGING

Sweet Potato Muffins

Ube, a purple tuber related to the yam, is an important ingredient in Southeast Asian cuisine, especially in the Philippines. Here in the U.S. it can be a difficult ingredient to find. What we do have access to are purple sweet potatoes which can be used in similar ways. Sweet potatoes in general are very healthy, but purple sweet potatoes, in particular, are richer in antioxidants and contain anthocyanins, a type of flavonoid linked to reduced risk of disease. Plus, they are just plain delicious. These colorful muffins have a crunchy topping with a moist texture and light crumb thanks to the addition of Real California Sour Cream.

BONUS: the bright purple batter turns blue once it's baked!

Prep time: 20 minutes

Cook time: 1 hour, 20 minutes

Servings: 12 muffins

Instructions

MAKE THE SWEET POTATO PUREE. Pierce the potato several times with a sharp knife. Place on a microwave-safe plate and microwave for 5-7 minutes or until easily pierced with knife.

Remove the potato from the microwave and cool until easily handled. Cut the potato in half and scoop out the filling into a bowl and let cool to room temp. Puree in a food processor until smooth, about 20 seconds. Set aside.

MAKE THE COCONUT TOPPING. In a small bowl, combine all ingredients for the coconut topping until evenly blended. Set aside.

MAKE THE MUFFINS. Preheat the oven to 400°F. Line a 12-cup muffin pan with paper liners.

Cut the butter into 1-inch pieces and melt in a microwave-safe bowl in the microwave in 30-second increments until melted. Let cool for about 15 minutes.

Place the flour, salt, baking powder, baking soda and cardamom in a medium bowl and whisk to combine.

Place the brown sugar in a bowl and whisk in the melted butter, then add the eggs one at a time, whisking until thoroughly incorporated. Whisk in the sweet potato puree until smooth. Then whisk in the sour cream.

Add half of the flour mixture to the wet ingredients and fold into the batter using a spatula. Add the remaining flour mixture and fold it in until the dry ingredients are thoroughly incorporated. The batter will be very thick.

Use a #12 scoop (about 1/3 cup or 5 tablespoons) and divide the batter evenly between the 12 muffin cups. The batter should be nearly to the top of the cups. Top each muffin with the coconut topping, lightly pressing it into the batter.

Bake the muffins at 400°F for 18-22 minutes or until a toothpick inserted into the center of the muffin comes out clean. Remove the muffins from the oven and let the muffins cool in the muffin pan for 5 minutes. Remove the muffins from the tin to finish cooling on a wire rack.

MAKE THE GLAZE. Whisk the powdered sugar with 3 tablespoons of the milk until smooth. If it seems too thick to drizzle, add another tablespoon of milk. Stir in the vanilla extract. Drizzle over the tops of the muffins and serve.

NOTE: The sweet potato muffin batter starts out a bright purple color, but when baked turns a dark teal thanks to a chemical reaction caused by the leavening agents. This is totally normal and doesn't affect the flavor or texture of the final product.

Ingredients

1 large purple sweet potato

FOR THE MUFFINS

1 3/4 cups all-purpose flour

2 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon fine sea salt

1 teaspoon ground cardamom

3/4 cup packed light brown sugar

8 tablespoons Real California Butter, melted

2 large eggs, at room temperature

1 cup purple sweet potato puree

1/2 cup Real California Sour Cream

FOR THE TOPPING

1/4 cup all-purpose flour

1/4 cup granulated sugar

1/4 cup sweetened shredded coconut

2 tablespoons Real California Butter, melted

Pinch of salt

FOR THE GLAZE

1 cup powdered sugar

3-4 tablespoons Real California Milk

1 teaspoon vanilla extract



California's sunshine and warm, dry climate mean our sweet potato vines are lush and fast-growing, with a longer growing season allowing year-round supply.

Today you can find a wide variety of sweet potatoes in the market with either orange, white or purple flesh. They all have slightly different flavor profiles and textures but are a nutritious and delicious alternative to regular baking potatoes.



CHEESY ZA'ATAR

Dough Balls

CHEESY ZA'ATAR Dough Balls

Za'atar is a wildly popular and totally addictive spice blend found all across the Middle East (and of course here). The blend varies depending on where you are, but in general, it contains a mixture of dried oregano, thyme and marjoram along with sesame seeds and sumac. It can also contain dried dill, citrus zest, salt and/or the wild herb called za'atar (AKA hyssop) that grows throughout the Mediterranean. It's delicious sprinkled on pretty much anything and everything like these Dough Balls stuffed with Real California Mozzarella. They are so easy to make and even easier to eat.

Prep time: 20 minutes

Cook time: 20 minutes

Servings: 18 dough balls

Ingredients

1 1-pound package of premade pizza dough
8 ounces Real California Low Moisture Mozzarella
Cheese, cut into 1-inch cubes
4 tablespoons Real California Butter, melted
2 tablespoons za'atar



Did you know that 99% of dairies in the Golden State are family-owned? When you see the Real California Milk seal, you'll feel good knowing that the product is certified as having been made with 100% Real California Milk from California dairy farm families.

Instructions

Preheat the oven to 425°F. Grease a 9-inch skillet or round baking dish.

Cut the pizza dough into 12 even pieces. Flatten each into a disk, about a 3-inch round. Place a piece of mozzarella into the center. Wrap the dough around the cheese ball, pinching closed at the bottom. Place seam side down in prepared baking dish. Repeat with the remaining dough and cheese.

Cover with plastic and let rise for 30 minutes. Remove plastic and brush the tops of the dough balls with melted butter. Sprinkle heavily with za'atar. Bake for 18-20 minutes or until the dough balls are golden brown.

Serve immediately.





KOREAN

Cheese + Corn Ramen

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This cheesy Korean ramen is inspired by the corn and cheese side dish typically served with Korean bbq. It's comfort in a bowl with cheesy ramen, sweet corn, and a fried egg.

Prep time: 5 minutes

Cook time: 10 minutes

Servings: 1-2

Instructions

In a medium saucepan, melt butter over medium heat. Whisk in flour and cook for 1 minute. Whisk in milk and bring to a boil over high heat.

Reduce heat to low, add cheddar and 1 teaspoon of flavor packet, and stir until cheese is melted and sauce thickened. Remove from heat and set aside.

In a separate saucepan, add 3 cups of water and bring to a boil. Add the ramen and cook until al dente, about 2 minutes. Drain the ramen.

Transfer ramen to a serving bowl. Top with the spice packet if desired. Pour the cheese sauce over the ramen and mix until combined. Top with corn, scallion, freshly ground pepper, and extra cheese if desired. Serve immediately.

Ingredients

1 tablespoon Real California Unsalted Butter

1 tablespoon all-purpose flour

1 ¼ cups Real California 2% milk

½ cup Real California Cheddar Cheese, shredded

½ cup canned corn

1 package instant ramen with flavor packet and spice packet (4.5-5 ounces)

1 fried egg for serving (or more if you like)

2 tablespoons sliced green scallions for serving

TO SERVE

Extra shredded cheddar for serving

Freshly ground pepper for serving



California has more than 50 cheesemakers who produce 250+ different varieties and styles of cheese! These cheeses vary in style, flavor and aging, but they fall into five main families: fresh (unripened), soft and soft-ripened, semi-hard and hard, very hard, and spiced and flavored.





CREAMY GOCHUJANG

Egg, Pickled Radishes, + Kimchi

NOODLES WITH

CREAMY GOCHUJANG NOODLES WITH

*Egg, Pickled Radishes,
+ Kimchi*

These creamy gochujang noodles make a delicious and nourishing weeknight dinner. The heavy cream adds a bit of richness and mellows out the heat from gochujang. Top the noodles with pickled radishes, refreshing cucumber, kimchi, and soft-boiled eggs for a satisfying meal full of flavor and textures.

Prep time: 1 hour 20 minutes

Cook time: 25 minutes

Servings: 4

Instructions

TO MAKE THE PICKLE JUICE, in a small sauce bowl, whisk vinegar, water, and sugar until dissolved. Add the sliced radish to one bowl and let them pickle for 1 hour.

Bring a large pot of boiling salted water and cook the noodles according to package directions. Drain, rinse under cool running water, and set aside.

TO COOK THE EGGS, bring a large saucepan of water to a boil over medium-high. Carefully lower eggs into water using a slotted spoon. Set your alarm for 7 minutes and maintain a gentle boil.

Once the alarm goes off, transfer the eggs to an ice bath and let them chill until they are just slightly warm, about 2 minutes. Gently crack eggs all over and peel, starting from the end containing the air pocket. Set them aside until ready to use.

In a small bowl, whisk gochujang, soy sauce, and sugar until combined.

In a large nonstick skillet over medium heat, add oil and garlic and cook until fragrant, stirring frequently to prevent burning, about 2-3 minutes.

Stir in the gochujang mixture and bring to a simmer over medium-high. Add in heavy cream and stir until well combined. Let it cook for another 10 minutes. Season with additional sugar or soy sauce to your liking.

Add the drained noodles and toss gently until sauce clings to noodles, about 2 minutes. Remove from heat.

Divide the noodles between serving bowls. Top with eggs, pickled radishes, cucumber, kimchi, and toasted sesame seeds.

Ingredients

8 ounces fresh or dried wheat noodles

1 tablespoon olive oil

8 garlic cloves, finely chopped

¼ cup gochujang

2 tablespoons soy sauce

1 tablespoon brown sugar

2 cups Real California Heavy Cream

FOR THE PICKLED RADISHES

2 medium radishes, thinly sliced with a mandoline or sharp knife

2 tablespoons white vinegar

2 tablespoons water, warm

2 tablespoons granulated sugar

TO SERVE

4 large soft-boiled eggs

Pickled radishes

1 Persian cucumber, julienned

½ cup kimchi, chopped

1 tablespoon toasted sesame seeds



Gochujang is an essential ingredient in Korean cooking. It's made from dried ground chiles, sticky rice (also called glutinous rice), fermented soybeans and salt. It's spicy with a bit of sweetness from the rice and has plenty of "umami" flavor thanks to the fermented soybeans. It's become such a popular ingredient in recent years you can find it at most grocery stores. Gochujang comes in varying levels of heat (which is tempered a bit in this dish thanks to the addition of Real California Heavy Cream).



VIETNAMESE

Iced Coffee

VIETNAMESE Iced Coffee



Vietnamese iced coffee is made from darker, nutty robusta beans with chicory. It requires an inexpensive “phin” filter that you can find at your local Asian grocery stores. The coffee slowly drips by gravity creating a dark, bold cup of coffee that pairs perfectly with Real California Sweetened Condensed Milk.

Prep time: 5 minutes

Serving: 1

Instructions

Pour condensed milk into a small glass.

Remove lid and metal screen from coffee filter. Add the coffee making sure it's evenly distributed. Gently twist the screen back on until it stops. Don't push the screen all the way down or it will take longer for coffee to drip, unless you prefer a strong brew.

Place the filter over the glass and add boiling water. Put the lid back on the filter. Let the coffee drip for 5 minutes or until all the liquid has drained from the filter. If coffee stops dripping sooner, gently loosen the filter to relieve pressure.

Once coffee has finished dripping, remove the filter. Mix coffee and condensed milk together with a spoon.

Add ice, stir, and enjoy.

Ingredients

3 tablespoons dark roast coffee
(Cafe du Monde with chicory or Trung Nguyen)

2 ½ tablespoons Real California
Sweetened Condensed Milk

½ cup very hot water

A handful of ice cubes



Real California Sweetened Condensed Milk is an essential item in a well-stocked pantry that adds sweetness and richness to any recipe. It's great added to

coffee and tea drinks, but it can also be used to make no-churn ice cream and the creamiest fudge or caramel. Drizzle it over cakes or use it to add a touch of sweetness to a spicy marinade.

The possibilities are endless!

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YUZU

Lemon Tarts

YUZU

Lemon Tarts

These yuzu lemon tarts bring a burst of sunshine to brighten any day. They have a tangy, luscious filling encased in a buttery, biscuity pastry. Be patient with the yuzu curd and keep the temperature low so the eggs do not scramble.

Prep time: 20 minutes

Cook time: 15 minutes

Bake Time: 25 minutes

Servings: 6

Instructions

Combine the flour, confectioners' sugar and salt in the bowl of a food processor. Pulse a few times to combine.

Scatter the butter pieces on top and pulse until the butter is the size of small peas. Add the egg yolk and pulse until incorporated.

Pulse in the water, about 1 tablespoon at a time, until the dough starts to hold together. It will appear to be a bit crumbly but should come together easily.

Transfer the dough to a floured surface and form the dough into a disk. Wrap the dough in plastic wrap and refrigerate for 1 hour to let the gluten relax.

On a lightly floured work surface, roll the dough into a round at least 14 inches in diameter and 1/8 inch thick. Using a 4-inch plate/bowl and small, sharp knife, cut out about 4 rounds from the tart dough. Press the dough scraps together and reroll to cut out another 2 additional rounds. You should get a total of 6 rounds.

Transfer the rounds to six 3-inch tartlet pans with removable bottoms. Gently ease the dough into the pans. Pat firmly into the bottom and up the sides to extend it slightly above the rims. Trim the edges with a sharp knife. Prick the bottom of the tartlet shells with a fork. Freeze the shells for 30 minutes.

Preheat the oven to 350°F. Place the tart shells on a baking sheet. Line each with parchment paper and fill with pie weights or dried beans. Bake for 15 minutes until the dough starts to look dry.

Remove the parchment and weights and continue to bake for another 12-15 minutes (depending on your oven) until the crust is golden brown. Transfer to a wire rack and let cool completely.

In a heavy saucepan, combine the whole eggs, yolks and sugar and whisk to combine well. Stir in the zest and yuzu juice.

Place the pan over medium-low heat and cook, whisking constantly, until the sugar has melted, about 3 minutes.

Reduce the heat to low and gradually add the butter, 2 pieces at a time, stirring continuously until melted. Continue to cook and stir for 10 minutes or until the mixture is thickened and coats the back of a spoon.

Immediately remove the pan from the heat and strain the sauce through a fine mesh sieve. Transfer the yuzu curd to a tight-lidded container and refrigerate for 1 hour or until cold. When ready to serve, spoon 1/4 cup of yuzu curd into the tart shells and smooth the top with an offset spatula. Garnish with edible flowers if desired. Serve immediately.

Ingredients

FOR THE PASTRY SHELLS

1 cup all-purpose flour

1/4 cup confectioners' sugar

6 tablespoons Real California Unsalted Butter, cut into 1/4 inch cubes

1/4 teaspoon Diamond Crystal kosher salt

1 large egg yolk

2 tablespoons iced water

FOR THE YUZU LEMON CURD

2 large eggs

2 large egg yolks

1 cup granulated sugar

1/2 cup fresh yuzu juice (or store-bought yuzu concentrate)

1 tablespoon yuzu zest

6 tablespoons Real California Unsalted Butter, cut into 1/2 inch cubes

Edible flowers for garnish



Yuzu is a tart citrus fruit that originated in Asia and is now grown in California. It looks like a cross between a lemon and a tangerine with dimpled wrinkled skin. It's used primarily for its zest and juice, particularly in desserts and cocktails.

CA GROWN X REAL CALIFORNIA MILK



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