

Poutine-inspired Cheese Dippers

Transforming the French-Canadian classic Poutine (French fries, gravy, cheese curds) into a trendy appetizer can satisfy a culinary craving. Each bite of this sweet-potato-encrusted cheese snack stick reveals delectable, Juustoleipa-style cheese ready for dipping in a rich mushroom sauce. The combination of high-quality U.S. dairy ingredients pampers taste buds while contributing to the 30% Daily Value of calcium and 15g of protein in this savory snack.[†]



EXCELLENT SOURCE OF PROTEIN

30% DAILY VALUE CALCIUM

MARKET INSIGHTS

- The U.S. produces an amazing variety of cheeses — more than 600 types in all.
- Globally, cheese tends to lead the dairy sector in new product launch activity, representing nearly 16% of dairy product launches. Global cheese product launches doubled from 2008 to 2012. (Innova, *More Choice Across the Cheese Board*, July 2013)
- Initially, the market was dominated by process cheese snacks. Today, however, the growing trend toward all things natural has prompted greater interest in snacks made from natural cheeses. (Innova, *More Choice Across the Cheese Board*, July 2013)
- Emerging research indicates that fats in dairy foods may actually benefit health and don't increase the risk of cardiovascular disease. Cheese is a high-quality food rich in nutrients that has been, and continues to be, part of a healthy eating plan. (*Today's Dietitian*, September 2012; Innovation Center for U.S. Dairy®, 2011)

[†]See nutrition information for total fat and saturated fat content.

INGREDIENTS — Cheese Dippers

	Usage Levels (%)
Juustoleipa cheese	40.00
Water, distilled, pure	15.88
Flour, bread, white, enriched	12.91
Sweet potato powder	8.03
Butter, unsalted	4.35
Flour, whole wheat	4.00
Milk protein concentrate 80	3.30
Honey, clover	3.26
Egg, whole	2.56
Milk, nonfat/skim, dry	2.18
Whey permeate (dairy product solids)	1.69
Whey protein concentrate 80	1.44
Yeast, active, dry	0.40
Total	100.00

INGREDIENTS: Juustoleipa cheese (milk, culture, enzymes), water, enriched wheat flour, dried sweet potato, unsalted butter, whole wheat flour, milk protein concentrate, honey, whole egg, nonfat dry milk, dairy product solids, whey protein concentrate, yeast.

Contains: egg, milk, wheat

BENEFITS OF USING U.S. DAIRY

Cheese

- Creates added taste appeal while helping to contribute to protein content
- Cheese flavor and functionality can be tailored to specific applications

Milk protein concentrate 80

- Provides dairy protein and calcium
- Helps build body and texture in baked goods

Nonfat dry milk

- Helps build body and texture in baked goods
- Contributes to browning of the crust

Whey permeate

- Enhances flavors and salt perception
- Improves surface browning while providing a clean dairy flavor

Whey protein concentrate 80

- Provides textural characteristics and prevents moisture loss
- Contains branched-chain amino acids to support nutrition
- Boosts protein content in food and is easily digested and absorbed by the body

Butter

- Provides a delicious and authentic flavor

NUTRITIONAL CONTENT — Cheese Dippers

U.S. Label

Nutrition Facts

Serving Size 2 sticks (85g)			
Amount Per Serving			
Calories 280	Calories from Fat 140		
	% Daily Value*		
Total Fat 16g			25%
Saturated Fat 9g			45%
Trans Fat 0g			
Cholesterol 45mg			15%
Sodium 270mg			11%
Total Carbohydrate 22g			7%
Dietary Fiber 1g			4%
Sugars 3g			
Protein 15g			26%
Vitamin A 15%	•	Vitamin C 4%	
Calcium 30%	•	Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Per 100g

Calories	325kcal
Total Fat	18g
Saturated Fat	11g
Trans Fat	0g
Cholesterol	54mg
Total Carbohydrates	26g
Dietary Fiber	1g
Sugars	4g
Protein	18g
Calcium	342mg
Magnesium	17mg
Phosphorus	68mg
Potassium	182mg
Sodium	320mg
Iron	1mg
Vitamin A	908IU
Vitamin C	3mg

Poutine-inspired Cheese Dippers

PREPARATION — Cheese Dippers

- Prepare dough.
 - Blend the milk protein concentrate 80, nonfat dry milk powder, whey permeate, whey protein concentrate 80 and water. Allow to hydrate for 30 minutes.
 - Dry blend bread flour, whole wheat flour, sweet potato powder and yeast.
 - Heat the hydrated dairy ingredients to 110°F (43°C).
 - Melt butter.
 - Combine egg, honey and melted butter. Add to dry ingredients and mix at low speed with a dough hook for 12 minutes.
 - Allow dough to proof so it doubles in size — about 1 hour at 106°F (41°C).
 - Form balls of dough weighing 25.5g each.
- Assemble the poutine sticks.
 - Roll out dough balls to about ¼" thickness, approximately 5 inches (12.5 cm) by 2 inches (5 cm).
 - Center a 17g piece of Juustoleipa cheese shaped into a 4-inch by 1-inch (10 cm by 2.5 cm) stick.
 - Fold up corners of dough around cheese stick and roll up gently, sealing seams with fingertips.
 - Place seam-side-down on papered baking sheet pan and bake at 400°F (204°C) for 10 minutes.

INGREDIENTS — Mushroom Sauce

	Usage Levels (%)
Stock, beef	57.48
Mushrooms, fresh, whole	27.16
Flour, all-purpose, white, bleached, enriched	5.09
Onion, fresh, diced	5.09
Butter, salted	3.39
Whey permeate (dairy product solids)	1.70
Black pepper, fresh, ground	0.06
Thyme leaves, dried	0.03
Total	100.00

INGREDIENTS: Beef stock, mushrooms, bleached enriched flour, onion, salted butter, dairy product solids, black pepper, thyme.

Contains: milk, wheat

PREPARATION — Mushroom Sauce

- Finely chop mushrooms and onions.
- Melt butter in a 2-quart heavy-bottomed saucepan.
- Saute mushrooms and onions for 10 to 15 minutes until juices have evaporated.
- Stir in flour and permeate; reduce heat and cook for 5 minutes.
- Incorporate broth slowly, stirring in 1 cup at a time.
- Bring back to low boil before reducing heat, add thyme and simmer for 45 minutes.
- Season with fresh-ground black pepper.

NUTRITIONAL CONTENT — Mushroom Sauce

U.S. Label

Nutrition Facts

Serving Size 1/4 cup (55g)

Amount Per Serving

Calories 35 Calories from Fat 15

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 75mg 3%

Total Carbohydrate 4g 1%

Dietary Fiber 0g 0%

Sugars 1g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Per 100g

Calories	60kcal
Total Fat	3g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	7mg
Total Carbohydrates	7g
Dietary Fiber	1g
Sugars	3g
Protein	3g
Calcium	24mg
Magnesium	10mg
Phosphorus	60mg
Potassium	246mg
Sodium	135mg
Iron	1mg
Vitamin A	86IU
Vitamin C	1mg

Rely on the dynamic lineup of U.S. dairy to meet consumer demands in global product development. The U.S. Dairy Export Council® (USDEC) offers resources on ThinkUSAdairy.org including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product. [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed at the Wisconsin Center for Dairy Research, University of Wisconsin-Madison. ©2014 U.S. Dairy Export Council.