

MARTHA STEWART

Living

Sharing the 'Good Things' for 15 Years

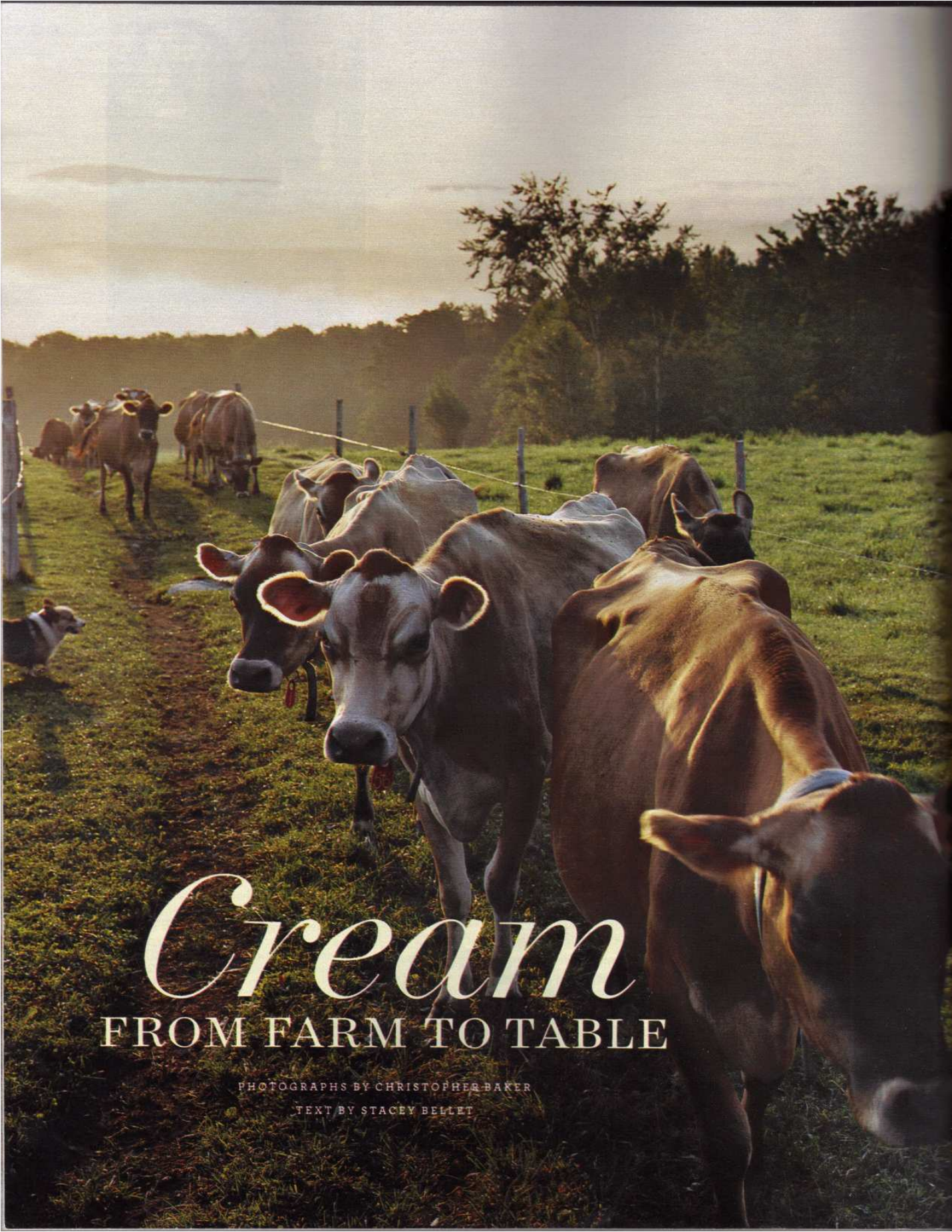
*fresh ideas for
spring*



UNFORGETTABLE HOLIDAY BASKETS
CREAM, FROM FARM TO TABLE
ESSENTIAL SPRING-CLEANING TIPS
PLUS: MARTHA'S EASTER DÉCOR

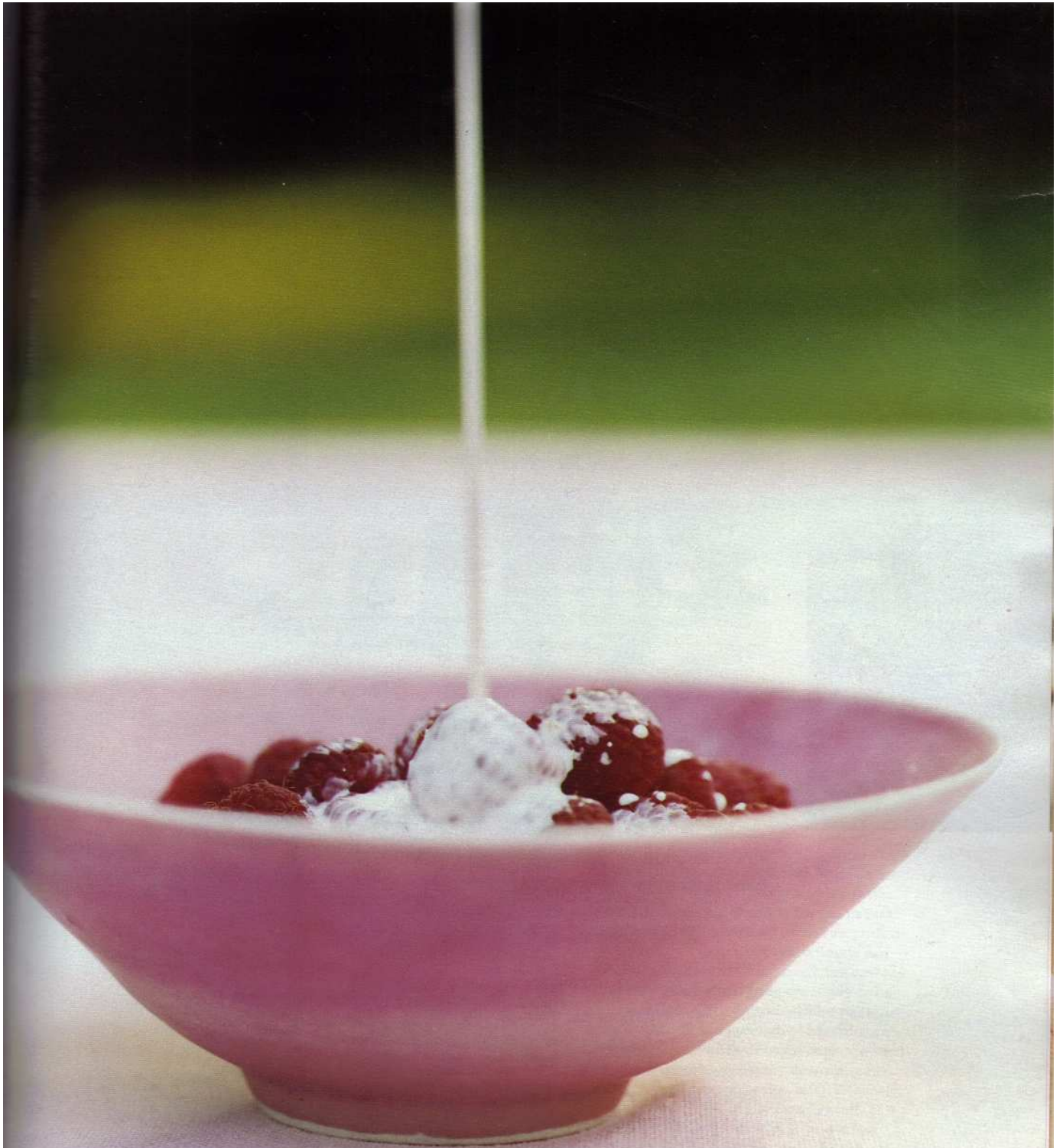


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Cream
FROM FARM TO TABLE

PHOTOGRAPHS BY CHRISTOPHER BAKER
TEXT BY STACEY BELLET



FARM FRESH The Jersey cows at Butterworks Farm in northern Vermont amble along a grassy path (opposite); once a day, they give milk that will be gently processed to yield flavorful organic cream. A bowl of plump, ripe raspberries with a pour of the cream (this page) makes a delicious breakfast, snack, or unexpectedly elegant dessert.



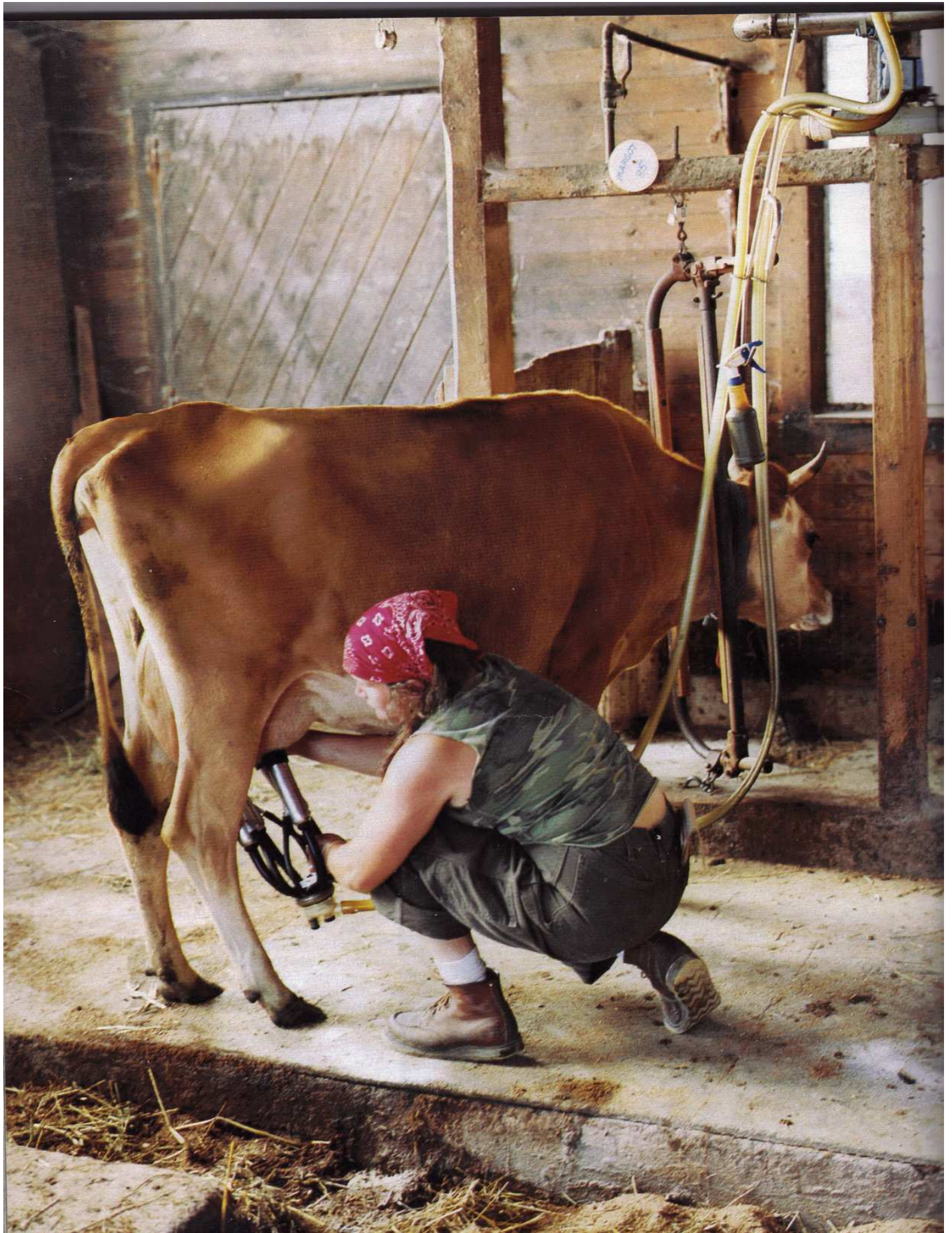
As the sun rises over the mountains in Vermont's Northeast Kingdom, Anne Lazor herds the Jersey cows on Butterworks Farm from the pasture into the barn for their first milking of the day. She and her two dogs lead the animals up a hill and along a muddy path between an old stone wall and a row of trees. The cows moo and bob their heads the whole way. Once inside, Margot, Peaches, Christmas, Menorah, and all the others are shown to the stalls where they'll be milked. The milk will be separated to yield rich cream and other dairy products, which will make their way into stores, and then into the kitchens of appreciative cooks.

Anne Lazor and her husband, Jack, the owners and operators of Butterworks Farm, have been making organic cream for twenty-one years, on the farm they have owned since 1975. When the weather is mild, their cows spend their days in the green pasture, eating various types of grass and clover. They are also fed a small amount of grain, which is grown on the farm. No pesticides, herbicides, or any other toxic chemicals are used on the grasses where the cows graze. In addition, no antibiotics or hormones are used on the cows themselves, in keeping with Butterworks's philosophies about farming and food.

The Lazors have purposely kept the farm a small operation in order to maintain a high quality for all of their dairy products. The farm spans 175 acres and produces 170 gallons of cream per week. "For me, it's really important that people know where their food comes from, and hopefully even who produced it," Jack says. "Our cream and yogurt are products that I put a lot of love into, and I'm very proud of that."

Jersey cows are generally smaller and leaner than the more familiar Holstein dairy cows. The cream made from Jerseys' milk is slightly more yellow in color and has more protein than cream made from the milk of other types of cows. For the home cook, this means a product with a thicker consistency and







A DAY IN THE LIFE Jack and Anne Lazor (this page, top left, with granddaughter Ginny) create dairy products the natural way at Butterworks; they grow everything the cows eat, and all of the animals are born on the farm. Anne brings the cows to the barn (top right). They are ready to be milked (left). The liquid will be pasteurized, bottled, and labeled; old-fashioned stainless steel milk-storage cans are kept on hand (above). A Jersey cow waits her turn in the barn (opposite, left). Elizabeth Tigan, a member of the farm's staff, carries Zita (top), a calf that is just a few hours old. The milking stall of each cow is clearly marked by a name tag (center).

CLASSIC RHUBARB FOOL
with farm-fresh cream



DINNER AND DESSERT For this twist on a French dish (opposite, left), chicken pieces are browned, then cooked with leeks and hard cider; crème fraîche is whisked into the pan juices at the end. *Panna cotta* means “cooked cream” in Italian, and this dish (right) contains little else; tiny vanilla-bean seeds infuse the syrup topping with flavor. In the English dessert called a fool (this page), fruit—here, puréed rhubarb—is folded in with whipped cream.

SEE THE RECIPES SECTION | SEE THE GUIDE FOR SOURCES | CREATED BY JAMES DUNLINSON, ANNA KOVEL, AND PAMELA MORRIS

a deeper flavor. At Butterworks, the distinct taste is also a result of the way the cream is processed. The cows' fresh milk goes into a machine, where it's spun at high speeds—thirty-five hundred rotations per minute—to separate the cream from the milk. The rich liquid is then heated at a low temperature for a long period of time to pasteurize it, destroying harmful bacteria. At many larger, more industrial farms, cream is ultra-pasteurized, which means it is heated at a very high temperature for a short time period. This gives it a longer shelf life, but can affect flavor.

Though cream was once a kitchen staple, its richness has deterred many cooks from pouring it with a generous hand. But it remains a wholesome, sumptuous, and indispensable addition to many dishes,

both savory and sweet. For our recipes, we used heavy cream, which has 36 percent to 40 percent milk fat, instead of whipping cream, with 30 percent to 36 percent. (Despite the nomenclature, heavy cream tends to whip up more quickly than whipping cream and holds its shape better, as fat is what stabilizes the air bubbles that give cream its loft.) In our French-inspired chicken and leek recipe, crème fraîche—a tangy, thickened cream—creates a succulent coating. Cream is the main ingredient in panna cotta, an Italian dessert that tastes light and delicate; here, it's served with a fragrant, sweet vanilla syrup. Jack and Anne enjoy using cream in another classic way: poured over fresh peaches or berries—reminding us that the best things are often the simplest.

CHICKEN AND LEEKS *with crème fraîche, Normandy-style*



PANNA COTTA *with vanilla syrup*



ED MORNING Elizabeth Tigan attach-
milking machine to Margot's udders
posite); the machines are vacuum
ered, and each cow gets milked for
ut three minutes, yielding two to
e gallons of milk. In our delectable
ach dish (this page), morels—wild
hrooms available in the spring—
se cream and eggs with their nutty,
hy flavor; the ingredients are baked
dividual porcelain gratin dishes.

EGGS AND MORELS
baked in cream

