

Seasonal Eating
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Sundaes for June Dairy Month
June 2023

Both of my parents grew up in Muskegon, Michigan, a city along the eastern shore of Lake Michigan. There was an old hotel called The Occidental in downtown that was a historical landmark for that city. It was built around the civil war and was eventually imploded to make room for a mall parking lot in 1975. It had been a couple of different hotels along the way, partially burned in 1936, was rebuilt and had a ballroom for hosting special events, a taproom with a bar built by Brunswick, a barbershop, hat boutique and a sweet shop.

Of all the history, one lasting legacy has been the hot fudge sauce served over ice cream Sundaes in the Occidental Hotel's Sweet Shop. It was famous and the recipe circulated like wildfire when the secret was revealed.

My family has enjoyed this hot fudge recipe for years. It is easy and quick to make and uses simple ingredients you probably already have on hand. It is great to pour over ice cream or frozen yogurt or you can drizzle it over a pound cake, angel food cake or cheesecake.

In celebration of June Dairy Month, I encourage you to whip up a batch of this historical hot fudge and pour it over scoops of delicious vanilla frozen yogurt, topped with peanuts, a little whipped cream and a cherry on top. Nothing is better on a warm summer day!



Dairy products bring us valuable nutrients such as calcium, potassium and vitamin D. The Dietary guidelines for Americans 2010 encourage the consumption of low-fat dairy products. Kaylin Osterhaus, a Bedford County 4-Her, is serving as this year's June Dairy Month Chairperson. Watch for her around the county, promoting dairy products this month. And enjoy some dairy products in June!

For more information and recipes check out the Seasonal Eating page at bedford.tennessee.edu.

The Occidental Hotel Hot Fudge Sauce

2 cups sugar
2/3 cup unsweetened cocoa
6 tablespoons flour
1 teaspoon salt
2 cups milk
2 tablespoons butter
2 teaspoons vanilla extract

In a medium saucepan, whisk together sugar, cocoa, flour and salt. Add milk. Bring to a boil and heat until thick, stirring constantly. Stir in butter and vanilla. Store in the refrigerator.

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