

Recipes from monthly MMM newsletters

(available online at www.mimilkmaidens.com/membership.html)

Butter — January

Lots of people have asked about making butter, so here's how Kristi does it, thanks to Carmen Bartholomew's guidance!

1. Let milk sit in fridge overnight so the cream can rise to the top.
2. Suck cream from the top with a turkey baster & put into a glass container.
3. Leave cream out on counter until it reaches room temperature.
4. Pour cream into blender and blend until the butterfat separates (you'll know when you see lumps of yellow floating on the top).
5. Strain the liquid from the butter (this is buttermilk, though uncultured).
6. Rinse the butter in very cold water, pressing out all the white liquid, until the water runs clear.
7. Salt butter (if desired) and enjoy!

Yogurt — February

You don't need a fancy yogurt maker to make yummy, fresh yogurt! All you need is a pan, a thermometer, some starter culture, and a warm place for it to culture overnight. For starters, you can get freeze-dried Yogourmet from PFC, or I use a plain yogurt like Seven Stars as a starter. I freeze it in ice cube trays, store in a mason jar, and defrost one when I need a new starter.

1. Heat milk to 110 degrees to keep it "alive" or heat to 180 degrees and cool to 110 degrees for thicker, creamier yogurt.
2. Pour into mason jar or other container and stir in 1 Tbsp of fresh (or thawed cube) yogurt, or your Yogourmet starter
3. Keep warm overnight at a temperature between 95 & 110 degrees. Try different things—you could wrap the jar in a towel or polar fleece and close in the oven with the light on, or put into a pre-warmed cooler, or wrap with a heating pad—the kind that doesn't turn off. I use a large indoor food dryer I built last summer.
4. Refrigerate, and enjoy, adding toppings or stir-ins if you want, or not!

Labneh (Yogurt Cheese) —March

From [Wild Fermentation](#) by Sandor Elixor Katz

In many of the cuisines where yogurt is most popular, it is strained into a thicker cheese form. The process is simple. Line a colander with a couple of layers of cheesecloth. Gently pour yogurt into the lined colander, and let it drain into a bowl, covered to keep flies away. The liquid that drains out is whey. Use the whey for other fermentation adventures... or in place of water in other cooking or baking.

After a couple of hours, you will be left with a much more solid yogurt cheese. Add herbs for a beautiful dip or spread.

Cultured Buttermilk & Sour Cream — May (no April newsletter)

To make CULTURED BUTTERMILK you're going to have to break down and get the grocery store version in the beginning. Pour about 1/2 cup of store bought Cultured Buttermilk into a quart mason jar. Fill to the top with raw milk. Shake the jar and let sit in a warm spot for about a day or so. Lift off the lid periodically to see if it's sour enough. In the winter you could put warm water in a crock pot, set it on "warm" and leave it there.

When it's thick and sour, you have cultured buttermilk. Use it for making cottage cheese, or baking or salad dressing or any recipe that calls for cultured buttermilk. When you get down to about 1/2 cup in your jar, just refill with milk and re-culture it for another day. You can go several times re-culturing it, but once in a while I go get new store buttermilk and start over.

To make SOUR CREAM, just use cream instead of milk. Put about 1/2 cup of cultured buttermilk in a quart jar (you can use your homemade cultured buttermilk now), add cream, and let it set out in a warm spot for a day or so. Just take the lid off periodically and smell it. When it's sour enough for you, it's done.

Crème Fraiche — June

From [Nourishing Traditions](#) by Sally Fallon

1 pint good quality cream

1 Tbsp commercial or whole-milk buttermilk [see May newsletter!] or *crème fraiche* from a previous batch

European sour cream, called *crème Fraiche*, (and pronounced “crem fresh”) is a key ingredient in French cooking. It has a delicious flavor and is wonderful in creamed soups and sauces... To make *crème fraiche* at home, start with the best quality cream you can find. Raw cream is best... Place in a clean glass container. Add buttermilk or *crème Fraiche*, stir well, cover tightly and place in a warm spot for 20 to 24 hours. Chill well.

Failproof Feta — July

This recipe is from Shawna Hubbard of Weed Dance Farm in Gobles.

Kristi made this with our cows' milk and it turned out wonderfully the first time!

Feta cheese like this is really easy. I make it a lot because it always seems to work out and I love goat feta on just about anything. I tend to get cranky when a recipe starts to take up more than one side of a recipe card, so much of my recipes are abbreviated, just ask questions if you have any :) Also, no way did I make this recipe up, I might have adapted it from somewhere, but I cannot remember from where, been using this one for years, so sorry for not giving credit to whoever created this recipe!

Warm one gallon fresh raw milk to 86 degrees. Add 1/4 cup buttermilk or other cultured milk. Stir well. Let milk rest. Stir together 1/2 teaspoon rennet to 1/4 teas cool water and stir into milk, stir for under a minute. Let rest for like, oh, an hour or so.

Take a big knife and cut the curd into cubes. Just do the best you can, don't get too freaky about it. Let it sit a minute. Then warm GENTLY and SLOWLY over low heat, stirring gently and keeping at 86 degrees.

Then slide the curds into a cheesecloth lined colander, tie it up and let the bag hang for 6 hours or until firm. Take it out of bag, slice it in half. Sprinkle 5 Tbsp canning salt or sea salt over the two halves and rub the salt gently all over the half globes. Set the globes in a bowl and cover with a plate.

Now let that sit 24-48 hours, gently salt it again and let it sit for another day or so, then put it into the fridge. Whey will pool at the bottom of the bowl, pour that off. I think you are supposed to let it age a week or so, a lot of times I don't wait that long. You can brine it or submerge it in oil, or just eat it plain. Yum!!

Shawna is a local herbalist and homesteader living in Gobles, Michigan with her husband and two sons. She leads classes and workshops on various topics including herbs, fermentation, homestead animals, soap making, etc. She hosts a women's retreat, the 2nd Annual Weed Dance Weekend, in August. Check out Shawna's website at www.weeddancefarm.com to find out more about her and her farm or Weed Dance Weekend, or to read her wonderfully insightful blog page (where she posted this and many other yummy recipes).

Vanilla Ice Cream — August

This lovely chocolate chip zucchini bread is just begging to be eaten with some of this homemade vanilla ice cream! The ice cream recipe is for an electric maker (Cuisinart), but will probably work with a manual one.

Vanilla Ice Cream

1 cup whole raw milk, well chilled
3/4 cup sugar
2 cups heavy cream (pulled from raw milk)
2 tsp vanilla

Whisk milk and sugar together until sugar is dissolved. Add cream and vanilla. Pour into ice cream maker and mix until thickened, about 25-30 minutes. Serve soft, or store in freezer for a couple of hours to harden. Kristi has used 3 cups raw fresh cream and no milk.

Chocolate Chip Zucchini Bread

3 eggs	2 tsp baking powder
3/4 cups vegetable oil	1/2 tsp baking powder
1 1/2 cups sugar	2 1/3 cups flour
2 tsp vanilla	1/2 cup unsweetened cocoa
1 tsp cinnamon	1/2 cups nuts or chocolate chips
1 tsp salt	3 cups zucchini, grated

Combine wet ingredients, then dry ingredients, and combine. Add zucchini and nuts. Bake in 2 greased loaf pans at 350° for 45 minutes, or until inserted knife comes out clean.

Sour Milk Spice Cake — September

This recipe is from allrecipes.com, and Shawn has already tried it and proclaimed it a yummy success! If you don't want to wait for your milk to sour, you can just add 1 Tbsp vinegar to 1 cup milk and let set for 15 minutes.

1 cup white sugar	1/2 teaspoon ground cloves
2 cups all-purpose flour	1/2 cup vegetable oil
1 teaspoon baking soda	1 cup sour milk
1/2 teaspoon salt	3/4 cup chopped walnuts
1 teaspoon ground cinnamon	

Preheat oven to 350°. Grease and flour a 9x9 inch baking pan. Combine and sift sugar, flour, soda, salt, cinnamon and cloves. Make a well in the center and pour in the milk and oil. Mix until combined, then add

Quick Ricotta — October

This recipe is from Shawna Hubbarth of Weed Dance Farm in Gobles (www.weeddancefarm.com). Kristi just finished a food preservation class out at her farm this past Sunday, along with a couple of our other MMM members, and we made and tasted this cheese. Fabulous! It was made with goat's milk, but she said cow's milk would work just fine. You can read more about this ricotta on her blog page at <http://weeddancefarm.blogspot.com/search?q=ricotta>.

Heat one gallon of raw milk to 195° F (do not boil).

Slowly stir in 1/4 cup cider vinegar, watching for separation of the whey. If it separates with less vinegar, great, stop there. You want to separate the whey while adding the least amount of vinegar possible. If no separation, you can heat up to 205° F.

Using a slotted spoon, spoon out the curds...or pouring gently into a colander lined with cheesecloth, pour the curds into that. Drain for a minute or two, put the curds into a bowl and mix in a nice size pinch of baking soda (to cut the vinegar taste) and drizzle with melted butter, at least a couple tablespoons. Toss gently and add a pinch of salt. You can store this up to a week, but its really best fresh. Use this in your favorite lasagna recipe, or it's really great drizzled with honey and sprinkled with cinnamon and/or almonds!

Pumpkin Pancakes — November

For those lazy family mornings during the holidays, when you want something fancy but not too fancy...

1 C. whole wheat flour	1/2 t. ground nutmeg
1/2 C. cake flour	1 C. buttermilk
1 t. baking soda	1 C. pumpkin puree*
2 t. baking powder	2 eggs
1/4 t. salt	2 T. oil
1 t. ground cinnamon	1 t. vanilla
1/2 t. ground ginger	2 T. dark brown sugar

* Cut pie pumpkin in half, place on lightly oiled baking sheet and bake at 350 for about 1 hour, or until soft. Scoop out meat and puree in food processor.

In a large bowl, whisk together the first eight ingredients (whole wheat flour through nutmeg). In a separate bowl, whisk together the last six ingredients (buttermilk through brown sugar). Pour wet ingredients into dry ingredients and blend together with a wooden spoon until just combined. Lumps are ok, just make sure all the flour on the bottom of the bowl is mixed in. If batter seems too thick to pour, you can gently stir in a little more buttermilk. Drop pancakes by ladleful onto a medium-hot griddle. Pancakes are ready to turn when the edges start to look a little dry and you can see small bubbles forming on the surface.

Notes: You may substitute all-purpose flour for the cake flour if that's all you have on hand. You may also use only whole wheat flour, just increase whole wheat to 1 1/2 cups and omit cake flour; pancakes will be just a bit heavier. Light brown sugar or white sugar may be substituted for dark brown sugar. If you have it on hand, 2 teaspoons of pumpkin pie spice can be used in place of the cinnamon, ginger and nutmeg.