

## Recipes from monthly MMM newsletters

(available online at [www.mimilkmaidens.com/membership.html](http://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](http://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).

## Sour Milk Spice Cake — August

This recipe is from [allrecipes.com](http://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

2 cups all-purpose flour

1 teaspoon baking soda

1/2 teaspoon salt

1 teaspoon ground cinnamon

1/2 teaspoon ground cloves

1/2 cup vegetable oil

1 cup sour milk

3/4 cup chopped walnuts

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 nuts. Pour into a 9x9 inch pan and bake at 350 degrees F (175 degrees C) for 45 minutes.