



RAW MILK ESSENTIALS

SUPERFOOD FOR BUSY PEOPLE
WHO WANT TO BE HEALTHY

2ND EDITION



MEET YOUR FARMER

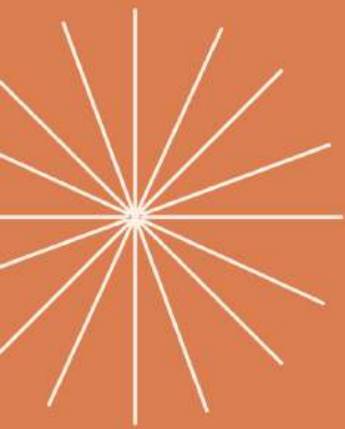
Have you ever felt like all the food at the grocery store is harmful, and you just want something to eat that will nourish your family without causing problems? Me too.

Hi, I'm Hilary. I grew up eating junk food. After having two kids, my body was falling apart and my kids were unhealthy. I knew that the food we were eating was a big part of the problem and I was determined to grow food that would allow us to thrive. No more garbage. Only good food.

I raise my animals on this principle. They live out on the land living the life nature intended. They eat the food they were designed to eat. That is why the food from them nourishes you and makes you feel great. No garbage. Only good.

Table of

CONTENTS



Raw Milk Basics	1
Yogurt	2
Kefir with SCOBY	4
Tapioca Pudding	6
Chocolate Milk Mix	8
30 Minute Mozzarella	10
The Grass-Fed Difference	13

RAW MILK BASICS

"I used to think I was lactose intolerant, until I tried raw milk."

-like every raw milk customer ever

Is raw milk safe?

That depends how carefully the farmer produced it. Here are 4 things to look for and ask a farmer before buying their milk:

1. **Is their milking equipment shiny and clean?** Do they keep their milk room clean? Do they sanitize prior to milking?
2. **Do they thoroughly wash cow teats** prior to milking to remove ALL manure and dirt?
3. **How quickly is their milk chilled?** If they have a bulk tank, that will cool it nice and fast. Otherwise, putting jars of warm milk in a fridge is not sufficient. They should submerge jars of warm milk in an ice or brine bath to chill it quickly.
4. **Do they test their milk regularly?** That is the best way to tell if their milking hygiene is working. Test results should be:
coliforms < 10,
total bacteria < 15,000,
somatic cell count < 225,000.

It is very achievable to get results significantly lower than that.



To help your raw milk enjoy its longest shelf life, maintaining the cold-chain is critical!!

Do these things to transport raw milk home safely:

- **Bring a cooler to carry your milk in.** If you do not have a cooler, a box with towels around the outside will help insulate it.
- **Bring ice.** Putting cold milk in a warm cooler will not keep the milk cold. Pre-chill the cooler with ice.
- **Pad jars with towels** so they don't clank against each other and break on the drive home.

Make sure that its temperature in your fridge is below 40F.



home made yogurt

It may seem strange that a book about RAW milk has you boil milk to make yogurt. Yogurt comes from India, and that is how they traditionally make it there.

Boiling helps achieve the thickest curd possible because it activates the albumin protein, which would otherwise stay in liquid form. Fermenting the slightly cooled milk with beneficial bacteria after boiling it restores many of the benefits of raw milk, including being probiotic, having active enzymes, and the lactose being more digestible.

It is better than making yogurt with store bought milk because raw milk most likely from cows that live in healthier conditions than factory cows. And the gentle boiling that you do at home is not like the awful high heat pasteurization and homogenization that store bought milk is put through.

If you still want to make **raw** milk yogurt, you can do so by heating the milk to 110F and inoculating it and incubating it as described, just don't be surprised if it is more of a drinkable- than a spoonable-consistency.

MAPLE YOGURT

Delicious to eat right out of the container.

You will need a suitable container to incubate the warm milk for 8-12 hours. Directions here are for a yogatherm, which is a plastic pail that fits inside of a styrofoam insulating shell. People find other creative ways of incubating yogurt, such as a warm water bath in a cooler, or the yogurt setting on an instapot.

Ingredients

- 1/2 gallon raw milk
- 2 tbs active live yogurt, or powdered culture according to packet directions
- 1/4 to 1/2 cup maple syrup

Directions

- 1 Pour the milk into a heavy bottomed pot and bring to a boil, stirring to prevent scorching.

The minimum temperature to make a thicker yogurt is 180F. To achieve a *really* thick curd, some Indian women will *boil* the milk up to a half hour.
- 2 Pour the hot milk and the maple syrup into the incubating vessel (not in its insulating shell yet), and allow it to cool to 110F. If you want to speed it cooling, put it in an ice bath. Keep an eye on it that it doesn't cool down too much!
- 3 Add the yogurt culture and stir thoroughly.
- 4 Put the plastic pail in the foam shell and allow it to incubate for 8-12 hours. The longer it ferments, the thicker and tangier it will be.
- 5 Your yogurt will firm up in the fridge and can be enjoyed as is. Some people who want an extra thick yogurt drain it in a tightly woven cloth to allow some of the whey to leave. This isn't necessary, but it will prevent whey from puddling in gaps where you scooped yogurt out of the container.





kefir
made with
S.C.O.B.Y.

KEEPING KEFIR GRAINS

Kefir is similar to yogurt, but is easier to make and has a greater diversity of microbes. Kefir is a drinkable consistency and has a pleasing effervescence.

SCOBY stands for Symbiotic Community of Bacteria and Yeasts. Similar to vinegar mother or a kombucha scoby, kefir scobys (also called grains) are self-propagating clumps. Kefir grains are happiest when you feed them every day.

Ingredients

1 pint of milk
~1 tbs kefir grains



Directions

Pour cold milk into a pint sized jar (or whatever size you want to drink every day).

Add the kefir grains to the milk.

Let it sit on the counter at about 70F. A few degrees warmer or colder is fine, but it is happiest at 70F.

In 24 hours, check your kefir. The first couple of times that you make it, it might take longer, but soon it should become fully active and culture your milk within 24 hours.

You will know that the milk is cultured when it has clotted, and is no longer the liquid consistency of fresh milk.

Stir it with a slotted spoon and **scoop out the grains.** Pour the cultured kefir into a blender.

Put the grains back in the jar, refill with cold milk, and repeat.

Blast the cultured kefir in the blender to make it smooth. Either drink as is, or chill it to make it thicker.

Eventually, as the grains multiply you will need to reduce them so they don't make your milk culture too fast. Share them with a friend, or you can eat them.

If it is too cold, the milk will culture slower, or if it is too warm, it will culture faster. Too much warmth will kill the grains.

If it over-cultures and the curds separate from the whey, you can reclaim it by blasting it in the blender after removing the grains.

Other ways to enjoy kefir are:

- Stir in a little maple syrup.
- Make banana berry smoothie.
- Drain over-cultured curds from the whey in a tea towel to make a soft, piquant cheese.



made from scratch
tapioca pudding

Warning: Once you try home made pudding, you will never be able to go back to the boxed stuff!



TAPIOCA PUDDING

Nothing says comfort like home made pudding.

Because it's made with nourishing ingredients, you can feel good about feeding it to your kids.

This is a great way to use up older milk.

Ingredients

4 cups of milk
1 or 2 pastured eggs
1/4 cups small tapioca pearls
1 tsp vanilla extract
1/4 to 1/2 cup maple syrup

Directions

- 1 In a 6 quart pot, whisk together the tapioca pearls and the egg/s, then add milk and maple syrup.
- 2 Bring to a boil over medium heat, stirring frequently to avoid scorching.
- 3 When it comes to a FULL boil, remove from heat and stir in vanilla.
- 4 Chill before serving.





honey sweetened

chocolate milk mix

CHOCOLATE MILK

Healthy food doesn't have to taste like kale.

Raw milk and raw honey are both live, nourishing superfoods. Cocoa powder is a terrific source of antioxidants and magnesium.

You can feel good about giving your kids a yummy treat!

Ingredients

1 cup raw honey
1 cup cocoa powder
1 cup warm water
1 tbs vanilla extract
1/4 tsp salt

Directions

Put all ingredients into a blender pitcher. Blend on low till smooth.

Pour syrup into a quart jar and keep it in the fridge. This batch of syrup will make many servings of chocolate milk.

You can make your chocolate milk more or less chocolatey, but what I like to do is put 3 tbs of syrup in a pint jar and fill the rest of the way with milk. Stir it well and enjoy!





quick mozzarella

This recipe is a little more challenging than the rest in this booklet. But you can literally make mozzarella in 30 minutes. It is quick enough to whip up while you are getting dinner ready.

Equipment you will need is:

- heavy bottomed pot
- measuring cups and spoons
- perforated strainer spoon
- rubber gloves
- thermometer
- bowl for an ice bath

30 MINUTE MOZZARELLA

People will think that your Italian grandmother made it!

You will need rennet, which is the enzyme that sets milk for making hard cheeses. Rennet can be bought from cheese making stores or amazon. A 2 oz bottle will last you a long time. Store rennet in the fridge.

Ingredients

1/4 cup vinegar
1/4 tsp liquid rennet
diluted in a 1/4 cup water
1/4 cup salt*
ice and water for an ice bath
1 gallon raw milk

Directions

Measure out the vinegar, the rennet in water, the salt, and prep the ice bath before heating the milk. Once the milk gets going, you won't have a chance to.

- 1 Pour the milk into a heavy bottomed pot and add the vinegar. Heat on medium high while stirring to 90F.
- 2 Turn off the heat. Add the diluted rennet and stir for 10 seconds. Leave it quiet for 5 minutes.
- 3 It should now have the texture of jello. Turn heat on high. Resume stirring it and break up the curd into small, roughly 1" pieces.
- 4 Add salt as you continue to stir and heat.
- 5 When the temperature gets to about 140-145F, you will notice that the curds begin to stick together and get stringy. Turn off the heat. Now the fun begins!

Continue on next page...

*do not use Himalayan salt because it gives the cheese a gritty texture.



30 MINUTE MOZZARELLA

Directions

- Slice it with tomatoes and fresh basil for a stunning caprese salad.
- Put slices on a pizza with basil for a real margherita pizza.
- Eat it fresh with olive oil and garlic.

- 6 Put on dish gloves. Gather all of the curd with your slotted spoon and set it on a plate while you find the last stragglers. Pick up the curd mass and begin stretching and folding it back on itself, kind of like kneading bread dough in the air.
- 7 If the curds cool down too much, it will get hard to stretch. You can reheat them in the hot whey. Don't get carried away stretching and folding, though, or you will make the cheese tough. Do it just enough times to transform the lumpy curds into a glossy, silky mass.
- 8 Shape them by making a round ball and tucking the ends in on themselves, kind of pinching and pressing with your hands. You can make one large mozzarella ball, or multiple small ones.
- 9 Put the ball in the ice water so it can chill in the shape you just gave it. Larger balls take longer to chill than small balls, so don't remove a large ball while it is still warm inside or it will sag.



Fresh mozzarella tastes amazing within a few hours of being made, and still pretty good the next day. After that, it loses texture. You can freeze whatever you aren't going to use quickly.

THE GRASS-FED DIFFERENCE

Don't ALL cows eat grass?

Hopefully, yes, all cows eat grass at some point in their lives.

Because cows make a lot more milk when they are fed lots of grain and soy, industrial dairy cows are fed 30 - 50 pounds of grain every day.

When grass ferments in a cow's rumen (part of the stomach), it does not become highly acidic. Grain, however, creates a state of acidosis that is stressful on their bodies. That is why modern cows have so many health problems.

Cows are healthier when they are grass fed, which means that they do not eat grain. A healthier cow will produce products that are healthier for you.



One measurable component of milk is CLA. CLA is much higher in grass fed milk. Its many health benefits include...

- reducing body fat
- promoting lean muscle mass
- anti cancer properties
- boosting the immune system
- keeping cholesterol healthy
- reducing atherosclerosis
- preventing and treating diabetes
- enhancing bone formation

Grass fed milk is also high in omega-3's.

Between the Trees Farm



For grass fed raw milk, pasture raised pork and
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