

Raw Milk Controversy October 2014. *If you've even thought twice about drinking raw milk, you're likely familiar with the controversy surrounding this natural, farm-based beverage. Local farmers and health advocates touting the benefits raw milk are up in arms against government food-regulating agencies that say it's dangerous to drink. We're not here to choose sides, but we do want you to be versed in this ongoing debate.* hobbyfarms.com

My Raw (Cow's) Milk Recipes

Mother Howe's Little Cows | motherhoweslittlecows.com | September 12, 2014
"Go Small and Have it All" | facebook.com/notes/1586765594859267

Making a Mesophilic Starter Culture

1. Start with 2 cups of FRESH or store bought Cultured Buttermilk.
2. Let the 2 Cups of buttermilk reach room temp. (70 F/ 21 C).
3. Then allow the buttermilk to ripen for about 6-8 hrs. (Store bought buttermilk does not have a high enough concentration of bacteria to serve as a starter culture without ripening.)
4. The resulting buttermilk will be much thicker and sour than what you started with. It should have the consistency of fresh yogurt, if it doesn't let it sit a few more hours.
5. Pour this culture into a full sized CLEAN ice cube tray and put into your FREEZER. As with all steps of cheese making, cleanliness is next to godliness.
6. Once frozen, remove the cubes and put into a CLEAN sealed container or plastic freezer bags. It is a good idea to label the container to distinguish it from your thermophilic culture.
7. The resulting ice cubes are each 1 oz of mesophilic starter.
8. Add these cubes (thawed) to your recipes as required. The cubes will keep for about one month.

To make more starter, simply thaw one cube and add into 2 cups of fresh milk. Mix thoroughly with a fork or a whisk. Allow the milk/culture to stand at room temperature (70 F/ 21 C) for 16-24 hours or until the consistency of fresh yogurt. Then follow from step 5.

General usage = 3 tablespoons per 1 gallon of milk

How to Make Clabbered Milk

Ingredients:

Farm fresh raw milk (unpasteurized), about a week or two old is best.

Process:

Leave your milk on the counter in a jar (sealed) for 2-3 days in a warm spot until solids appear. Shake it to see if it's turned thick. It should not yet be separated.

If the milk is still mostly white when shaken, and has turned thick, it is done clabbering. Store your clabbered milk in the refrigerator. If you leave the milk on the counter longer, it will separate turn into curds and whey. If this happens, drain off the whey and cream cheese and use in your favorite recipes.

Use your clabbered milk in place of yogurt or buttermilk in any recipe

Cream Cheese that's almost identical to Philly

-- the recipe is in one of Ricki Carroll's books, the "Swiss Cream Cheese".

Basically you culture 2 quarts of cream at room temp with mesophilic culture for 24 hours. Ladle the curd into fine cheese cloth (or butter muslin), adding a small amount of salt as you go. Tie the cloth into a bag and hang to drain for 12 hours. Can be eaten as is, or can be pressed at 10 lb pressure for 6 hours to make a much firmer product. Personally, I prefer it pressed. Great on crackers or toast, or in place of commercial cream cheese in recipes.

Another slightly different recipe:

Set 1 quart of heavy cream to culture with 2 oz of mesophilic culture (or buttermilk) and 1 drop of liquid rennet diluted in 2 Tbsp water, at room temperature, for 24 hours. Ladle 1/2 the curd into a colander lined with butter muslin, sprinkle 1 tsp coarse salt over the curd, ladle in the other half, sprinkle with an additional 1 tsp coarse salt.

Make the butter muslin into a bag by tying up the corners and hang to drain for 12 hours. After draining, remove from the butter muslin and place the cheese onto a clean butter muslin. Press at 5 lbs or so, for an additional 6 hours, then chill. It keeps for about a week in the fridge.

Doubling this recipe will yield 1 3/4 lb.

I prefer using a linen napkin to using butter muslin. Sometimes you lose too many solids through muslin

Yogurt:

I used a gallon of whole, raw milk, warmed it in a double-boiler (glass jar on a rack in a kettle of hot water), and held it at 185° for 20 minutes. I then quickly cooled it (ran cold water into the kettle) to 95° and whisked a cup of milk into a cup of store-bought Greek yogurt. I then whisked another couple of cups of milk into the mixture, as it was still quite thick. Then I whisked it into the jar of milk. I removed a pint of the milk to a separate jar as my future culture, then added a cup of sugar and 1/4 teaspoon of vanilla to the big jar. Put a lid on both jars, set them in my Coleman cooler and filled it with hot tap water - about 115°.

Eight hours of inoculation time resulted in a very thick, only slightly tangy yogurt, just as I like it. As I am hooked on Greek yogurt, I am now draining it through cheesecloth.

If you are using skimmed milk and want it a little creamier you could add a pinch of Knox unflavored gelatin if you want

*** I got lazy & changed this up with FABULOUS results! I add & whisk in 3 heaping Tablespoons plain cultured yogurt (either from a homemade batch or store bought) into a 4l (1gal) glass jar of raw milk. Place it in the oven with the light on & wait! Usually within 12hrs it has reached the thickness necessary (may take as long as 18hrs). I drain it into a clean pillow slip, hang it over a drip pail for roughly 12hrs (again looking for the desired consistency). When drained I spoon it into the blender & whizz until smooth... violá beautiful Greek yogurt! Stir in your fruit, sweetener or flavorings as desired!!*

Cultured Butter (and Buttermilk)

1 quart heavy cream

1/3 cup plain whole-milk yogurt

Pour the cream into a spotlessly clean glass or earthenware bowl. Add the yogurt. Whisk gently, by hand -- you don't want to start turning this into whipped cream -- then cover the bowl with plastic wrap. Set the bowl somewhere slightly warm overnight. Somewhere in the mid-70s Fahrenheit is

perfect. The next day, give the bowl a light shake. When the cream looks like it has thickened, it's ready. Beat on low speed until the cream "breaks" and the liquid separates from the milk solids. (It happens abruptly.) Strain the buttermilk out, and rinse the butter with cold water until it runs clear. A little bit, it's ready. Beat on low speed until the cream "breaks" and the liquid separates from the milk solids. (It happens abruptly.) Strain the buttermilk out, and rinse the butter with cold water until it runs clear.

Cottage Cheese

#1

INGREDIENTS & HOW-TO

- 1/2 gallon raw milk
- salt (optional)
- butter (optional)

Raw milk forms curds on its own after it sits in a warm location for several hours.

Take your milk out of the refrigerator and set it in a warm corner (room temperature or higher) until curds form, which will take between 12 and 24 hours, depending upon the temperature of your room. You'll see the curd development easily as the curds will separate naturally from the whey.

Once the curds form, strain them overnight, making sure not to press them. This can be done in different ways. I took a colander and placed it inside a larger bowl, and then poured my curds into a jelly bag. I left the jelly bag sit in the colander in the refrigerator overnight (you don't need to refrigerate it). If you don't have a jelly bag, you can just line your colander with a kitchen towel. Or if you don't want to save your whey, you can secure a jelly bag or towel (tied at the ends) to the kitchen sink spigot and just let it drip into the sink.

The next day, turn your cottage cheese into a clean bowl. At this point you can choose to add more cream if you want it super creamy (I don't find this necessary), butter for additional richness, or salt or spices to taste. I like it plain, myself. I just dump the cheese into a bowl and call it good.

I eat my cottage cheese with fruit and nuts, and I use it in recipes for things like homemade ranch dressing, dips, or anywhere I'd use cream cheese, sour cream, or sometimes plain yogurt. It has a wonderful flavor, and is so easy to make that I use cottage cheese in many ways. It is really only limited by your imagination!

Note: The references for this came from the 1839 publication, "The Kentucky Housewife," by Mrs. Lettice Bryan. The original text reads: "Take a large bowl of milk* that is just beginning to turn sour, cover it and set it in the corner where it will keep lukewarm till it forms a curd. Then place a linen cloth over a sieve; put in your curd, fold over the corners of the cloth to keep out the dust, and let it drain till next morning, without pressing it in the least. Then turn it in an earthen dish, add as much rich, sweet cream as will make it a little soft; add a large spoonful of butter to each pint of the curd, mixing it in a very little salt, and work it with a spoon till the whole is very smoothly mixed. Then put it in a china bowl, and set it in a cool place till the tea-table is ready."

#2

1 gallon raw milk

1/2c cultured buttermilk

1/4 rennet tab dissolved in 1/4c cold water.

Warm milk to 86F. Stir in the buttermilk. Add dissolved Rennet. Set until it coagulates (about 1 hr)

Cut curds into 1/2" cubes. Heat slowly by double boiler to 110F. Hold for 30 minutes. Stir often to prevent matting.

Once firm, drain in cloth lined colander 20 minutes. Then dip to rinse into COLD water and drain.

#3

No Rennet Cottage Cheese:

1 gallon raw milk

1c cultured buttermilk

Warm milk to 95F. Stir in buttermilk. Set at room temperature for 12-18 hours.

Cut curds and sit 10 minutes. Place pot in double boiler and heat SLOWLY to 115F. Stir often to keep from matting.

Drain and rinse as above

Easy Cheddar:

2 gallons of whole milk (or partially skimmed if you have one of those CREAMY Jerseys and aren't calf-sharing)

Approximately 1/3 cup clabber

Approximately 1/3 cup yogurt

1/2 teaspoon liquid calf rennet

I put the milk in my cheese pot (a 4 gallon stainless steel stock pot) and set it in the sink, then fill the sink with hot tap water up to the level of the milk or close to it. Let that sit until the water in the sink is cooled and then take the temperature of the milk. When I start with milk right out of the fridge, the first sink bath will warm it to about 70 degrees. It can be 80, it's not that critical, but somewhere around 70-ish. I whisk the starters together in a bowl until smooth, then whisk into the milk. I cover the pot and let it sit for about an hour or so, then I add the rennet (diluted in 1/4 cup cool water) to the milk and whisk it in vigorously. Cover the pot again and let sit for 20 minutes. By then you should have a firm curd.

Then I cut the curd with a curd knife into large curds, and then follow that by dipping/dragging a stainless steel balloon whisk through them to break up the large curds into small bits. At this point, I take the cheese pot out of the now-cool water bath, drain the water, and then put the pot back in and refill with hot tap water. You might have to do this twice, but eventually you want the temperature to get up to 90 degrees. All these temps are Fahrenheit, by the way. Meanwhile, stir the curds every 10 minutes or whenever you remember to keep them from matting. If you forget to stir for a while, and they mat together, just break them apart again, no big deal. There is NO PRESSURE here! LOL!

Now the only thing you have to do is try to keep the curds and whey at about 90 degrees for a while. 30 minutes is enough, but as I found out accidentally, 3 hours is even better! It doesn't matter if you leave them in for hours as long as the whey stays warm. Warm curds will knit together in the press - cold curds won't, so just change out your hot water bath if the temp starts dropping down below 80 or 85 degrees, and try to keep it in the 90 degree range. A little hotter than that won't hurt it, either. See how easy this is?

Once your curds have "cooked" for a while (keep notes for each batch and write it on the outside of the cheese so when you get one you really like, you'll know how long to cook them), drain them in a colander or through a cheesecloth (save the whey or toss it - up to you), put the curds into a large bowl and break them up with your fingers. Add two level tablespoons of canning salt or plain non-iodized salt and work it through the curds with your fingers, then immediately put the curds into your mold. (Have the mold ready to go before you start draining the curds - you don't want the curds to get cold.)

Once in the press, press at 25 pounds pressure for 30 minutes. Remove the cheese, rewrap (you can use the same cheesecloth) press again (this time the cheese should be upside down from the first pressing - you want the top on the bottom now) at 50 pounds for one hour. Unwrap, rewrap, flip, and press again at 50 pounds pressure for 2 hours, or go ahead and press for 18 to 24 hours. If you do the 2 hour press at this point, then the 18 to 24 hour press after that, you'll get a better formed cheese, maybe, but if you're short on time, just go ahead and leave it for the full press at that point.

This is turning out long because I'm trying to explain something that's hard to explain, but if you've made cheese before, you know what I'm trying to say! LOL!

This makes very nice firm cheddar, and if you can resist eating it for a few months it will be a very nice SHARP cheddar. However, it's really good even fresh.

Sour Cream

Here are two recipes for making homemade sour cream – enjoy!

Recipe 1

1 cup cream

1 tablespoon cultured buttermilk

This recipe can be increased at the ratio of 1 tablespoon buttermilk to 1 cup of cream. In a double boiler bring the fresh cream up to 180 degrees. Cool to room temp in a cold water bath. Add the buttermilk, cover, and let sit at room temp for 24-48 hours. Stir and refrigerate. The batch will keep approximately 3-4 weeks, refrigerated

Recipe 2

1 cup cream

1 1/2 cups pasteurized whole milk

1/2 cup buttermilk

Mix all the ingredients in a bowl over warm water. Raise the temperature of the mixture to (68 degrees to 70 degrees F) and let it stand for 12 to 24 hours or until it is sufficiently sour and thick enough to cling firmly to a spoon. Keep in the refrigerator until you want to use it. For a richer heavier sour cream combine 2 cups of

pasteurized heavy cream with 5 tablespoons of cultured buttermilk and incubate as before. For better texture refrigerate for 24 hours before serving.

Irish Farmhouse Cheese

Makes 8-10 Ounces

1/2 Gallon/ 2 litres Full Fat Milk

Juice of 3 lemons (1/2 cup) or you can use 1tbsp White wine vinegar

A few pinches of sea salt finely ground

Heat milk and salt over medium heat until frothy

Add in lemon or vinegar a little at a time until milk is completely curdled (if the milk is not curdling, you'll need more of your acid-lemon or vinegar..add in a little at a time until curdled)

Pour into cloth-lined sieve to strain

Squeeze excess whey through cloth

Tie up and let hang for further 15-20 minutes

Flatten and shape or just dig in!

30-Minute Mozzarella

2 level teaspoons citric acid

1 gallon pasteurized whole milk (see Note in Step 1 below)

1/4 teaspoon liquid rennet (or 1/4 rennet tablet) diluted in 1/4 cup cool, unchlorinated water

1 teaspoon cheese salt (optional)

Preparation

Add the citric acid to the milk and stir thoroughly. (If using lipase, add it now) Note: You may use skim milk, but the yield will be lower and the cheese will be drier. If you add lipase to this cheese, you may have to use a bit more rennet, as lipase makes the cheese softer. Try the recipe without it and experiment later.

Heat the milk to 88 degrees F. (The milk will start to curdle)

Gently stir in the diluted rennet with an up-and-down motion, and continue heating until the temperature reaches 105 degrees F. Turn off the heat and let the curd set until you get a clean break when you insert the thermometer at a 45 degree angle. This will take only a few minutes.

The curd should look like thick yogurt. If the whey is still milky, wait a few more minutes.

Scoop out the curds with a slotted spoon and put them into a two-quart microwave-safe bowl. Press the curds gently with your hands, pouring off as much whey as possible. Reserve the whey.

Microwave the curds on high for one minute. More whey will precipitate from the curd. Again, drain off all excess whey. Quickly work the cheese with a spoon or your hands, forming it into a ball until it is cool enough to touch. (Wear rubber gloves; the cheese has to be almost too hot to touch before it will stretch.)

Microwave two more times for 35 seconds each. After each heating, work the cheese into a ball until it is cool enough to touch. Drain all excess whey each time.

Knead quickly like bread dough until it is smooth. Sprinkle on the salt, if desired, while you are kneading and stretching. When the cheese stretches like taffy, it is done. If it breaks, the curds will need to be reheated.

When the cheese is smooth and shiny, it is ready to eat. Although this mozzarella is best eaten right away, if you must wait, cover it and store in the refrigerator.

Yield: ¾ to one pound

Tip: *For a firmer cheese, use more rennet. If your cheese is too hard, use less rennet. If the curds turn into the consistency of ricotta cheese and will not come together, change the brand of milk; it may have been heat-treated at the factory to too high a temperature. Most of all, be patient. When you get this to work, you will never stop eating it.*

Sweetened Condensed Milk

4 1/2 cups sugar to 6 cups milk. You can double, triple, quadruple, what ever. You can also add natural vanilla bean to it. Then you mix all of the sugar to a small amount of the milk to dissolve most of the sugar. Next, add the rest of the milk. (I leave in all of the cream) Then get it boiling slowly to evaporate. Stir it every so often (8 minutes or so). The thicker it gets, the lower the heat. It takes four to six hours to get it reduced enough. And then YUM! I am not sure how long it keeps in the fridge. I suppose that a few minutes on 10 pounds pressure in the pressure cooker would make it keep on the shelf. I just froze some in a jar and put some in the fridge

Quick Evaporated Milk

- 1c raw milk
- 1t sugar
- 1 1/2 t corn syrup

Mix well and heat until thickened. DO NOT BOIL!

MAKING CULTURED BUTTERMILK FROM SCRATCH

1. Allow a cup of filtered fresh raw milk to sit covered at room temperature until it has clabbered (usually several days).
2. Place 1/4 cup of the clabbered milk in a pint mason jar, add a cup of fresh milk (does not have to be raw at this point), cover, shake to mix, allow to sit at room temperature until clabbered.
3. Repeat this transfer of sub-culturing several more times until the milk dependably clabbers in 24 hours. Taste a small amount to confirm that it is tart, thickened, and has no off flavors. It should taste tart not bitter, for instance.
4. To then make a quart of buttermilk with this culture, add 6 ounces of the buttermilk to a quart jar, fill with fresh milk, cover, shake to mix, allow to sit at room temperature until clabbered.
5. Refrigerate.

*** 1/4 tsp liquid rennet = 1/4 rennet tablet

ICE CREAM!!

Country Vanilla

- 4 eggs
- 2 1/4c sugar
- 5c milk
- 4c heavy cream
- 4 1/2t vanilla
- 1/2t salt

Add sugar gradually to beaten eggs. Continue to beat until mixture is very stiff. Add remaining ingredients and mix thoroughly. Pour into gallon freezer and freeze as directed

Philadelphia Ice Cream

- 10 c light cream
- 2 c sugar
- 2 T vanilla
- 1/4 t salt

Pour cream into gallon freezer. Gradually add sugar, stir constantly until sugar is dissolved. Stir in vanilla & salt. Freeze as directed.

Custard Based Vanilla Ice Cream (our favorite)

- 2 1/4 c sugar
- 6 T flour
- 1/2 t salt
- 5 c scalded milk
- 6 eggs
- 4 c heavy cream
- 4 1/2 t vanilla

Combine sugar, flour and salt in saucepan. Slowly stir in hot milk. Cook over low heat for about 10 minutes, stirring constantly until mixture is thickened.

Mix small amount of hot mixture into beaten eggs. Add to hot mixture and cook 1 minute longer.

Chill in refrigerator.

Add cream and vanilla

Pour into gallon freezer & freeze as directed.