



# FOODWIFERY

## THE BASICS OF DAIRY

### YOGURT:

Pour a cup of skim milk into a quart mason jar. Add 1 cup of yogurt starter. Mix for at least 2 minutes. Top off your jar with more skim milk and stir for another minute or so. Place the yogurt in a warm place for up to 24 hours, until it reaches desired consistency.

### SOUR CREAM / CREME FRAICHE:

Pour sweet cream into a pint jar. Pour in a glop or two of buttermilk. Screw on a plastic lid, and give the jar a little shake. Place the jar in a warm spot of your home for 24 hours.

### CREAM CHEESE:

Fill a quart jar half to  $\frac{3}{4}$  full with whole milk. Set the milk on your kitchen counter until it thickens and separates. The resulting product is cream cheese and whey. Separate cream cheese from whey by using a mesh strainer.

Place your cream cheese in a glass container and put in the refrigerator. Pour the whey into a clean quart mason jar, and reserve in the refrigerator.

### KEFIR:

Pour 2 or 3 cups of skim milk or whole milk into a quart mason jar. Add 4 to 6 tablespoons of kefir grains. Fill your quart jar with more milk and stir. Screw on a plastic lid, and place on your kitchen counter for 24 hours. After 24 hours, you can see it's thinner than yogurt.

Now, separate the kefir grains from the kefir. Pour your kefir through a stainless steel mesh strainer. Reserve your kefir grains in a separate jar for your next batch.

## **BUTTER:**

Place skimmed cream in glass jar. Ratio of space to cream is important here: never fill jar more than 1/3 full. Cover with air- and liquid-tight lid. Allow the cream to come to room temperature.

Shake jar until butter buds appear, anywhere from 10 to 30 minutes.

Pour through strainer and collect buds into a small bowl. Press and work the butter, draining off liquid as you go. Add 1/8 tsp. Salt (for flavor and preservation) and work into solid lump.

When liquid is pressed out, tuck your butter into a small ceramic, covered bowl or jar.

## **CHOCOLATE MILK:**

Mix cocoa powder, eggs, vanilla, and milk with honey or maple syrup to your desired sweetness.

## **STRAWBERRY ICE CREAM:**

Blend cream from raw milk with frozen strawberries with a blender or hand mixer.