

A Few Edible products made from Goat Milk

Goats are Great in Times of Emergency
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Buttermilk

Not all buttermilk or butter are the same. Some is cultured and some is not. Some buttermilk is the byproduct of butter, while other buttermilk has nothing to do with butter. Some buttermilk is made from pasteurized milk, while other buttermilk is made from raw cream or raw milk.

Traditional or Old Fashioned Buttermilk

Buttermilk of this type is the whey or fluid left over after butter is churned or separated out from the soured or sweet cream. It is what our pioneers used to make all the time. Buttermilk is a great source of probiotic enzymes. It is great for our intestines and skin.¹

Milk would be left out for a short time to allow the cream to rise to the top of the milk. This is more readily done in cow's milk. Goats milk is considered naturally homogenized, but it will separate somewhat in time. You can leave it in the refrigerator or a cool place. During this time the lactic acid in the milk ferments. This naturally occurring process produces the friendly probiotic bacteria.

This buttermilk can be used in baking, drinking etc.

Cultured Buttermilk

Cultured buttermilk is not the byproduct or whey from making butter. Rather it is a milk created by adding or creating cultures in it. Because of the acidic nature of cultured buttermilk, it will keep longer than uncultured milk.²

- Cultured commercial buttermilk is made by adding a culture to pasteurized and homogenized milk.¹
- Home made cultured buttermilk can easily be made at home.¹
 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.

Cultured buttermilk is often used in cheese making.

Cultured is synonymous with fermented milk. It means basically that it "fermented with [lactic acid bacteria](#) such as [Lactobacillus](#), [Lactococcus](#), and [Leuconostoc](#). The fermentation process increases the shelf-life of the product, while enhancing the taste and improving the digestibility of milk."²

Acidic Buttermilk

Created by adding a food grade acid to the milk. Examples of food grade acid are vinegar, orange juice, lemon juice, citric acid.

An example of how to make acidic buttermilk is one tablespoon of acid to one cup of milk. Let set for ten minutes and you get clabbered milk.¹

Whey

There are two types of whey. Sweet and clabbered. It is the yellow waterish liquid left over from cultured milk products. Sweet whey would be the liquid drained from hard and soft cheese, and also the liquid drained from clabbered raw milk, yogurt, kefir or buttermilk. Acidic whey would be the liquid drained from cheeses which used an acid to create them. Examples of some of those cheeses would be paneer, feta, chevre, or whole milk ricotta.³

A few uses of whey

1. Sweet Whey uses ³
 - Reconstitute fruit juice to add nutrients
 - Starter culture for fermenting vegetables
 - Make lemonade
 - Add to smoothies for vitamins, minerals and proteins
 - Use for the cooking liquid of potatoes, rice and cereal, pasta and grains
 - Drink it straight
 - Make whey cheese such as ricotta
 - Same uses as acid whey
2. Acid whey uses ³
 - Soak grains for bread making
 - Feeding small amount to animals
 - Use whey on skin and hair

Butter

Butter is a solid product made from churning fresh or fermented cream or milk. The churning separates the butterfat and protein from the milk. The result is buttermilk and butter.

How my father made butter

Dad grew up without the use of modern conveniences, so he is a wealth of information when looking at techniques for survival in emergencies.

Quoted from my father,

"Before we got a regular butter churn, we filled a fruit jar (preferably two quart) about half full of cream. When cream is sour (sweet cream will do), it is easier to churn. We then shook the jar back and forth in such a way that the cream slopped from end to end of the jar. As you do this, lowering the end of the jar to which you want the cream to go makes the cream hit against that end more firmly, thus speeding up the churning process. Occasionally, depending upon the temperature of the cream, butter will form, but not really gather into a lump as desired. When this happened, we would pour some cold water in with the cream, thus cooling it and causing it to 'gather'. When sour cream is used, the sourness is in the buttermilk, not in the butter. By putting the butter into cold water, squeezing it to get the buttermilk rinsed out of the butter, pouring out the water and replacing it with fresh water, squeezing again, and repeating the process until the water remains clear, eliminates the sour taste. " ⁴

Kefir

Kefir grains are a gelatinous natural product sometimes called Manna From Heaven. They will multiply to produce more and more grains, which can be used in turn, to produce more kefir milk and other products. It is packed with friendly bacteria and yeast types, which line the stomach. Why would we want this? It makes our stomach and body healthy with all the probiotic and other good bacteria in the cultured milk and cheese. Plus, so many things can be made and used from kefir milk and kefir cheese.

A great source of information about kefir is found by doing a Google search for Milk Kefir from Cultures for Health or at https://attachment.fbsbx.com/file_download.php?id=364237487095160&eid=ASvgcw2XODIbeOQH15KyL_jewjS_6sIeDQuWN3w1JekGVmzE1pD5Ro0pYokBp0OCigY&inline=1&ext=1439720766&hash=ASuMze2N8M_6qtZw

Lets take a look at what these little grains look like.

A few Recipes

Some Soft Cheeses

French Chevre Cheese

5 quarts whole milk

1/2 cup cultured buttermilk

2 tablespoons diluted rennet

- Warm milk to 80 degrees
- Stir in buttermilk
- Add 2 Tablespoons rennet
- Stir and cover. Let set at room temperature for 8-12 hours
- Cheese is ready for draining when it looks like yogurt
- Pour into a colander lined with cheesecloth
- Hang to drain for 6-8 hours ⁶

Quark Cheese

2 quarts whole milk

buttermilk

- heat 1 quart of goat milk to 88 degrees F
- add 1 tablespoon of organic buttermilk with active cultures. If your buttermilk is not quite fresh, add an extra tablespoon
- Cover the pot
- leave it at room temperature for 24 hours (mixture should have a consistency very similar to yogurt)
- Pour the mixture into a cheese cloth-lined colander
- leave the cheese in the colander and cover for 24 hours in refrigerator ⁷

Plain Yogurt

2 quarts whole milk

4 ounces plain yogurt (for starter)

- preheated my oven to 120 degrees
- turn oven off
- heat milk to 180 degrees
- cool to 110 degrees
- put the yogurt in the cooled milk
- let it sit overnight (8-12 hours) with the oven light left on to maintain heat ⁷

No Rennet Cottage Cheese

1 gallon whole milk

1 cup cultured buttermilk

- warm milk to 95 degrees
- stir in buttermilk and set at room temperature 12-18 hours

- milk will clabber and become thick
- cut curds into 1/2 inch cubes and rest for 10 minutes
- place pot in double boiler and heat on low heat till curd reaches 115 degrees, stir often for one hour or so
- when curd firm, it has cooked enough
- let whey come to top and drain off
- pour into cheesecloth lined colander... gently... and let drain
- add salt to your taste. add a bit of cream if you like it creamy ⁶

Old Fashioned Ricotta Cheese

1 gallon fresh whey

1 1/2 quarts whole milk

- heat whey to 195 degrees
- slowly stir in whole milk and bring temperature back to 195 degrees... stir often
- ready to drain in cheesecloth lined colander when you see little flakes
- can salt to taste and add cream if you like

¹ <https://en.wikipedia.org/wiki/Buttermilk>

² https://en.wikipedia.org/wiki/Fermented_milk_products

³ <http://www.culturesforhealth.com/ways-to-use-whey>

⁴ Comments of my father

⁵ <http://www.culturesforhealth.com/difference-between-yogurt-kefir>

⁶ Book: Goats Produce Too1 The udder Real Thing Volume II by Mary Jane Toth

⁷ <http://www.northerndawnnigerians.com/in-the-pail/milk-product-yields/>



Note the distinct difference in the look of the kefir cheese and the kefir rains, Its has an obvious the difference and look feel.

So what are we going to do with these grains?

- Scoop out the kefir grains and place them into fresh milk. The milk is placed in a jar with a lightly closed lid, then put at room temperature for 12 to 48 hours. This allows the milk to culture into kefir and/or kefir cheese.
- Save the kefir grains for later usage, by rinsing clean and saving in cool water in refrigerator. There are other methods of storage as well.

How do we obtain kefir milk versus kefir cheese

Kefir milk (used in cooking and drinking, smoothies etc is easily obtained after the milk is cultured for 12-48 hours.

1. Pour the cultured milk/kefir grains into a colander
2. Let drain into a bowl
3. Scoop out the kefir grains into a fresh jar of milk
4. Scoop the remaining kefir cheese into a container for great tasting soft of hard cheese

Kefir cheese will often form in the culturing process. It is a soft white cheese. You can actually obtain leave this kefir cheese drain for 12-24 hours to get less kefir milk. To create a harder crumbly cheese, drain and press in a cheese cloth. This cheese can be grated and used in cooking.

