

with Love
from Grandmother's Kitchen

traditional cooking techniques for
well-being

by Monica Corrado

A note to the reader: The ideas and suggestions contained in this book are not intended as a substitute for appropriate care of a licensed healthcare practitioner.

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Contents

Introduction	1
The Ten Basic Techniques	
Chapter 1: Culturing Dairy	11
Chapter 2: Making Whey	17
Chapter 3: Making Nutrient-Dense Stock	19
Chapter 4: The Technique of Lacto-fermentation	29
Chapter 5: Making Salad Dressings and Marinades	35
Chapter 6: Preparing Deep Green Leafy Vegetables	41
Chapter 7: Soaking and Preparing Legumes	47
Chapter 8: Soaking and Preparing Whole Grains	51
Chapter 9: Soaking and Dehydrating Nuts and Seeds	59
Chapter 10: Sprouting Legumes, Nuts and Seeds	61
References	65

Chapter 1: Culturing Dairy

Yogurt, Crème Fraiche, Butter

Why culture dairy?

Liquid milk can be hard to digest, even when raw. Pasteurized dairy is always hard on the digestive tract. Culturing dairy can help. When you culture dairy, the proteins and sugars in milk are pre-digested for you by “good” bacteria, or cultures. You know them as probiotics. I call them “gut good guys.” Not only do these bacterial cultures render dairy more easily digested, they also help to maintain the health of the small intestine, make us more resistant to illness, and aid with overall digestion. They make the nutrients in dairy more available to the body. The gut good guys also increase the vitamin B and C content of milk and create some vitamins inside us, like B12 and a form of vitamin K.

Increasing numbers of people are having trouble digesting dairy. Symptoms of “lactose intolerance” include diarrhea, bloating, and gas, constipation, or general malaise. By culturing dairy up to 24 hours, nearly all of the lactose will be pre-digested, or eliminated.

If you cannot obtain certified raw milk, the next best is organic, grass-fed, non-homogenized milk. Always look for low-temperature pasteurization. Ultra-pasteurized (UHT) milk has been denatured too strongly and won't support a culture well. ALWAYS drink full-fat milk, as you cannot absorb the calcium or vitamins A and D without fat!

Making Cultured Milk: Yogurt

Note: There are several easy ways to make yogurt. The easiest, I have found, is in a stainless steel thermos. You may also make yogurt in a yogurt maker, or in a glass jar in the oven. Each method is explained below.

Liquid and Dry Measures

Use liquid measuring cups for liquid ingredients and dry measuring cups for dry. Measurements are most accurate when done by weight or volume. We typically think of a cup as 8 ounces, a pint as 16 ounces, etc. Those are liquid measurements. A cup of flour does not weigh the same as a cup of rice or a cup of milk. Don't assume they're interchangeable.

Liquid measures are usually glass or plastic (I prefer glass, of course) and have gradations that let you accurately measure as you fill them. (It's best to get at eye level with the line you want—set the measuring cup on the counter and lower yourself down.) They also typically have pour spouts for no-mess transfer into larger bowls.

Dry measuring cups are usually filled and leveled off with a butter knife or other straight edge. Follow your recipe; if it specifies ingredients to be “loosely” or “tightly” packed, measure accordingly. (You might see this for brown sugar, flour, etc.)
The Reluctant Gourmet Blog. Dry Measuring Cups vs Liquid Measuring Cups.

Keep those cultures!

Remember to keep some of your homemade yogurt to serve as a “starter” for your next batch!

Heating Raw vs. Pasteurized Milk for Culturing

Raw milk is full of live enzymes and healthy bacteria that are good for your gut, digestion, and immune system. Heat destroys enzymes and bacteria. Therefore, when culturing raw milk, barely heat it—just to 110 degrees F. Pasteurized milk, however, has already been subjected to heat high enough to kill the live enzymes in milk as well as the good bacteria. You must heat pasteurized milk to a much higher temperature, 180 degrees F to ensure that any unhealthy bacteria in the milk are destroyed.

Raw vs. Pasteurized Milk

Raw, or “real” milk, is very different from pasteurized milk; in fact, it has a very different nutritional profile than milk that is pasteurized. I like to say comparing the two is like comparing apples to oranges; but I think really it is like comparing apples to bricks (lifeless, not food). Nope, maybe an impostor who looks the same, but is quietly,

WHAT

You will need the following to culture milk (make yogurt):

1. One pint to one quart good quality milk, grass-fed and raw preferred, but not UHT
2. Organic, whole milk, plain yogurt or yogurt starter
3. A stainless steel sauce pot
4. A stainless steel thermos with cap or a wide mouth jar and an oven, or a yogurt maker
5. Measuring spoons
6. A thermometer

HOW

Here is the technique to culture raw milk (make yogurt) in a thermos:

1. Pour one pint raw milk into sauce pot.
2. Heat raw milk over low heat to 110 degrees, using thermometer to determine temperature.
3. Pour heated milk into stainless steel thermos.
4. Add 2 tablespoons yogurt to the milk and stir.
5. Cap thermos tightly and let stand overnight on the counter.
6. *Violá*, yogurt! Transfer into a glass jar and refrigerate.

HOW

Here is the technique to culture milk (make yogurt) in a jar in the oven:

1. Pour milk into sauce pot.
2. Heat raw milk over low heat to 110 degrees, heat pasteurized

milk to 180 degrees, using thermometer to determine temperature. (Allow pasteurized milk to cool to 110 degrees.)

3. Pour heated into a clean quart jar.
4. Add ½ cup yogurt to the milk and stir.
5. Place the jar in the oven with a pilot light on. (or at the lowest temperature possible. Some people use an oven thermometer and start with the oven on warm and keep the oven door open for 8-12 hours.)
6. *Violá, yogurt!* Refrigerate. (Remember to save some of your homemade yogurt to make your next batch.)

HOW

Here is the technique to culture milk (make yogurt) in a yogurt maker:

Follow the instructions on the yogurt maker!

Making Cultured Cream: Crème Fraiche

WHAT

You will need the following to culture cream (make crème fraiche):

1. One pint good quality cream, grass-fed and raw preferred, but not UHT.
2. 1-2 tablespoons crème fraiche, cultured buttermilk, plain, whole milk, organic yogurt or kefir
3. A pint jar with lid
4. Measuring spoons

secretly robbing your body of nutrients and causing havoc you may not even know about. Yet.

Raw milk from a certified dairy or your own cow or cow-share is full of live enzymes and live, healthy, “good for the gut” and your immune system bacteria. It contains lactase, the enzyme needed to break down the milk sugar, lactose. It is also easily digested protein.

Milk that has been pasteurized has been subjected to heat, sometimes very high heat (those marked UHT) which destroys all the good enzymes, (including lactase) as well as all the healthy bacteria. It also denatures the protein in milk, which means it changes its structure. So, your body thinks it is drinking milk, but it is really drinking some cooked white liquid that is now dead, which has lost 30% or more of its calcium, some of its other vitamins, and whose protein has been compromised. Why should we care? Because raw milk is a healing food and pasteurized milk is the cause of many allergies and illnesses among children. Because they are selling you a bogus product that is harmful to your health. Because it is time to start questioning the dairy industrial complex