

Carob or Chocolate Blanc Mange

Made with white sugar and chocolate only, this pudding was a childhood favorite we begged our mother to make often, squabbling over who would get the last bite! Our own children followed suit. Our son, Dan, even requested it for his wedding! This recipe has been updated to prevent further devaluing of the nutritional value of the milk with high heat.

AMOUNT: 8 - ½ Cup Servings

1. Melt chocolate or combine carob and water in double boiler:
1 oz. unsweetened chocolate
or 2 Tbsps. hot water + 3 Tbsps. carob powder
(stir carob through strainer to remove any lumps)
2. Meanwhile, sprinkle gelatin over cool (room temperature) water in small saucepan; let soften for 3 minutes; heat over moderately low heat, stirring constantly until gelatin is dissolved; blend in honey and remove from heat:
¼ cup cool water
1½ envelopes (3 teaspoons) unflavored gelatin
¼ cup mild honey
3. Add milk to melted chocolate or blended carob in double boiler and remove from heat; blend in dissolved gelatin and honey mixture; stir in vanilla; blend all with a wire whisk:
1¾ cups milk (raw whole milk preferred, or Dan's Milk)
1 teaspoon vanilla
4. Pour into mixing bowl; chill until partially set. Do not allow to gel too much or the whipped cream will not blend in easily:
1½ - 2 hours is usually sufficient.
5. Whip cream and blend until smooth into partially gelled mixture with wire whisk or in electric mixer:
1 cup heavy cream (about 2 cups when whipped)
(non-ultra pasteurized cream preferred; available at Trader Joe Markets or health food stores)
6. Fill dessert dishes or serving bowl. Return to refrigerator until set.
7. Garnish, if desired, with almonds or coconut and mint leaves.

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Resources for article: *Nourishing Traditions*, 2nd edition. Sally Fallon with Mary G. Enig, Ph.D., ©2001 New Trends Publishing; *Untold Story of Milk*, Ron Schmid, ND, ©2003 New Trends Publishing; www.realmilk.com

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Dairy Dilemma

“A land flowing with milk and honey.” This description of the good land God promised to give the Israelites is repeated at least 16 times in the Old Testament. I did not fully appreciate the meaning of this until my recent research into the value of milk for health. Yet dairy products, especially milk, is one of the most controversial health issues of our day! Why? I hope to introduce you to the reasons, what we have lost, and how we may regain the health benefits of dairy products, at least in part. The resources used for this article are listed at the end. I highly recommend all three of these resources for a proper education on our “dairy dilemma,” since I can only touch on summary highlights; however, enough, I hope, to alert you for the need to get informed and to make more health-giving choices.

Until the late 19th century, in many cultures, including America, whole raw milk provided strength and health, and treatment for a wide variety of health conditions and diseases most effectively without high-risk danger as to its safety. In America, it was not until people began moving to cities, that outbreaks of sickness, with a number of fatalities, occurred from drinking raw milk, tuberculosis in particular. Raw milk began to be processed in cities, inviting dirty dairies that fostered infectious bacteria in the milk. Pasteurization became the answer, ultimately compulsory for all milk. Raw milk, per se, was not the culprit, however, but the dirty dairies. Instead of setting standards for clean dairies and strict handling practices, pasteurization became the primary “solution.” Later homogenization was added to extend shelf life and to remove the “inconvenience” of having to shake the milk to distribute the fat. Nevertheless, it took 30 years to convince the American public that homogenized milk was “good and acceptable” to drink! Finally, fat free and lowfat dairy products were introduced.

How does pasteurization affect the nutritional value of milk? It damages the proteins, especially lysine and tyrosine, making them less digestible and available to the body with biological value reduced by 17%; destroyed are: vitamins A, B-12, and B-6, 38% overall of B-complex; at least 50% of vitamin C, all of the enzymes, the Wulzen Factor (anti-stiffness); calcium is much diminished, and conjugated linoleic acid (CLA) is diminished, and not present at all in fat free milk..

Removing the butterfat from milk to produce reduced fat dairy products does further violence to the nutritional value. For full absorption of fat soluble vitamins

A, D, E, and K plus full absorption of the calcium and proteins, the full amount of butterfat in raw milk is needed. Further, homogenization has changed the structure of the milk fat molecules which may lead to heart disease. The effects of homogenization are not yet fully understood.

One might think these losses and changes are unimportant. But consider: all nutrients in a food work together synergistically to serve the body. The whole is greater than the parts. When we begin to reduce or take away what the Creator originally invested in the food to contribute to health, including the full measure of fat, we suffer. It is now understood and experienced by millions that there are problems with milk and dairy products. Many suffer allergic reactions and digestive problems. The result has been to seek dairy alternatives such as soy milk and other soy products. My challenge is that if you are using soy products, to carefully research the Internet. The Weston A Price Foundation at www.westonaprice.com is particularly valuable, as their publication, *The Ploy of Soy*. Other dairy alternatives include nut milks and now a variety of grain milks. However, I recommend trying cultured dairy products and whole raw milk first. Many persons not highly allergic to milk can utilize these.

There are three drawbacks to raw milk: 1) availability, 2) cost, 3) fear that it is unsafe and is too high in saturated fat and cholesterol. *The Untold Story of Milk* provides a complete state-by-state review of what is legal and available. Other sources of availability include www.realmilk.com and Weston A. Price local chapters (locate at www.westonaprice.com). The cost of raw milk varies widely depending on locality. The fear that raw milk is unsafe or that whole milk is too high in saturated fat and cholesterol is best dispelled by getting informed. *The Untold Story of Milk* is an excellent and thorough resource for this. You will not only read about the history of the virtues of raw milk and the “dairy wars” and insanity of the anti-raw milk establishment, but you will learn how to judge what quality of raw milk is especially safe--in short, raw milk from cows that are pasture-fed and commercially available sources that meet strict processing standards. As for the cost, getting informed on the historical value of raw milk will help you determine if the cost is worth it for the health of your family.

A final comment on pasteurized milk. It is not all bad. Studies done with pasteurized milk have shown that there is still health value, though perhaps not without problems. I believe it is a better choice than soy milks. However, cultured dairy products such as kefir, plain yogurt, and buttermilk are the best route to go in absence of raw milk. The boon of these is that much of the enzymes are restored and about 40% of the milk lactose is converted to lactic acid, both easier to digest, especially for adults, and fostering the production of friendly bacteria in the colon (the good bacteria that kills the bad).

Currently, we are updating all our recipes to recommend whole raw milk or *Dan's Milk* (pasteurized without homogenization; see the recipes), whole milk yogurt and to update the recipes calling for cooking milk so that we don't further damage the nutritional value (see our updated recipe from *Desserts* for *Carob or Chocolate Blanc Mange* on back page).

Dan's Milk

About 1 Quart

Our pasteurized, non-homogenized milk alternative approximates whole 4% fat milk. From **Breakfasts**, and **Meals in Minutes**.

Mix together in quart jar; refrigerate; shake well before using:

Mix together:

3½ cups fat free milk (*organic pasteurized, non-ultra-pasteurized*)

5 tablespoons Heavy Cream (*Grade A pasteurized, non-ultra-pasteurized*)

Per 1 Cup: 139 Calories, 8 grams fat (49%), 7 gr protein (20%), 11 gr carbohydrate (49%)

Strawberry Milk Shake

1 Serving

Use this shake recipe as a guide to many variations. See accompanying article for quality of whole raw milk to use. If possible, use the Yogurt recipe or whole milk non-homogenized yogurt such as Trader Joe's Cream Line, Brown Cow or Seven Stars Farms. Look for these brands in Trader Joe's or health food stores. From **Breakfasts**.

Blend in blender until smooth:

½ cup plain whole milk yogurt

½ cup whole raw milk, preferred, or Dan's Milk

½ cup strawberries, or other berries or amount other fruit desired

½ teaspoon - 1 tablespoon honey, to taste

Yogurt

About 1 Quart

Use raw whole milk (*preferred*), *Dan's Milk* or commercial source of whole, pasteurized non-homogenized milk. Test temperature with candy thermometer. From **Breakfasts**.

1. In double boiler, heat raw milk to 105-110° (not over 110°); heat *Dan's Milk* to 180° and cool it to 110°:

3½ cups whole raw milk or Dan's Milk

2. Pour into a sterile quart jar and blend in yogurt:

¼ cup plain yogurt or a dry yogurt culture (*amount according to package directions; purchase at a health food store*)

3. Cover; let stand 100° - 110° until coagulated, about 8 hours. A gas oven with only the pilot on at about 100° is ideal. Refrigerate immediately.

4. Save **¼ cup yogurt** to make the next batch. Yogurt no older than 5 days will give the best results.

Other ways to maintain culturing temperature: commercial yogurt maker; thermos bottle; outdoors on a hot day between 90° - 110°; pan of warm water at 105 - 115° - water half way up the jars (cover all with towels; water may need changing to maintain temperature. Pan may be set on top of heating pad or warmer; check water temperature not to go over 115°).

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