

## Dan's Milk

Our son, Dan developed this non-homogenized milk when raw milk became unavailable. At 3.3 - 3.7% fat, this approximates 4% fat whole milk. From **Breakfasts**.

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%)

## 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. See Strawberry Milk Shake for quality raw milk and yogurt to use. 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 methods for maintaining 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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**SPECIAL NOTE:** Raw milk does not spoil like pasteurized milk. If left to stand, it will "clabber" naturally into a cultured milk. Many peoples have traditionally "cultured" raw milk in this way.

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## Talking Food Pages

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## The Wonder of Raw Milk

*...it's my belief that the best foods in the world are rich in cholesterol and animal fats. I call them vital foods-- fresh and fermented unprocessed dairy foods, eggs, meat, and poultry from pasture based farms.<sup>1</sup>*

Raw milk is making a come-back in America with plenty of research to back up its safety and its marvelous health benefits. According to Ron Schmid, ND in *The Untold Story of Milk*, "...this once vital food has been tarnished with the black brush of modern processing."<sup>2</sup> By this means milk has declined "from wholesome to noxious food; confinement dairies, inappropriate feed, horrendous processing, removal of the fat and the addition of problematic compounds--all have taken their toll on milk's delicate nutritional balance."<sup>3</sup> Many have learned through unhappy experience of the multiple problems caused by our processed milk supply that something is drastically amiss. As a result, large numbers have unfortunately run to soy milk products. A safe source of raw milk, however, avoids all the negatives of processed milk and soy products combined. But, most importantly, it is in avoiding these negatives that raw milk bestows its benefits. "Raw milk provides the welcome answer to modern parents, desperate to get quality nutrients into their finicky young eaters."<sup>4</sup> What are these "quality nutrients" that have been lost in modern pasteurization-homogenization of virtually our total available milk supply?

- **Enzymes** All uncooked raw foods provide enzymes which are destroyed by heat at 118° upward. Raw animal foods are the richest in enzymes, even more than plant foods. Pasteurization, however, kills enzymes in milk with only a few partially surviving.<sup>5</sup> Principle enzymes in milk include *galactase, peroxidase, catalase, amalase, lipase, lactase* and *phosphatase*. Two examples of enzyme work: Lactase digests the milk sugar, lactose, which is a problem for many people in milk. Phosphatase splits and assimilates the mineral salts that are in the form of phytates (present in all whole grains and legumes).

- *Protein* The protein of raw milk is 100% available in comparison to lowered digestibility by 4% and biological value by 17% in pasteurized milk. Heat also alters the protein of milk making it more difficult to digest. Likewise, the reduction of fat content in fat free and low fat milks reduces protein utilization. While some fat free raw milk is available, I do not recommend it. Most raw milk is whole with all the original fat-rich cream.

- *Vitamins* All are 100% available: Vitamins A, D, E, K, B-complex, C. While vitamins D, E, and K are not altered, vitamin A is destroyed, 38% of the B-complex vitamins are destroyed, and vitamin C is weakened or destroyed.

- *Minerals* All major minerals are 100% available: calcium, chlorine, magnesium, phosphorous, potassium, sodium, sulphur. All 24 trace minerals are available. Pasteurization greatly diminishes soluble calcium. Likewise, the lack of fat in fat free and lowfat milk diminishes the absorption of calcium.

- *Fats* 18 fatty acids are metabolically available in raw milk. The full fat content of whole raw milk is essential to full utilization and absorption of the protein, calcium, vitamins A and D in milk. Homogenization suspends the fat molecules throughout the milk, whereas, the cream rises to the top naturally in non-homogenized milk. The health effects of homogenization is not completely understood, but considered to be a probable risk to health.

- *Wulzen and X Factors* The Wulzen Factor is the anti-stiffness nutrition factor. It is destroyed by pasteurization. The X Factor involved in tissue repair is not altered by pasteurization.

- *A Healing Agent* Ron Schmid introduces his chapter "Good Medicine: the History of the Milk Cure" with a quote from J. E. Crewe, MD, The Mayo Foundation, January, 1929: "*Raw milk cures many diseases.*"<sup>6</sup> Schmid then proceeds to present in detail how to proceed with a raw milk cure that can "cure the following conditions: fatigue, skin troubles, poor digestion, pleurisy, ringing in the ears, constipation, asthma, allergies, hemorrhoids, insomnia, ulcers, colitis, goiter, malaria, arteriosclerosis, neuralgia, arthritis, hives, cystitis, dysentery or chronic diarrhea, impotence, gout, sciatica, migraine, enlargement of the prostate, gallstones and liver disorders, kidney disease and the first stage of tuberculosis....normalization of either high or low blood pressure....greatly benefits the heart, building up the strength of a weak heart by building the blood..."<sup>7</sup> You will need to get *The Untold Story of Milk* if you want more information on the milk cure. Anyone who attempts it should at least read Schmid's complete chapter on it, if not the entire book.

### *What is the Best Form of Raw Milk?*

Traditionally, cultured milk such as yogurt, has been the most widely used form of milk. Cultured milks such as yogurt and kefir convert the milk lactose to lactic acid which provides many health benefits and is easier for many to digest and assimilate. Lactic acid foods help to maintain the vital friendly bacteria in the colon. See the yogurt recipe at end of this article.

### *What About the Cholesterol and Saturated Fat of Milk Fat?*

Contrary to the popular "diet-heart idea," these are not dangerous to heart health. A reading of *The Cholesterol Myths, Exposing the Fallacy That Saturated Fat and Cholesterol Cause Heart Disease* by Uffe Ravnskov, MD, PhD will cure this mental malady.

### *What About Weight Loss and Drinking Whole Milk?*

A recent study revealed that drinking fat free milk can actually contribute to weight gain. Would it not be wiser to count the fat calories as part of one's total calorie limit for losing and maintaining weight and go the route of proper assimilation and utilization of all the nutrients in milk which the full fat provides?

### *Where Can You Find A Safe Source of Raw Milk?*

Go to your local health food store. Especially seek out raw milk produced from grass-fed animals. Go to the website: [www.realmilk.com](http://www.realmilk.com) for a complete listing of local sources of raw milk both nationally and internationally. *The Untold Story of Milk* also provides an outline of the status of raw milk state-by-state and in several countries. It is not as difficult to find a source as it may seem.

### *What is the Best Alternative if You Can't Use Raw Milk?*

Locating and paying for raw milk is still problematic for many. I have presented my "best solution" which is a "distant second best" with our *Dan's Milk* recipe which calls for mixing pasteurized, non-ultra-pasteurized, fat free milk with pasteurized, non-ultra-pasteurized heavy cream. This avoids homogenization, but not pasteurization, while providing the full fat content of whole milk. It is best to make it into yogurt. Most organic milk is ultra-pasteurized, both in supermarkets and in health food stores. I have only found one non-ultra-pasteurized organic milk which is at *Trader Joe Markets* (also carries non-ultra-pasteurized heavy cream). Even though "homogenized" is on the milk label, this is a non issue in fat free milk. *Trader Joe's* fat free organic pasteurized milk also does not contain extra dry milk solids which is problematic but found in most fat free milk.

Notes from *The Untold Story of Milk* by Ron Schmid, ND

<sup>1</sup>p. 6; <sup>2</sup>p. xviii; <sup>3</sup>p. xviii; <sup>4</sup>p. xviii; <sup>5</sup>p. 101; <sup>6</sup>p. 71; <sup>7</sup>pp. 75-76