



Raw Dairy Recipes

Created by:
Kaleigh Lutz, Mktg Manager
Organic Pastures Dairy
1-877-RAW-MILK



Raw Ice Cream:

Ingredients:

- 1 dozen raw eggs
- 2 cups of Sugar
- 2 tsp. Vanilla
- 1 tsp. Salt
- ½ gallon of OPDC Raw Whole Milk
- 2 pints of Organic Pastures Dairy Raw Cream

For Ice Cream Machine:

- Rock Salt (FOR CHURNING)
- ICE (FOR FREEZING W/ CHURN)

Tools Needed:

- Mixing Bowl
- Wisk
- Ice cream machine (blade, container, wooden holder, lid, machine)

Instructions:

1. Wisk all ingredients together.
2. Add 2 cups of whole raw milk.
3. Wisk with milk until smooth.
4. ADD 2 cream pints.
5. ADD whole raw milk until full (about 1Qt- ½ half gallon)
6. ADD rock salt and ice around the ice cream hold (you are doing this to allow cream to freeze)

Churn until machine struggles to churn. Lift lid to test if ice cream has reached its prime. Place ice cream into a shallow container and place in freezer. Allow up to 30 minutes to an hour for the ice cream to fully harden. To serve, scoop out ice cream and place back into freezer. If you do not put back into freezer, then the ice cream will melt.



Raw Sour Cream:

Ingredients:

- Cream (soured or fresh)

Instructions:

1. Take RAW Organic Pastures Dairy cream mix in a tablespoon of some yogurt and put it on the counter for 1-2 days.
 1. You can also leave the cream in the back of your refrigerator to sour naturally!
 2. If you use the refrigerator to sour the cream, please let it sour for about 1-2 weeks after the "expiration" date.
- *Remember that raw milk loves room temperature environments, so leaving it on the counter will sour the cream faster.*

Food for thought: The consistency will not be firm, like sour cream you may buy in the market place that has been pasteurized. If you desire a firm texture drain the cream through cheese cloth and remove more whey. Every batch will be slightly different because it is alive with diversity of beneficial pro-biotic living cultures. You can taste and experience the adventure of living foods at their raw sour cream best.



Homemade Raw Kephir

Raw Kephir has been used as a medicinal food for centuries! It is mentioned in the bible as Manna from Heaven and in the Koran as well. Marco Polo even wrote about it. It is a simple way to add beneficial bacteria into your diet, while drinking a wonderful treat! Remember that raw Kephir has a cheesy, tart or soured taste, and naturally separates into curd and whey. Raw Kephir is fermented milk products that can help your body rebuild its beneficial bacteria, along with giving your taste-buds a delight. Raw Kephir contains at least 65-70 different kinds of Yeast and Bacteria at very high levels in the millions per ml. It is also called S.C.O.B.Y. (Symbiotic Culture of Bacteria / Yeast)

Ingredients:

- Whole Raw Milk (either slightly soured or fresh)
- Kephir grains, to buy (\$10) call 1-877-RAW-MILK
- ½ cup of Organic Pastures Dairy Raw Cream (optional)

Tools needed:

- Glass Mason Jar (quart or half gallon size)
- Cheese cloth (any cloth to cover top of jar)
- Large Glass bowl (if using Kephir grains)
- Stainless steel (not aluminum) screen strainer to recapture the grains.

Instructions:

1. Take fresh or slightly sour whole raw milk and pour into a glass mason jar/container.
2. Kephir grains into the milk/ jar.
3. DO NOT cover the top of the jar with a lid! The milk culture needs to grow and will make a pressurized bomb!! It is alive!! Cover with a cloth only.
4. Let the jar sit in a room temperature area.
5. Do not stir the milk! Let the milk ferment naturally.
6. Do not disturb the milk for 24-48 hours. When the milk is like soft jello you are done. You have now made Kephir.
7. You may notice a separation between the whey (clear yellow) and the Kephir (white). THIS IS A GOOD THING! But you have gone past perfect Kefir. You are on the way to making cheese. It may be a little harder to get the Kefir Grains to separate in the strainer. The curds tend to connect and grown around the grains.
8. Pour the entire contents of the jar into the strainer and shake the screen to get the mixture to flow through the screen into the bowl under the screen. The grains will stay in the screen and the creamy stuff flowing through is Kephir.

The grains can be reused and shared with family and friends. Grains are like babies. Feed them and keep them warm and with raw milk when you want them to grow. If you are putting them to rest or sleep, cover with raw milk and place into the refrigerator until ready to use again. Microwaving, heating or freezing is not a good thing for grains.
They are your babies....



Power Smoothie

Looking for a healthy snack or fulfilling breakfast? Kephir is a wonderful and fulfilling snack for anytime of the day! Try making a smoothie with Kephir, instead of yogurt, powdered whey or ice cream. It is bio-diverse, immune boosting, enzyme rich predigested. You may be surprised with how delicious Kephir can be! It is full bodied, satisfying and a great way to snack on a healthy alternative!

Ingredients:

- 1 Quart of Organic Pastures Dairy Raw Kefir
- 1 cup of Organic Pastures Dairy Raw Colostrum (optional)
- ½ cup of Organic Pastures Dairy Raw Cream (optional)
- Raw eggs or a banana (optional)
- 2 cups Fruit
- Add sweetener to taste(optional)

Tools Needed:

- Blender
- Spoon or spatula

Instructions:

1. ADD: Kephir, whey (optional), raw colostrum (optional), raw cream (optional), flaxseed and coder liver oil (optional), berries and sweetener into a blender.
2. Blend ingredients together. You may use ice, if you want.
3. Pour smoothie into glass and ENJOY!

KEPHIR: is a probiotic and bio-diverse! Kephir has 2200 times more diversity than yogurt. The history of Kephir is centuries old. Kephir is mentioned in the Koran and supposedly was handed down by God to Mohammad to heal and preserve health. It is very well known in Eastern Europe as a foundational Probiotic. It is a delicious, enzyme rich, bio-diverse, nutritious, whole highly digestible living food. Like yogurt, Kephir is milk based. The process of making Kephir involves fermenting milk. Kephir is very complex and necessary for a well balanced diet.



Colostrum Cubes

Having a hard time getting your family to drink their colostrum? Make it fun! By making colostrum cubes, Kids and adults can have fun eating their colostrum! It is simply and fun to make and eat! Colostrum is known for the health benefits; add these cubes into smoothies prior to blending action to make them more like ice-cream and chilling the smoothie at the same time.

Ingredients:

- 2 pints of Organic Pastures Dairy raw colostrum
- Chocolate flavoring (optional)
- Berries (optional)

Tools needed:

- Ice cube trays

Instructions:

1. Mix colostrum with optional ingredients, like chocolate and berries.
2. Pour colostrum mixture into ice trays.
3. Put the trays into the freezer. Allow the cubes to freeze.
4. To store the cubes, pop them out of the forms and store in a plastic bag in the freezer.
5. To eat the cubes, simply take a cube at a time and allow the flavors to play with your taste-buds or add to your super smoothies!!!

COLOSTRUM: Traditionally, children and adults would drink their family cow's colostrum, benefited from rare enzymes glyco- proteins, amino acids, immunoglobulin, fatty acids and essential living bacteria. It is very important that children build their immune system with an assortment of raw milk products, like: Kephir, colostrum, butter, cream, and whole milk! Colostrum is sweet, but sours faster then whole raw milk. If you want to keep your colostrum tasting fresh all year round, try this fun recipe and keep Colostrum as fresh as the first day by freezing!



Famous Fettuccini Alfredo with Raw Cream

Fettuccini is a legendary cream sauce, which melts in your mouth and dresses up any pasta dish or meal for your appetite. Cooking with raw cream is a wonderful way to add thickness and a smooth texture. What you ever wanted to use your sour cream or butter? Cooking with your raw cream is a great way to use your soured cream or bitter butter. Try making this restaurant favorite to add a heavy creamy sauce to your favorite dish!

Ingredients:

- 1 ½ cups Organic Pastures Dairy Raw Cream
- ¼ cup fresh lemon juice from about 1 lemon (optional)
- 6 tablespoons grated lemon zest from about 1 lemon (optional)
- A pinch of freshly grated nutmeg (dried nutmeg is okay, but fresh is preferable)
- Salt (add to taste)-Start off with about a table spoon and add to your preference
- 9 ounces fresh or dried fettuccine (about one box)
- 1 cup freshly grated Parmesan cheese
- ¼ teaspoon freshly ground white pepper (add to taste)

Tools Needed:

- A heavy skillet or pot
- Spatula
- Large pot for boiling pasta

Instructions:

1. Bring a large pot of water and salt to boil. Add the fettuccine pasta (or other pasta) to water.
2. Stir occasionally until tender.
3. In a separate pot, start your cream sauce/
4. Stir 1 cup of raw cream and the (optional) lemon juice to blend.
5. Add the butter and cook over medium or low heat.
6. Stir the cream occasionally, just until the butter melts (about 3 minutes)
7. Stir in the (optional) lemon zest and nutmeg.
8. Remove sauce from heat.
9. Slowly add the drained pasta into the sauce.
10. Add ½ cup of raw cream into the pot.
11. Add Parmesan, ¼ teaspoon salt and pepper to the cream sauce. (add more salt or pepper to taste)
12. Toss over low heat until the sauce thickens slightly, about 1 minute.



Raw Milk Baby Formula

There is nothing more special, necessary and significant in life than the connection a mother has with her children while breast feeding her baby. Unfortunately, some time life gives us challenging times that force mothers to give their child formula, instead of their breast milk. For whatever reason, either you are adopting a child or can not breast feed, there is a better alternative for your baby than processed (powered) formula. At Organic Pastures Dairy we feel that there is NO substitute that could ever be as perfect for a child than her mother's breast milk, but we do offer a great solution to formula alternatives! Try using raw milk based baby formula.

Makes 6-8 ounces

Ingredients:

- 2 cups of Organic Pastures raw whole milk
- 1/4 cup whey (use only homemade whey made from kefir or separated raw milk)
- 1/4 cup Organic Pastures Dairy raw cream
- 1 teaspoon cod liver oil
- 1 teaspoon sunflower oil
- 1 teaspoon extra virgin olive oil
- 2 teaspoons coconut oil
- 1 7/8 cups filtered water

NOTE: if you can not find an ingredient, it is okay to make the formula with the ingredients you can find locally, but you must use raw milk for the best quality formula.

Tools Needed:

- Stainless steel bowl/container
- Glass bottle or container
- Nipple for bottle

Instructions:

1. Mix ingredients well in stainless steel bowl/container.
2. Pour into the clean glass bottle.
3. Attach nipple to bottle.
4. TO HEAT: use warm water from a simmering pan. DO NOT HEAT OVER 100 degrees! If you heat over 100 degrees, milk will no longer be raw and start becoming processed and enzyme dead etc...as the heat increases. Ouch!!



Raw Whipping Cream

Are you tired of eating processed whipping cream that makes you feel guilty? Try raw whipping cream from fresh raw cream! The wonderful secret about raw cream is that it is guilt free! Raw fats are actually wonderful for your skin, bones, diet and health! Make homemade whipping cream and taste the difference and indulge without any guilt or visits to the gym! You might just find a new favorite raw milk product!

Ingredients:

- 1 pint of Organic pastures dairy raw cream
- 1 tablespoon of maple sugar or honey (you can substitute preferred sweetener)
- 1 teaspoon- 1 tablespoon Vanilla extract (add to taste)

Tools needed:

- Blender/ Mixer
- Large mixing bowl
- Spatula

Instructions:

1. Mix your raw cream, sweetener, and vanilla extract together in a large mixing bowl.
2. Use the mixer/ blender to slowly mix together the ingredients. (For about 2-5 minutes)
3. Make sure you do not whip the cream too long or you will make butter.
4. Mix the ingredients until fluffy with medium firmness. You want your cream to be airy, but not runny nor hard.
5. Taste the whipping cream and add extra vanilla or sweetener to make it just perfect!

THE BEST THING ABOUT IT is that raw cream is an amazing food that adds essential oils, **raw fats**, and nutrients into your diet. Everyone loves a little whipping cream on top of your homemade desserts or treats, and not you can feel healthy eating it and you might even go for seconds!



Raw Cream Cheese:

Ingredients:

- 2 quarts of Organic Pastures Dairy raw whole milk

Tools Needed:

- Large strainer
- Cheese cloth, thin towel or a thick paper towel
- Large Bowl
- Wooden spoon or stick
- Water pitcher or tall container

Instructions:

1. Pour Organic Pastures Dairy raw whole milk into a glass mason jar.
2. Leave the jar in direct sunlight for 2-4 days until the milk separates
3. Line a large strainer or sieve with a cheese cloth, a thin towel or a paper towel.
4. Set the strainer over a large bowl.
5. Pour the jar of milk into the cheese cloth, thin towel, or a thick paper towel.
6. Let the milk culture for several hours without agitation.
7. You will notice that the whey (clear yellow colored liquid) will strain into the bowl below and the milk solids will stay in the cloth.
8. Tie the cloth, towel or paper together and attached/tie it to the wooden spoon or stick.
9. Suspend the cloth (with cultured milk) on top of the tall pitcher or container to allow the liquid to further drip.
10. When the bag stops dripping, you have made cream cheese!
11. Refrigerate the cream cheese for up to a month and use accordingly. You may freeze the whey up to a year or drink fresh for up to 6 months.

WHEY: Did you know that drinking raw whey is a wonderful way to get more protein into your diet! You may keep the whey (clear yellow liquid) as a dietary protein supplement! Do not discard because the benefits of the whey are wonderful as well! It is such an amazing tool to use while making smoothies or other pro-health foods! It is full of protein and minerals! Whey is wonderful with keeping your body health, physically powerful, and strong!



Raw Cottage Cheese

Ingredients:

- 1 gallon of Organic Pastures raw whole milk
- 1.4 tsp. of Kephir
- ½ tsp. liquid rennet (vegetable or animal rennet) or an acid like lemon juice.
- 1-2 table spoons of salt (add to taste)
- cream (accordingly to size- optional to make "wet" cottage cheese)

Tools Needed:

- Thermometer
- Cooking pot
- Cheese cloth, thick paper towel, or thin towel.
- Spatula.

Instructions:

1. Bring the raw milk to 86-90 degrees in a pot. Control the temperature with a thermometer. You want it to stay below 100 degrees to keep it raw!
2. Add culture, like Kephir or raw buttermilk to the milk.
3. Stir well and let set to culture for 1 hour.
4. After 1 hour, add rennet or acid juice and stir briskly for 15 minutes.
5. Cover the pot and let the milk set for 45 minutes.
6. MAKE SURE to keep the milk at 86-90 degrees the entire time. If it supersedes 100 degrees it will loose nutrient and protein value, and will not longer be considered raw. You are only warming and not boiling!
7. Cut the firm milk, which are now curds into small pieces (about .5") with a stainless steel knife. Do not worry if all the curds are the same size; just try to get them similar in size.
8. Let the cut curds set to rest for about 5-10 minutes.
9. After 5-10 minutes of the curds resting, slowly stir the curds.
10. Raise the temperature to 95-99 degrees for 20 minutes.
11. Stir occasionally so the curds do not stick together.
12. After stirring, let the curds rest for about 5 more minutes. Do not disturb them, just let them rest.
13. Strain the whey (clear yellow liquid) out, until there is only about ½-¾ cups left in the pot.
14. Add cold water (enough to lower the temp to 85 degrees).
15. Leave the curds in the water/whey mixture for about 10 minutes.
16. Stir the curds very gently with your hand or spoon to make sure the curds do not stick together.
17. Pour the curds into a cloth strainer and let the curds drain all the liquid out. You can collect the whey/water mixture and use it for a dietary protein substitute.
18. Stir the curds so it does not stick together (too badly).
19. After about 30 minutes, add salt. You have now made cottage cheese!
20. Put cottage cheese into the refrigerator for at least 2 days.
21. To make "wet" cottage cheese, you may add cream to it. If you want "dry" cottage cheese, do not add any further liquid.



Raw Whipping Cream

Are you tired of eating processed whipping cream that makes you feel guilty? Try raw whipping cream from fresh raw cream! The wonderful secret about raw cream is that it is guilt free! Raw fats are actually wonderful for your skin, bones, diet and health! Make homemade whipping cream and taste the difference and indulge without any guilt or visits to the gym! You might just find a new favorite raw milk product!

Ingredients:

- 1 pint of Organic pastures dairy raw cream
- 1 tablespoon of Molasses (you can substitute preferred sweetener)
- 1 teaspoon- 1 tablespoon Vanilla extract (add to taste)

Tools needed:

- Blender/ Mixer
- Large mixing bowl
- Spatula

Instructions:

6. Mix your raw cream, sweetener, and vanilla extract together in a large mixing bowl.
7. Use the mixer/ blender to slowly mix together the ingredients. (For about 2-5 minutes)
8. Make sure you do not whip the cream too long or you will make butter.
9. Mix the ingredients until fluffy with medium firmness. You want your cream to be airy, but not runny nor hard.
10. Taste the whipping cream and add extra vanilla or sweetener to make it just perfect!

THE BEST THING ABOUT IT is that raw cream is such an amazing tool you can use to add essential oils, fats, and nutrients into your diet. Everyone loves a little whipping cream on top of your homemade desserts or treats, and not you can feel healthy eating it and you might even go for seconds!



Snow Cone Shavings

Involve the kids with this fun and healthy recipe! Have the whole family help you while making our homemade version of a raw ice cone! Kids love eating frozen ice, but now you can feel good for giving them a treat! Try this fun filled recipe and have the whole family join in!

Ingredients:

- 1 quart of Organic Pastures Dairy raw whole milk
- 2 pints of Organic Pastures Dairy raw cream
- Sweetener (add to taste)
- Chocolate, Strawberry, mango, etc. flavoring (optional for chocolate snow cones)
- 1 tablespoon of vanilla extract (if making vanilla flavored)
- ½ cup raw Colostrum (optional)

Tools Needed:

- Large Mixing bowl
- Large baking sheet (at least 1 inch deep)
- Fork
- Serving cones or cups
- Ice cream scoop

Instructions:

1. Mix milk, cream, sweetener, raw Colostrum (optional), additional flavor (optional) and vanilla extract (if you are making vanilla flavored dessert) in a large bowl.
2. Slowly pour the mixture into the large baking sheet
3. Cover the baking sheet with a plastic cover and place in the freezer for 30 minutes.
4. Pull the sheet out of the freezer and use the fork to gently scrap the mixture until fluffy powder.
5. Repeat steps 3 and 4 several times until the cream is very frozen and fluffy. (up to 4 times = about 2 hours in freezer total)
6. Store the sheet in the freezer until you are ready to serve.
7. To SERVE: pull out sheet and lightly scrape powder one last time.
8. Using an ice cream scoop out about 1-2 scoops full of cream powder into the cones/cups.
9. Serve and enjoy



Whole-Grain Kephir Pancakes

Who would have thought to add Kephir to the morning ritual of pancakes! By adding a pro-biotic raw Kephir to your batter, you are adding a diverse twist. Even though it may not be raw, the Kephir adds a great taste and body to your pancakes. The family or friends would never know that there was a bio-diverse probiotic hidden in their breakfast! Try this fun version of Kephir pancakes to your next morning with the family! - Created by Blaine McAfee, wife of the founder of Organic Pastures Dairy~ enjoy!

Ingredients:

- ½ cup all-purpose flour (Sift before measuring)
- ½ teaspoon salt
- ½ teaspoon double-acting baking powder
- ¾ teaspoon baking soda
- 1 cup finely milled whole wheat flour
- 2 tablespoons sugar, honey, or molasses
- 1 egg
- 2 cups fresh raw Kephir
- 2 tablespoons melted butter or bacon drippings.

Tools needed:

- Large mixing bowl.
- Flour Shifter
- Spatula
- Skillet or waffle maker

Instructions:

1. Sift flour, salt, baking powder, baking soda and whole wheat flour ingredients in a large mixing bowl.
2. Pour in sugar (honey or molasses), egg, Kephir and melted butter or bacon drippings together in a separate bowl.
3. Gradually, pour in wet ingredients with the dry ingredients with a few swift stokes.
4. Mix all ingredients well.
5. Ignore the lumps; they will take care of themselves.
6. Pour batter into skillet or waffle maker.



HELPFUL TIP:

To ensure your product is the FRESHEST POSSIBLE, make friends with your store Dairy Case Manager. Ask the manager what day they receive their dairy delivery. Buy the products no later than 2-3 days after delivery. Why? Raw Dairy Products are best fresh. Look at the expiration date: if the shelf life is 1 week or less, ask for the NEWEST product in the back. Each store receives guaranteed sales, so make sure they do not try to sell you a product that is less than 1 week to the expiration date.

Remember that raw dairy products NEVER GO BAD, but rather change taste and texture. Even if you leave your product in the refrigerator or on the counter PAST the expiration date, it will NEVER be harmful, ever! The product will change into a sour, bitter, or clabbered product. This is NEVER bad for you, but may be more difficult to enjoy. No worries- use these below tips to help you enjoy your product, even after souring!

HOW TO USE YOUR SOUR PRODUCTS:

DID YOU KNOW THAT raw milk and raw milk products can be used after they have soured. Unlike pasteurized dairy products, a raw milk bacterium simply changes its flavor, texture and benefits overtime. The most commonly known product that "changes" over time is sour cream. Sour cream is easy to make and use. When cream naturally sours, sour cream has been made. Experiment with your raw products today and you might be surprised with the wonderful creation you can make by simply using your sour milk, bitter butter or sour creams.

Food For Thought: Kephir is a fermented product that actually "changes" to become slightly alcoholic over a 3-5 week period past its "expiration" date.

Using your sour whole/skim milk/colostrum/kephor/bitter butter, make:

Kephir
Power Smoothie
Chocolate Smoothie
Fettuccini Alfredo