

A FEW SIMPLE DAIRY RECIPES AND NOTES FROM EPISODE 107, “EASY DAIRY PRODUCTS TO MAKE AT HOME”

by Andrea Huehnerhoff



MILK KEFIR, KEFIR CREAM, KEFIR BUTTER, KEFIR CHEESE, AND KEFIR WHEY CUBES

Milk Kefir

Please note - kefir grains need to be fed the type of milk they are accustomed to. If your grains are accustomed to pasteurized milk, they need to be acclimated to raw milk. Cultures for Health has useful articles on how to do this.

1 quart raw milk 1 tablespoon milk kefir grains

1. Place kefir grains in a clean quart jar.
 2. Add raw milk to fill. Cap with a lid, not too tight.
 3. If wintertime: place in a cooler and set a capped jar of boiling water in the cooler. Close cooler and leave overnight. If your grains are very active, the cooler is warm enough that 24 hours may over-ferment your kefir (depending on your goals). Otherwise, leave the jar on the counter for 24 hours.
- After Fermenting:
4. Scoop off the grains or strain them out of the milk kefir. Place grains in a clean jar. Repeat step 1. Drink your milk kefir!

Kefir Cream

1 pint or quart raw cream 1 tablespoon milk kefir grains

Repeat same process as above. The only difference is, the resulting product is pure cream. Oh so delicious. Drizzle over berries, a piece of cake, a bowl of stewed apples, stir into a cup of chocolate ...

Kefir Butter

Make kefir cream, then churn it the way you typically make butter - in a stand mixer, a Dazey churn, or a blender, et cetera. Absolutely delicious, tart butter.

Kefir Cheese

Line a colander with two layers of butter muslin and pour in a jar (however much you like, or however much your colander can hold) of kefir (and/or kefir cream, depending on how creamy you want your cheese to be). Let it drip-drip overnight or for a day or until the cheese is the thickness/dryness you want. We use it when it is still soft and spreadable as sour cream. A dryer cheese make a great cream cheese. A very dry cheese gets softer and crumblier. It is divine tossed with cooked pasta or served in tacos or on bread with kraut.

Kefir Whey Cubes

After making cream cheese, pull the whey from underneath. The longer you strained the cheese, the "milnier" your whey will be. If you want some very clear un-milky whey, pull that whey out early on in the drip-drip process and freeze as follows: just pour the whey into ice cube trays. Freeze solid, remove from trays and store in jars, bags or vacuum-seal bags. These can be used to start ferments and make lacto-fermented haymaker's punch, switchel, lemonade, punch, ginger tea, sweet tea, or just add a whey cube to a cold icy beverage (like Good Girl Moonshine or other Trim Healthy Mama Drinks for those who use their recipes!) just before drinking to introduce some probiotic pizzazz.

MY FAVORITE CREAM CHEESE, AND MESSMÖR (SWEDISH WHEY BUTTER)

Cream cheese was invented in America in the 1870s; it is essentially a farmer's cheese that is half cream, and therefore richer. It is easy to make by pouring off the top half of a gallon of fresh milk, so you get all the cream, rather than separating and then re-combining the two. This version is based on recipe from The Home Creamery by Kathy Farrell-Kingsley, a little handy book that I have worn to pieces. If you were inspired by Ruth Goodman running her hands through cheese curds in Tudor Monastery Farm, then this is the cheese for you. Don't forget the wooden bowls, homespun butter muslin, and a white linen wimple to complete the aesthetic!

1 quart whole milk 1 quart cream
1 cup yoghurt or kefir ¼ teaspoon liquid rennet or 1 tablet rennet
¼ cup water salt to taste

Warm milk, cream and yogurt to 100F over low flame. This only takes a minute! Turn off heat.

Dissolve rennet tablet (or put the liquid rennet) into 1/4 cup water. Add into milk mixture while stirring constantly. Stir for several minutes.

Cover pot and set aside 1 - 5 hours until curds are firm. When you tilt the pan, they pull slightly away in one large block.

Run your hands through the curds to break them up, or cut into cubes. Let the curds rest 15 minutes, then pour into a mesh strainer lined with two layers of clean butter muslin. Pour in the curds and let them drip all day or overnight.

Pour cream cheese from the butter muslin into a clean bowl and salt to taste.

This cheese is delicious in cheesecake!

Save that whey! Pour the whey into a clean pot and simmer to make messmör.

Messmör (Swedish Whey Butter)

½ to 1 gallon whey ½ to 1 cup cream

Pour whey from a non-vinegar cheese into a HEAVY-BOTTOMED stockpot. Bring to a slow boil then reduce to a simmer, stirring more and more frequently, for hours (could be eight hours? Depends on your pot, and how much whey you used), while the whey reduces and gradually begins to thicken. Once it is a slightly thicker syrup, add 1/2 cup of cream per ½ gallon of whey you started with. It will begin to thicken and caramelize, turning darker and darker to a butterscotch golden. Try a taste and see if you don't just melt with delight! Cool the pot in a warm waterbath to prevent the sugars from crystallizing; transfer into a small jar to refrigerate. If you can get the timing right, serve warm messmör with warm sourdough.

Once refrigerated, it is solid enough to slice. For quantity estimates: I reduced almost a gallon of whey down into an 8-ounce jar.

SHOW NOTES

Podcast shop: <https://ancestralkitchenpodcast.com/shop/>

Alison's shop: <https://ancestralkitchen.com/shop/>

(Shop either one - Alison's has a more complete list!)

www.realmilk.com

www.WAPE.org

www.eatwild.com

Crowdfarming link mentioned by Alison (you'll get a 10 euro credit):

[https://cfarm.co/mgmem?](https://cfarm.co/mgmem?lc=LCQEL3Q2&utm_source=07&utm_medium=email&utm_campaign=nl_MGM_Invitation_A)

[lc=LCQEL3Q2&utm_source=07&utm_medium=email&utm_campaign=nl MGM Invitation A](https://cfarm.co/mgmem?lc=LCQEL3Q2&utm_source=07&utm_medium=email&utm_campaign=nl_MGM_Invitation_A)

Alison's 10 Tips for Creating and Maintaining a Sourdough Starter course - \$5 course but FREE with code STARTER100 (a VERY well written and much-loved course!):

<https://www.fermentationschool.com/courses/10-tips-for-creating-maintaining-a-sourdough-starter>

Other Episodes -

53, Raw Milk: Our Ancestral Heritage <https://ancestralkitchenpodcast.com/2023/03/53-raw-milk-our-ancestral-heritage/>

68 Naturally Fermented Dairy in the Home with Robyn Jackson

<https://ancestralkitchenpodcast.com/2023/10/68-naturally-fermented-dairy-in-the-home-with-robyn-jackson/>

102 The Guide to Getting Out of Supermarkets <https://ancestralkitchenpodcast.com/2025/02/102-the-guide-to-getting-out-of-supermarkets/>

13 The Secret Life of Chocolate <https://ancestralkitchenpodcast.com/2021/08/13-the-secret-life-of-chocolate/>

60 What Fermented Drinks Can I Make? <https://ancestralkitchenpodcast.com/2023/06/60-what-fermented-drinks-can-i-make/>

Books and Resources -

Top Pick: The Art of Natural Cheesemaking by David Asher

<https://bookshop.org/a/86014/9781603585781>

<https://www.milklab.ca/>

Milk Cow Kitchen by MaryJane Butters <https://bookshop.org/a/86014/9781423660385>

The Home Creamery, Kathy Farrell-Kingsley <https://bookshop.org/a/86014/9781603420310>

MaryJane Butters: her story <https://www.maryjanesfarm.org/About/farmlife/>

WalcoRen, natural rennet supplier in Canada <https://www.walcoren.com/>

Available from New England Cheesemaking Co, <https://cheesemaking.com/pages/search-results-page?q=walcoren>

Robyn Jackson, <https://cheesefromscratch.com/>

Breaking News! As soon as we recorded this episode, I learned Robyn Jackson is launching her first book, published by my friend Melissa Norris' publishing house. Robyn was mentored by David Asher and her methods are approachable, useful, applicable in a home kitchen, and natural. You can find Robyn's brand-new book, *Cheese From Scratch: The Complete Guide to Natural Cheesemaking from Home*, at <https://homesteadliving.com/product/cheese-from-scratch/>

It is available as a printed book for \$39.99, or an ebook for \$33.99 USD.

Recipes -

These all link you to my Plan to Eat app recipes. You can view recipes in Plan to Eat without having a membership! Note that if the recipe belongs to another creator, while you are browsing my recipes the Plan to Eat app will re-direct you to that creator's website for the recipe instructions.

If you join Plan to Eat using my link, I get a little credit from them! Thank you so much for that!

plantoeat.com/ref/akp

If you have a Plan to Eat membership, you can scroll my saved recipes and add them to your own recipe files in the app, as well as add them to your calendar and meal plan.

You can also view my Home Dairy collection in Plan to Eat, to see other simple and regional cheeses we enjoy making at home, including Finnish Squeaky Cheese, Indian Paneer, and Russian Tvorog.

My Favorite Cream Cheese (Farmer's Cheese that is HALF cream) -

<https://app.plantoeat.com/recipes/44299254/>

Cottage Cheese - <https://app.plantoeat.com/recipes/44237329/>

Milk Kefir - <https://app.plantoeat.com/recipes/41805826/>

Messmor - <https://app.plantoeat.com/recipes/41650017/>

Quark - <https://app.plantoeat.com/recipes/44261896/>

Ricotta - <https://app.plantoeat.com/recipes/41664195/>

Schmierkase - https://app.plantoeat.com/recipes/44261903/#filter/course_id=92928

Yoghurt - started from prepared yoghurt, not a powdered culture -

<https://app.plantoeat.com/recipes/41673670/>

Grandmother Bread - <https://app.plantoeat.com/recipes/44261939/>

EXTRAS not mentioned in the episode:

Ice Cream Cake from Anita - <https://app.plantoeat.com/recipes/43808579/>

Lacto-Fermented Ranch Dressing - <https://app.plantoeat.com/recipes/40804987/>

Just for you, Leah! Egg Yolk Smoothie - <https://app.plantoeat.com/recipes/40985912/>

PB&J Smoothie - <https://app.plantoeat.com/recipes/40815828/>

Tapioca Pudding - <https://app.plantoeat.com/recipes/44261937/>