

Baking with Milk

how different types of milk can affect your baking



Hello all you wonderful folks of the milkmaid society, I just wanted to introduce myself. I am Celine, my family immigrated from Switzerland to central Alberta, Canada when I was 3 years old. I grew up on and still live on the dairy farm, where we milk around 80 pastured dairy cows of various breeds, as well as 24 dairy sheep, 10 pigs, 40ish chickens, and a few meat rabbits. I have been a professional baker, cook (by day), and farmer (by morning and night) since I graduated high school 10 years ago.

When asked the question; does the type of milk you use affect your baking? The initial response that comes to my mind is no, because it gets baked, making all the types of milk pasteurized; but then the longer I think on this question, the more comes to mind. Raw cow's milk will often have a higher butterfat content than store-bought milk, sheep milk will have higher butterfat, and protein percentage and be naturally homogenized making certain kinds of milk more suited to certain recipes than others.

Some examples I could think of that would be worth experimenting with are, raw milk used in a fermented batter such as an Amish friendship cake, milk-based sourdough starters, or overnight fermented Yorkshire puddings which might benefit the batter with the already occurring beneficial bacteria that are not present in pasteurized dairy. Sheep milk will have around double the butterfat of most cows' milk and the extra protein quite possibly would lend itself to fluffier bread, richer biscuits, or scones. I have found that I prefer sheep milk in custards and puddings over cows' milk because it is slightly sweeter, has increased butter fat, and smaller fat globule size, creating a slightly smoother mouthfeel, which might make it superior for making a nicer cream pie, Stollen or Dampfnudeln (a Swiss/German dessert bun that has a gooey custard caramel bottom and is served with custard sauce). If you decide to try making milk caramels using sheep milk you might want to decrease the number of other fats you are adding as there is already more cream present in the milk. The one recipe that I can think of that will have the enzymes and cultures left intact is Tres Leches Cake, as the sweetened milk mixture is added to the cake once it has cooled. Keep in mind when making these changes to your baking with different kinds of milk the changes will be subtle.

I hope that you all have fun baking with your dairy and get the chance to experiment a little with your milk, whether that is playing with butterfat content, or with milk from different species. I would love to hear the results of all the experiments that you try out.

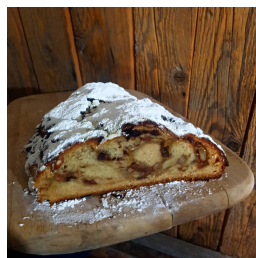
Happy Holiday Baking
Celine Gerber



Sugar Plum Spice Amish Friendship Cake



Eggnog Tres Leches Cake



Stollen



Dampfnudeln with Custard Sauce

cows milk	sheep milk	goat milk
water and minerals 87%	water and minerals 79.6%	water and minerals 87.5%
albuminous protein 0.3%	albuminous protein 1.1%	albuminous protein 0.7%
casein 3.3%	casein 4.6%	casein 3%
lactose 4.8%	lactose 4.7%	lactose 4%
butterfat 4%	butterfat 7.4-9%	butterfat 4.2%
salts 0.7%	salts 1.0%	salts 0.6%
total solids 13%	total solids 20.4%	total solids 12.5%
milk components varies from animal to animal		
chart courtesy of: home cheese making written by Ricki Carroll		

Stollen



Ingredients

- 8, 1/2 cups flour
- 2, 1/2 cups milk
- 1, 1/2 Tbsp yeast
- 1 cup honey
- 1, 3/4 cup salted butter
- 1/3 cup lard
- 1/3 cup beef tallow
- 1 lemons worth of zest
- 1/4 cup rum (use rum out of the fruit)
- 1/2 tsp cinnamon
- 1/4 tsp cardamon
- 1/4 tsp mace
- 2 cups sultana raisins
- 2 cups dried currants
- 4 cups mix of dehydrated/dried fruit of choice (pears, apples, cherries, apricots, prunes...)
- 2 cups almonds chopped
- extra rum to cover the dried fruit and almonds.
- 1 cup melted butter
- 2 packets vanilla sugar (I use Dr. Oetker)
- 2 cups icing sugar



Directions

- place dried fruit, raisins and dried currants in a bowl then cover the fruit and nuts in rum and let soak over night
- place milk, honey, butter, lard, and beef tallow into a bowl or sauce pan and heat till the fats are melted. let the mixture cool till luke warm, then add yeast 1/4 cup rum and lemon zest (orange zest can be used instead of lemon)
- put flour and spices in separate bowl.
- mix the flour into the liquids then knead till you have a smooth ball (the dough will be very greasy)
- let dough rise till doubled in size (1-2 hours)
- drain the rum out of the dried fruit
- chop the fruit to the same size as the raisins
- flatten dough into a rectangle, then place the drained fruit and nuts onto dough, roll up and knead a couple times (the goal is to not smear the fruit into the dough so be careful not to over knead).
- flatten the dough into 2(giant) or 4(regular) rectangles a second time
- roll marzipan into a log
- place marzipan on the dough and roll into a log. (see image #12&13) press down a bit on either side of the marzipan (see image #14)
- preheat oven to 200c or 390f
- cover with a damp cloth and let rise again till doubled in size (about 1 hour at room temp)
- place in oven and bake at 200c or 390f for 15 min then continue baking at 180c or 350f till a internal temperature of 88c or 190f is reached (around 1 hour)
- Brush the Stollen with melted butter
- sift with a mixture of icing sugar and vanilla sugar.
- let cool then enjoy or wrap up and age in fridge for 6 weeks for an even better flavor.



Yorkshire pudding



Ingredients

- 7 eggs
- 2 1/2 cups flour
- 2 1/3 cups milk
- 1/3 Tbsp salt
- canola oil for muffin tins

eggnog whip cream

- 1 cup whipping cream
- 1 Tbsp Rum
- nutmeg to taste
- icing sugar, honey or maple syrup to taste

Directions

1. place milk, and eggs in a blender or a tall container
2. blend using either a stick blender or a regular blender. Slowly add flour by the spoon full
3. cover and let ferment on the counter (overnight for breakfast or make the batter in the morning for supper)
4. heat oven to 235c or 450f
5. fill each muffin tin with 1 tbsp canola oil or vegetable oil (do not use any oil that has a low smoke point or you will have a fire)
6. place oiled muffin tins in the oven for 10 min
7. blend batter for the 10 min that the oil is heating up. It should have a load of air bubbles
8. take muffin tins out of the oven and immediately fill 3/4 full with the batter
9. place in oven and bake for 15 min at 235c or 390f
10. turn oven temperature down to 180c or 350f bake for 20 -30min till they reach the desired color (do not open the oven while they bake as they will deflate)
11. for breakfast fill with eggnog whip cream, maple syrup, and fruit. For supper eat with the meat of choice, and gravy or condiment of choice

