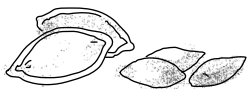


MAKE YOUR OWN PLANT MILK

& M I L K P R O D U C T S !

- Produce less package waste!
- Save money!
- Reduce your carbon footprint!
(especially in case of local/organic produce)
- Be less dependent on the food industry!
- Substitute ingredients in recipes with stuff at hand!
- Support plant-based consumption and DIY culture!

I F Y O U H A V E ...



PUMPKIN SEEDS
shelled or peeled,
or fresh from a pumpkin



SUNFLOWER SEEDS
preferably peeled



OAT FLAKES
or other cereal flakes



RICE



HEMP SEEDS
shelled or peeled



RAW BUCKWHEAT



**PITTED
DATES**



SALT



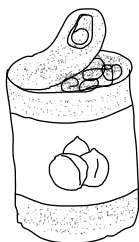
HONEY



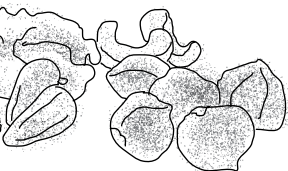
SYRUP



SUGAR



PEAS/BEANS
canned or dried,
+ boiled in case of bean



HAZELNUTS
or other types of nuts/almonds

or potatoes, avocados, bananas... (you set the limits!)



**BLENDER OR
FOOD PROCESSOR**

...THEN YOU CAN MAKE PLANT MILK!

1 For around a liter of milk, take a glass (100–200g) of plant material (seeds/flakes/nuts) and cover it with double the amount of water.



The more plant produce you use, the more full-bodied and strong-tasting the milk.

For cereals, use a larger amount than for seeds/nuts/legumes.

If you're using fresh pumpkin seeds or canned beans/chickpeas, there's no need to soak – just give them a proper rinse.

Combine different materials and tastes!

For example, use 50% oat flakes and 50% pumpkin seeds. Oat is cheap, mellow and viscous; seeds make milk creamier.

Prefer local and/or organic produce. Cashews and chickpeas from Asia can be substituted with sunflower seeds and legumes from Estonia or Central Europe.

Plant milk has historically been made for a long time. In medieval Europe, almond milk was most popular, which was used on meat-free days of the Christian calendar. Recipes for almond milk can be found even in the oldest Estonian cookbooks from the 18th century.

Of course, peasants couldn't get afford the luxurious imported almond nuts. While the cow was not lactating, they made milk substitutes of soaked self-grown oat and hemp.

In Asia and America, soy bean based milk-like products – such as tofu – have long been consumed. In tropical regions, coconut milk has always been considered as the main milk. It also has a fat content that is most familiar to animal milks.

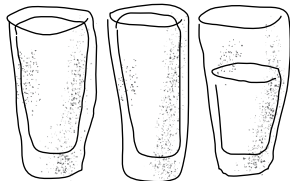
2

Rinse the soaked produce using a sieve. Put it into the blender or food processor and add 2–4 glasses of water. Season with a pinch of salt and a teaspoon of honey/syrup/sugar or 2-3 dates.

OAT + SEEDS



WATER



SALT



DATES



It's better to add less water in the beginning and dilute later according to taste.

The consistency of plant milk can be improved with a soy- or sunflower based food supplement called lecithin – also called the brain vitamin – which is sold in pharmacies and biomarkets. Add a capsule or half a teaspoon (if powdered) per milk quantity.



LECITHIN

Another way to make the texture of the drink more viscous is to add a spoonful of soaked flax (linseed) or chia seeds to the mix. A little bit of good quality oil or coconut fat will add creaminess.



FLAX/CHIA



e.g. HEMP SEED OIL



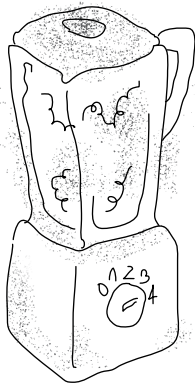
COCONUT OIL
(flavourless if refined!)



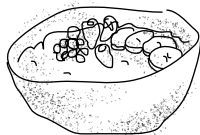
3 Run the blender on high power for 1-2 minutes.

If you're working with a food processor or a less powerful blender, add just a little bit of water in the beginning and make a creamy paste which you can then dilute.

Undiluted plant paste can be turned into a spread, dip or cream, depending on how you season it.



For instance, buckwheat can be churned into a curd-like dessert with banana and coconut cream, which could also be used instead of curd or cream cheese in baking. Cashews and sunflower seeds make for savoury spreads with herbs, garlic, olive oil, lemon juice and nutritional yeast. If you then press this mass under a weight through a cheesecloth, the result will be shaped like real cheese!



**RAW BUCKWHEAT
CURD CREAM
WITH BANANA &
BERRIES**



**CASHEW
CHEESE**



**SUNFLOWER
GARLIC PESTO**

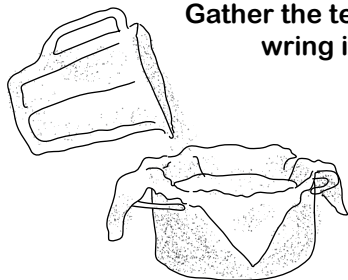
The internet is full of great ideas, both tried-and-tested and quite experimental, if you only give the search engine a try.

4

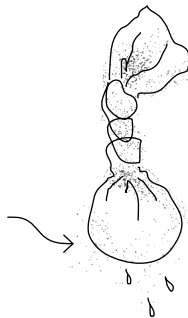
Take a large bowl or pot and cover it with a clean, loosely woven fabric – tea towel, pillowcase or a piece of gauze, linen or cotton.

Pour the milk mixture into the dish.

Gather the textile into a bundle and wring it until all the liquid has been squeezed out.



The leftover dry matter can be used in doughs/batters for baked goods, such as pancakes, waffles or poundcakes!



5

If you're gonna drink the milk in 2-3 days, pour the drained liquid into a clean bottle and refrigerate. You're done!

The cleaner your tools and produce, the longer the milk will stay fresh.

It's normal for plant milk to separate into layers over time – just shake the bottle before opening!

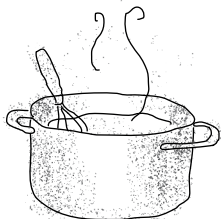
You could also add fermentation cultures (Nordwise, on sale in Selder, Coop or online) or probiotic capsules to plant milk. The drink might not thicken like yogurt or kefir, but it'll be as good for your gut.



**PLANT YOGURT
WITH MUESLI**

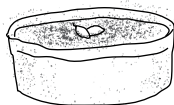
6

If you'd like your milk to last longer, pasteurise it. Pour the drained liquid into a saucepan and heat it until almost boiling while whisking constantly. Then pour into a bottle and cool as rapidly as possible (e.g. outside).



Milk made from oats or other starchy produce will thicken into a pudding-like substance when heated. Old Estonians called this dish kaerakile or kisla (oat film/kissel). Mixed with sugar and juice/jam, it resembles yogurt or custard. As savoury, it can substitute some of the egg in the topping of a quiche.

Milk made of nuts and seeds rich in fats will separate at high heat, similarly to how animal milk separates when introduced to acid: small solid flakes emerge on the surface as the rest of the liquid clarifies.



SEA BUCKTHORN OAT KISSEL CREME BRULEE

Separated nut milk can be re-homogenised by running it through a blender. But it could also be drained to make nut/seed ricotta! Just pour the contents of the pot through the draining fabric again, and the stuff that remains on the cloth is essentially fresh cheese. It can be used as plain cream cheese or sour cream. Press it under a weight for a full day in the fridge and you'll achieve a block quite like tofu, feta or paneer.



RICOTTA FROM SUNFLOWER MILK

THANK YOU!

FROM THE EARTH & YOUR WALLET

Reducing production of cow milk products, red meat and plastic packaging are effective steps towards the reduction of the global carbon footprint. And they can be taken by you!

The proportion of plant foods in our diets will inevitably grow, and the ability to make tasty and diverse food with plant based produce is increasingly valuable. Luckily, we have access to an abundance of ingredients and flavourings to experiment with.

Let's use the benefits of the contemporary food industry, but reduce our dependence on it!

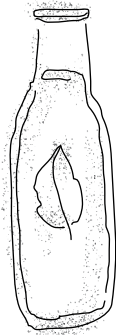
Creating products and meals from scratch broadens one's mind, develops creativity and makes food more meaningful.

PRICE COMPARISON

ALPRO ALMOND MILK 2,99€

COW MILK IN BAG 0,65€

SELF-MADE OAT & SUNFLOWER MILK 0,3-0,5€



SOME IDEAS TO INSPIRE EXPERIMENTING:

For **COOKING CREAM** add oil to plant milk while blendering; for **BUTTER** add refined coconut or cacao fat to plant milk; for **PUDDING/YOGURT**, whisk cornstarch, agar-agar and/or xanthan gum into the milk; **WHIPPED CREAM** – to some extent, milk stabilised with agar will whip up, but canned coconut milk or aquafaba (bean boiling water) will definitely turn into a foam;...

SHARE YOUR JOURNEY & RECIPES:

~~~~~> #TEENISEPIIMA