

Taste the Hills



Recipes and Tips

If you do want to dabble in alternative milk-making at home, follow this guide. They're all pretty much made the same way, and don't require any fancy equipment.

How To Make Plant Based Milk

- First, soak 200g soybeans, 140g almonds, 150g hazelnuts or 90g oats in plenty of water overnight. Soy, especially, will grow two or three times in volume, so make sure you do this in a big bowl.
- In the morning, use a colander to drain the water, and rinse. This is especially important if you're using oats, to prevent the milk from getting slimy and glutinous.
- Then put your soy, almond, hazelnuts or oats in a liquidizer, together with 700 ml of water, and blend for about 2 minutes. Thorough blending will maximize how much milk you can squeeze out. The amount of water can be experimented with: 700ml to make a 'milk', 350ml for a far richer version to add to coffee—but it's gone very quickly.
- Next, pour out the mixture into a clean cheesecloth or muslin lined sieve over a jug and allow the milk to drip through. Then squeeze and squeeze, until you get the last drops out.

If you prefer a sweet milk, add 1-2 pitted dates before blending or a little sugar or maple syrup.

The left over pulp can be used in baking or fried up with vegetables.

As homemade milks don't have any added emulsifiers, they will separate, but this is nothing to worry about – simply give it a good stir before using each time.

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