

Nut Milk

This can be used to replace milk in recipes that taste odd when made with commercial soy or rice milks. I use this for custards and puddings. The fat content depends upon the type and quantity of nuts used. More nuts in proportion to water gives a richer milk. This is somewhere between whole milk and half-and-half in richness.

1 cup + approx. two tablespoons. Almonds (blanched*), Brazil Nuts

----- Use less for a less rich milk (1/2 cup = skim milk?)

2 1/2 cups water

Put nuts and water in a blender. Blend approximately 2 minutes (more or less, depends on your blender. The nuts should be pulverized.) Strain the resulting stuff to remove the nut chunks. (I use a mesh coffee filter [ex. Melitta gold filter] and a rubber spatula to force the liquid through. Paper coffee filters are too fine, and kitchen sieves are too coarse.) This makes 2 cups, approximately.

*Blanching the almonds, brazil nuts (dipping in hot water for 30 seconds then removing the brown skins) results in a much prettier milk. The little brown flecks don't filter out so well.

Yield: 2 cups

From: <http://www.cs.unc.edu/~kupstas/FAQ.html>

