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The Magic of Milk, Butter and Cheese For Healing and Cooking

Dueep Jyot Singh, John Davidson

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The Magic of Milk, Butter and Cheese For Healing and Cooking Table of Contents Introduction Knowing More about Buttermilk Traditional Buttermilk Making Butter Out Of Cream What Are the Health Benefits of Buttermilk Diarrhea Cure Loss of Concentration Insomnia Urinary Infections Mending Broken Bones Potential Chest Infections Buttermilk for Liver Problems Flatulence Cure Buttermilk Cake with Nuts Traditional Clarified Butter Salty Buttermilk How Do You Make Traditional Buttermilk Spicy Salt How to Make Cottage Cheese Is Tofu the Same As Cottage Cheese? Cream Cottage Cheese Tikka Now What Is Chaat Masala? Tikka Gravy Ros-Gollas Storing Cheese Cooking with Cheeses Favorite Stopgap Food – Macaroni and Cheese Cottage Cheese Salad French Cheese Pie Louisiana Cheese Fondue How to Make that Perfect Yogurt Conclusion Author Bio Introduction There is a beautiful mythological story of a God in Eastern legend. It seems he was a bit bored with his heavenly abode and decided to go exploring on the earth. Moreover, he kept staying on here, much to the dismay and surprise of all his friends, who missed him when they had feasts of nectar of immortality, and other heavenly delicacies. Therefore, they came hunting for him. And what did they find? He was sitting in the Hermitage of a saint and dining off fresh milk, butter and buttermilk. Moreover, just like Oliver, he wanted more. So the rest of the gods began to think that there was something here, rather special on this earth, which enticed a God away from Celestial spheres. Naturally, they demanded the rest of the members of the Hermitage to feed them exactly what that God was having. Yes, that one sitting over there with his hand in the clay earthenware pot, scooping out something white. In an attitude of contemplative and euphoric bliss. Well, yes, he is a God. You did not recognize him? Look at his feet. They do not touch the ground. Oh yes, ours do not touch the ground either. But then we are hungry for what he is eating. And so the gods discovered butter, and buttermilk, which they decided were the foods of the gods. However, they had to come to earth to eat it. That was because cows, buffaloes, goats and other milk bearing animals did not flourish so much in their lands. But they did on Mother Earth. Well, we are very lucky in one matter. Being thoroughly earthbound, we can indulge ourselves in butter, butter, milk, milk, and other milk products like cheese, cream cheese, and anything else of which you can think, to our hearts content. And if we have the pure stuff, that is going to help keep us healthy, and fighting fit. Did you know that Abraham said that it was butter and buttermilk, which gave him his longevity. Also, it was the reason why his tribe members were so fecund, when compared to other tribes. This belief is still held in the East, that a diet of homemade butter, and buttermilk drunk regularly every day keeps you healthy,virile and also potent.

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