ORGANIC COTTON NUT MILK BAGS

WHAT IS A NUT MILK BAG?

A Nut Milk Bag is simply a fabric bag that is specially made to remove or sieve out fiber or pulp from blended nut milk. After nuts must have been blended, the blended nut milk is strained through the nut milk bag. The nut milk bag helps in holding the pulp and fiber and allowing only the milk to come out.

There are different brands, types and kinds of nut milk bag. However, based on the materials used to make the bag, nut milk bags can be classified into organic nut milk bag and synthetic nut milk bag.

Organic Nut Milk Bags

These are nut milk bags that are made from natural materials or plants such as cotton or hemp. Examples of an organic nut milk bag are organic cotton nut milk bags and organic hemp nut milk bags.

Synthetic or Inorganic Nut Milk bags

These are nut milk bags that are synthetically made from inorganic materials or petrochemicals such as nylon. Example of a synthetic nut-milk bag is nylon nut-milk bag. Market survey reveals that nylon nut milk bags are mostly used in households than the organic cotton nut milk bags. However, organic cotton nut-milk bags have a number of advantages or benefits over the nylon nut-milk bags.

1. Organic cotton nut milk bags are made from organic materials while the nylon nut milk bags are made from organic materials or petrochemicals. So, organic cotton nut milk bags pose no health risk as organic materials are health-friendly. Nylon nut milk bags are not health-safe as they are capable of harming the health of users or consumers because they are products of toxic petrochemicals.

2. Organic cotton nut-milk bags are environment-friendly and biodegradable while nylon nut-milk bags are non-biodegradable and non-friendly to the environment.
3. Using a 100% organic cotton nut milk bag poses no risk of any synthetic fibers getting into your food. This is possible when nylon nut milk bags are used.

What Can A Nut Milk Bag Be Used For Besides Simply Making Nut-Milk?

Apart from being used as a filtration device, strainer or sieve when making nut milk, nut milk bags could also be used for other things. You don't have to use your nut-milk bags to filter nut milk alone. You can use it for the following:

i. **To Make Juice:** You can use a blender and nut milk bag to make your juice if you don't have the money to buy a high-quality juicer. The procedure is simple. Blend all the fruits and other ingredients using a blender until smooth. Use the nut milk bag to squeeze out the juice into a pitcher or glass. Voila! Your juice is ready.

ii. **Simmering an Herb Sachet:** Some herbs are supposed to add aromatic flavors without becoming a substance or herby residue. These culinary herbs include rosemary, bay leaves and thyme. So if you don't want these herbs to add only aromatic flavors to your sauce or soup without having to fish them out, you can just fill them into a nut-milk bag. Tie the top of the nut milk bag closed and allow the herb in the bag to simmer into your soup.

iii. **To Make Cold-Brewed Coffee:** To use a nut milk bag to make your cold-brewed coffee, add your ground coffee beans in a container, water and stir everything together. Use the nut-milk to cover the container and allow the container to sit for 15 hours at room temperature. You can also use the nut-milk bag as a fine mesh sieve to filter the coffee into a pitcher.

iv. **To Make Clarified Butter:** You can use a nut-milk bag to easily separate the milk solids from the liquid.

v. **To sprout seeds, nuts and grains:** You can sprout any seeds, nuts and grains in a nut milk bag. You will first add the seeds, nuts or grains in the bag, soak the nut milk bag with water and leave overnight. In the morning, drain the bad and hang it. Add water once a day. The sprouting will start after a few days.

How to Use a Nut Milk Bag

Using a nut-milk bag is very easy. It's a matter of getting your sludge into the bag and squeezing it out. One of the usefulness of a nut milk bag is to strain milk. Without this bag, you can't get your nut milk out better. Nut milk bags can be reused, and it's not something that you need to buy over and over again.

This is step-by-step instructions on how to make a nut milk.

Ingredients

- A blender, jar and water
- Get 1 cup of blanched almond nuts
- Water
- 1 nut milk bag
- 1 Quart jar or container

Optional ingredients

- 1 teaspoon of vanilla
- ½ teaspoon of cinnamon
- 1-2 dates or 1 tablespoon of maple syrup

Instructions

1. Soak the almonds with water in a jar or container for 8-24 hours. The reason for soaking is to soften the almond nuts for easy blending and digestion. Also, softened nuts will allow the blender to operate better.
2. Strain the soaked almond nuts and put them in the blender. Add 3½ cups of water and other optional ingredients. Blend everything together for 3-4 minutes till you get a thick sludge.

3. Stretch the nut-milk bag around the container or jar. Pour the thick sludge through but slowly.
4. Squeeze the nut-milk bag until all the milk is filtered into the container
5. Your nut milk is ready. You can use it for whatever you want. You can also preserve in the fridge for 4-6 days.

How to Take Care of a Nut Milk Bag?

It is important to take good care of your organic cotton nut milk bag. Doing so will make the bag last longer and prevent contamination with microbes, harmful organisms or dirt. You should do the following with regards to taking care of your nut milk bag.

Washing Organic Cotton Nut Milk Bag

Before first use:

- Handwash the bag with organic soap (not laundry or dishwasher detergent) and rinse well.
- Sanitize by boiling in water for 15 minutes
- Dry in a well-ventilated area
- Keep seams outside for easier straining, cleaning and faster drying.

After every use:

- Sanitize or sterilize by boiling or soaking in vinegar or baking soda or salt. Rinse well by hand in filtered or distilled water and air dry under the sun.

Drying Organic Cotton Nut Milk Bag

The organic cotton nut milk bag can be dried inside, but it is best to dry in a well-ventilated area either near an open window or outside where it can be in the direct sunlight, to receive free sterilizing from the sun.

Note: Do not dry on the tree, since birds can defecate on your nut milk bag.

Sterilizing Organic Cotton Nut Milk Bag

a) **Boiling:** You may want to sterilize the organic cotton nut milk bag occasionally in boiling water for 15 minutes.

b) **Bleaching:** Use oxygen bleach instead of chlorine bleach to sterilize your cotton nut milk bags. Oxygen bleach kills mold, mildew, bacteria and also removes stains. Bleaching can transform your organic cotton nut milk bag from a moldy or smelly nut milk bag to a fresh, like new condition. Don't overuse the oxygen bleach to avoid weakening of the fiber and making it less durable.

   For food safety use, avoid any oxygen bleach product that has more than 1-2 ingredients. Oxygen bleach is very strong and should be used only per instruction (use recommendation for stain removal) which should be written on the oxygen bleach package. For faster and better results, use very hot or boiling water. If there is no instruction, do the following:

   - Mix ½ tablespoon of oxygen bleach, with 2 cups very hot or boiling water.
   - Soak your cotton nut milk bag for 1-5 minutes or as soon as you see the mold, and/or stains have disappeared.
   - Remove from oxygen bleach and rinse your nut milk bag very well.
   - Fully dry your cotton nut milk bag before storage.

Storing Organic Cotton Nut Milk Bag

Once your nut milk bag is completely dry, we recommend storing in paper or BioBag or in a glass jar if you can make holes in the lids. Storage can help keep your nut milk bag clean and prevent it from dust. You can store in repurposed glass jars. Repurposed nut milk bags are great for increasing the shelf life of refrigerated produce. Simply moisten the fabric, wrap around produce before wrapping in a plastic bag or on top of produce if you have it in a bowl. It helps from drying out and soaking up moisture after washing.

Smell Prevention

The best smell prevention technique is to use separate nut milk bag for the different food item e.g., soy milk, nut milk, sprouting, juicing greens. Nut milk bag scents from using it for sprouting, but it can depend on the type of seeds.

To reduce the fabric from having a smell soak the nut milk bag in 1 cup hot water with about 4 tablespoons of any salt or baking soda or vinegar for a few hours and then dry in the sun.

NUT MILK RECIPES

1. Turmeric Almond Milk with Ginger

Ingredients

- 1½ teaspoons Frontier Organic Ground Turmeric Root 1.41 oz.
- ¾ teaspoon Frontier Organic Ground Ginger Root 1.50 oz.
- ½ teaspoon Frontier Organic Ground Korintje Cinnamon 1.90 oz.
- Pinch Frontier Organic Ground Nutmeg 1.90 oz.
- 1/8 teaspoon Frontier Fine Sea Salt 7 oz.
- 2 cups unsweetened almond milk
- 1 tablespoon honey

Instructions

- In a small saucepan, combine all ingredients and whisk until well combined. Bring to a simmer and let cook for 2 to 3 minutes, then remove from heat.
- Sprinkle with turmeric and serve hot or refrigerate and serve cold. Try as a creamer in coffee or tea.

Source: http://www.frontiercoop.com/community/recipe/Turmeric-Almond-Milk-with-Ginger

2. Homemade Cashew Milk

Ingredients

- 1 cup raw cashews, soaked overnight
- 3-4 cups water
- Pinch Celtic sea salt

Instructions

1. Discard soaking water and rinse cashews thoroughly until water runs clear
2. Place cashews, water, and salt in a vitamix
3. Process on high speed 30 seconds
4. Serve

Source: https://elanaspantry.com/cashew-milk/

3. Creamy Chocolate Hazelnut Milk

Ingredients

- 3 cups water (750 milliliters)
- 1 cup unsalted raw hazelnuts (150 grams)
- 4 dates
- 2 tablespoon carob or cocoa powder

Instructions

1. Soak the hazelnuts in water overnight.
2. Drain, rinse and blend the hazelnuts with the water until well blended and almost smooth.
3. Strain the milk using a nut milk bag.
4. Pour the milk in a blender and blend with the dates and cocoa or carob powder.
5. Store the hazelnut chocolate milk in a sealed container in the fridge for 3 or 4 days.

Source: http://simpleveganblog.com/hazelnut-chocolate-milk/

4. Spicy Chicken Curry in Hazelnut Milk

Ingredients

- 400g Chicken breasts, boned and cut into pieces
- ½ cup hazelnut milk, 2-3 days old
- 1 onion, sliced
- 1 Tbsp ginger, finely chopped
- 4 cloves garlic, finely chopped
- 3 Tbsp canola oil
- ½ tsp chilli powder
- 1 tsp mild-medium strength curry powder
- 4 Tbsp plain yogurt
- 6 whole cardamoms, crushed
- 1 tsp sugar 1 tsp salt
- 1 x 6cm whole cinnamon quill, broken in two pieces

Optional

- Raw hazelnuts

Instructions

1. In a bowl marinate chicken in the yoghurt, chilli powder, curry powder and salt
2. Heat oil over medium in frying pan then add the onions and garlic. Fry until golden, then add the ginger, cardamoms and cinnamon and cook a further 5 minutes.
3. Add chicken mixture and cook with lid on for 15 minutes or until chicken is cooked. Stir occasionally.
4. Add hazelnut milk and stir for a few more minutes with the lid off. Do not allow to boil. Reduce heat and cook until the gravy is thick (about 10 minutes)
5. Add the sugar and curry leaves, if using.

6. Serve immediately with basmati rice, raw hazelnuts and curry leaves.

Source: http://www.finz.kiwi/Shop5Arcade/dinner-recipes/39-spicy-chicken-curry-in-hazelnut-milk.html

5. Homemade Organic Pistachio Milk

Ingredients

- 1 cup of raw shelled pistachios rinsed
- 4 cups of water
- 1 tsp ground cardamon seed
- 1 tsp vanilla extract
- 1 tsp almond extract

Instructions

1. Place pistachio nuts and 4 cups of water, in blender and blend on high for 1 min
2. Pour milk into a bowl using a fine mesh strainer or cheese cloth, separating the pulp from the milk
3. Store in an airtight container in the fridge for up to 4 days

5. Walnut Milk

Ingredient

- 1 cup walnut halves, rinsed (4 oz.)
- 1 tablespoon honey or agave nectar
- 1 teaspoon pure vanilla extract
- Pinch of kosher salt

Instructions

- Place walnuts in a medium bowl and fill with enough water to cover by 1 inch. Cover and set aside. Soak at room temperature at room temperature to soak at least 1 hour to 12 hours for easy blending.
- Drain walnuts; rinse thoroughly. In a blender combine walnuts, 3 cups water, honey, vanilla, and salt; blend on low until very smooth, at least 2 minutes. Serve immediately or store in the refrigerator for up to 5 days.