

Heritage Food Crafts & Skills

Practical skills for food security, savings, ingredient control, and self-reliance

Why Heritage Skills Matter

More than nostalgia, these skills strengthen food security, save money, give us greater control over ingredients, and build self-reliance.

Water Glassing Eggs

- Use clean, fresh, unwashed eggs with the natural bloom intact.
- Pickling lime solution: 1 oz pickling lime + 4 cups water.
- Keep eggs fully submerged in the lime solution during storage.
- Water glassing extends the usefulness of fresh eggs when refrigeration or a steady egg supply may not be available.

Choosing Milk for Butter & Cheese

- **Best:** Raw or non-homogenized milk — closest to its natural state and excellent for traditional cheesemaking.
- **Good:** Pasteurized milk — still forms good curds and is widely available.
- **Avoid:** Ultra-pasteurized (UHT/UP) milk — high heat alters proteins and can interfere with curd formation.

Simple Ricotta Cheesemaking

- Fresh ricotta is a simple introduction to turning milk into cheese using heat and acid.
- The curds are separated from the whey, then drained to the desired consistency.
- Save the whey for other kitchen uses rather than wasting it.

Butter Making & Ghee

- Start with high-fat cream: 36–40% butterfat.
- Bring cream to about 55–65°F before churning.
- Rinse the finished butter thoroughly with cold water; don't rush this step.
- Save the remaining buttermilk for baking or cooking. Salt is optional.
- 1 quart heavy cream makes approx. 1 lb. butter.
- Clarify butter into ghee for longer-term storage.

Corning Meats & Fish

- Corning is a salt-curing technique used to season and preserve meat or fish.
- Salt curing draws out moisture, changes texture, and develops flavor.

- Understand the difference between curing for flavor and preserving for storage.
- Salting fish paired with proper cold storage is another traditional preservation skill.

Milling Your Own Grain

- Wheat options: hard red/white, soft red/white, spelt, einkorn, and rye.
- Beyond wheat: corn, rice, oats, beans, lentils, chickpeas, seeds, and nuts.
- Different grains and end uses call for different milling approaches.
- Freshly milled flour behaves differently from commercial flour; expect adjustments when baking.

Selecting a Grain Mill

- **Stone mills:** Grind grain between stones; excellent for fine, consistent flour and larger quantities.
- **Stainless-steel mills:** Fast, versatile, and often more affordable; can handle grains, beans, and other dry foods.
- **Heat from friction is normal** with either milling method. Avoid overheating flour by milling in reasonable batches and allowing the mill/flour to cool when needed.
- Choose a mill based on **what you plan to mill, frequency of use, capacity, space, and budget.**

Rustic Rye Bread with Beef Tallow

- Recipe is in the Prepper Camp Resources – scan the QR code

Heritage Skincare

- Healthy fats can nourish and protect the skin.
- Render your own tallow or choose a high-quality purchased tallow.
- Useful oils include coconut, jojoba, sweet almond, and Vitamin E oil.
- Beeswax gives structure to balms and salves and helps create a protective barrier.

Notes
