

NUTMILK PORRIDGE /“NEUT MELK-KOS”

Ingredients

1. 1250ml Water (5 Cup)
2. 1 Cup nuts (almonds)
3. 1 tsp Salt
4. 1 Cinnamon quilt stick
5. ½ tsp Vanilla powder
6. 1 cup whole Sorghum or Maize
7. 2 Eggs

METHOD

1. In a high speed blender (Vitamix/Blendtec) add: 1250ml Water, 1Cup nuts, 1 Cinnamon stick, salt and blend till smooth.
2. Pour the nut milk in glass pot and bring it to the boil.
3. Measure and clean the grain.
4. Set your stone mill to the fine setting; remember the mill must be switched on. With the mill switched on pour the grain in the hopper.

Note: Remember once a grain berry has been milled, the natural process of decomposition starts as the protecting bran sheath is broken and oxygen is introduced into the equation, nutrients will be lost and oxidized over time.

Solution - only process (stone mill or roll) grains on demand.

5. Break the eggs into the milled flour.
6. Stir with a wooden fork. It will produce a flaky/flour mixture with a ruff texture.
7. Gradually pour the dough into the boiling nut milk and again bring it to the boil and then cook for 5 min on low temperature and then switched off the heat.
8. Let it stand for 5 min before serving.
9. Add raw butter and honey.

Serve 5 people

Enjoy! &

