



Fresh, Pasteurized, or Powder; How to use the Camel Milk?

Description

The camel milk is really a great combination of very healthy and supermolecules, support our natural and balanced health. <https://camel4all.info/index.php/about/camel4milk/>

Which Type of CaM should be Used?

- The fresh CaM is the best but should come from healthy (screened from Brucellosis, TB, and other zoonotic diseases) camels and harvested in a very hygienic environment.
- Such milk should be used within 1 hour or up to 3 hours if stored at room temperature. For longer shelf life, should be stored below 5 Celcius for 5 days.
- If any sort of doubt on the health of the camel/s or the milking environments, then the milk must be pasteurized.
- **Infield conditions** put the milk in a metal pot on a light flame and stir continuously. After you see the steam evaporating from the milk, put a drop or 2 on your hand, if it burns the skin then stop heating and keep the pot at room temperature until it becomes lukewarm. I call such milk as the **flash pasteurized**.
- Flash pasteurized CaM can be used within 5 hours or can be chilled at a temperature below 5 Celcius. Such chilled pasteurized milk can be used for 7 days.
- If one has access to the commercially available pasteurized, UHT, or powdered milk, it is safe and healthy to be used.
- My friend Mike from Malasia (a camel milk advocate and user) says that CaM powder can be extraordinary. Few families who are using it seeing changing results as early as 2 weeks.
- The powder processing is different from the freeze-drying process. It's all about delta temperature exposed versus exposed time factor. Similar to flash pasteurize versus longer time at lower temperature pasteurization.
- Similar concept like you have a balloon where you put it into a room that's 150°C for 5 seconds versus the same balloon where you put into a room that's 50°C for 15 minutes. Which ?will burst ? first? The same explanation applies to CaM processing in both pasteurization and powdering.
- The °C delta vs time delta factor also applies to the freeze-drying process. Furthermore, the sudden change of vacuum pressure in the freeze-drying process will change the structure of the compounds in CaM. Similar explanation as ?.
- Sudden kPa change will ? the ? but slow kPa change will not ?. It got to do with the elasticity of the

?rubber layer. Apply to CaM compounds/molecules. e.g. fat, protein, etc.

- I believe the same arguments apply to ice cream processing too. You can get soft creamy ice cream or ice cream that tastes like frozen ice/water in it.

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