



ANSON MILLS

Creamy Homemade Almond Milk

Yield

1 quart

Time

Overnight to soak the almonds and about 15 minutes to prepare

Cooking Remarks

No point in making almond milk without having nice, fresh almonds on hand. Our original recipe left on the almond skins, but the milk has a lovelier flavor and hue if they are removed. In order to peel easily, the almonds must still be quite warm.

You can frustrate yourself trying to line a strainer with cheesecloth or you can buy a nut milk bag and stop cursing.

Equipment Mise en Place

For this recipe, you will need a medium saucepan; a colander; a large bowl; a high-capacity, high-speed blender (such as a Vitamix); a deep bowl or 1-quart liquid measuring cup; a nylon nut-milk bag; and a 1-quart pitcher for storing the milk (optional).

Ingredients

9 ounces (2 cups) raw, skin-on whole almonds
32 ounces (4 cups) spring or filtered water
¼ teaspoon fine sea salt
1.3 ounces (3 tablespoons) maple syrup (optional)

Directions

- 1.** Fill a medium saucepan with water and bring it to boil over high heat. As soon as the water boils, stir in the almonds. Count to 10, then drain in a colander set in the sink. While the almonds are still hot, peel them as quickly as possible with your fingers.
- 2.** Place the peeled almonds in a large bowl and add the 32 ounces (4 cups) water and the salt. Stir well, then cover and refrigerate overnight. The almonds will plump up considerably.
- 3.** Turn the nuts and soaking water into a high-speed, high-capacity blender (such as a Vitamix) and purée on high until completely smooth, 45 seconds to 1 minute.
- 4.** Set the colander or a large fine-mesh strainer into or over a deep bowl or 1-quart liquid measuring cup and place a nylon nut-milk bag inside. Pour the purée into the bag. Lift the bag and pull the drawstring, then squeeze the milk into the bowl (once you have poured the purée into the bag, you can remove the colander or strainer), wringing the bag until the nut pulp is dry. Stir in the maple syrup, if using. Cover the milk or transfer it to a 1-quart pitcher, then cover. Refrigerate for up to 4 days.