

## KUMIS

Delicious and healthy horse milk



**Summary:** What I really love about horses it is because we can drink Kazakh traditional dairy - called "KUMIS". Everyone in my family loves Kumis, because it is delicious and benefits your health.

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***Hello everyone!***

***My name is Aisulu, i am from the Republic of Kazakhstan.***

Today i am going to talk about Kazakh traditional dairy drink - called "KUMIS".

A horse is a unique animal for the Kazakh people.

**Little about history:** it goes back to ancient times. Originally Kumis was prepared from mare's milk, fermented for several days in a horsehide vessel. Kumis is a traditional dairy beverage from Central Asia. The savage warriors like Atilla the Hun or Gingis Khan, they were raised with Kumis. For thousands of years, kumis perfectly fit the nomadic, horse-centric life of the steppes. And it is still popular in countries like Kazakhstan, Mongolia or Kyrgyzstan.

**Drink Kumis for your health:** Kumis drinking is very healthy and used for medical purposes. The healing power of kumis is proved by clinical testing.

**Vitamins:** Kumis is good in the case of emaciation and anemia. Beneficial for a range of chronic diseases, Develops immunity, Vitamins A, B1, B2, D, E, C.

**Benefits:** Kumis is also useful for its healing properties for Influence on the work of gastrointestinal tract, Cardiovascular, Nervous systems and Kidney.

### **How Kumis is produced**

Due to the milk's naturally high sugar content, making kumis requires nothing but a mare. Mare's milk collected throughout the day, every several hours and it only takes a day to ferment the milk. So Fresh milk kumis culture are mixed with mixer for about 15 minutes at the temp. Of 26-29 deg c3. Period for fermentation in the warm place took 3-5 hours depending on the activity of the souring agents.

Since mare's milk contains more sugars than cow's, kumis has a higher alcohol content (about 2.5%) when fermented. During the fermentation, the lactose is converted into carbon dioxide so it becomes a good nutrition for people who are lactose intolerant. Fresh, unfermented mare's milk isn't generally used because it's a strong laxative.

After fermentation milk was bottled into glass bottles and closed with crown caps can be stored for 3 weeks.

Interest in mare's milk is growing in Western Europe and the U.S. because children and adults who are allergic to cow's milk might be able to drink it.

I hope you understand what kumis is and how useful it is and it is extraordinarily tasteful. I'm already drooling. I highly advise you to try and add it to your daily routine.

Thank you for your attention!!!!

Many companies in Kazakhstan produces Kumis and you can buy it in every store. In a bottle or in powder form.

My Podcast is about Kazakh traditional dairy drink - called "KUMIS".

If you ask me what Kumis is, then in a simple way I can answer: "Kumis is healing sour mare's milk useful for human health". The most important thing in Kumis is that it is made from mare's milk. Kazakhs are one of the few nomadic people in history who were closely connected to the universe of horses. Our ancestors were born, lived and died on horseback.

What I really love about horses it is because we can drink delicious and healthy horse milk - Kumis. Many companies in Kazakhstan produces Kumis and you can buy it in every store. In a bottle or in powder form.

Everyone in my family loves Kumis, because it is delicious and benefits your health. Kumis is also useful for its healing properties for Influence on the work of gastrointestinal tract, Cardiovascular, Nervous systems and Kidney. Isn't it great when you enjoy a drink and at the same time take care of your dawning.

Many people can't even think of it. How can we drink horse milk? Horse is human's best friend- these people are saying – you can only ride and admire them. But this is a stereotype of modern humans of the city. Horse for humans is the same domestic animal as, for example, cow or sheep. And horse brings to human its own use, including food dairy products.

It is funny, if you drink kumis more than 1 bottle in a day, you can become a little bit drunk. This is because mare's milk contains more sugars than cow's, so kumis has a higher alcohol content about 2.5%. This means when you drive you can't drink kumis and if you drank kumis you can't drive.

Kumis is also halal drink. We drink Kumis on all our holidays, especially on the Wedding and during Ramadan.

That's the story of horse and Kumis. Story which is connected with the history of Kazakh people. I am sure that the ancient healing and treatment traditions of Kumis will not be lost as long as the horses exist in the world.