

# Simple Goat Milk Soap Recipe

Ready to make goat milk soap? Here is a great-simple goat milk soap recipe which should produce two pounds of nice creamy goat milk soap.

## Equipment:

Pan/Bucket of Ice

Accurate Scale (I use a postage scale)

Measuring Cup for Lye (Glass, Quality plastic or Stainless Steel)

2 Quart Container for Water/Lye Mixture (Glass, Quality Plastic, or Stainless Steel)

Spoon/Spatula for Mixing (Plastic or Stainless Steel)

Soap Mold

Plastic Wrap or Plastic coated freezer paper– For Lining the Mold

Thermometer

*Vinegar – Vinegar neutralizes lye should you spill some on yourself*

**Ingredients:** When making soap everything is measured by weight not volume.

16 oz. Olive Oil

4 oz. Coconut oil

4 oz. Palm Oil

2 oz. Castor Oil

3.54 oz. Lye

8 oz. goat milk

Color and scent can be added at trace (when mixture starts to thicken)

## Directions:

1. Using the scale, measure out 3.54 oz of lye and place it to the side. Using the scale, measure 8 oz of goat milk and put into your 2 quart container. (We freeze the milk in a ziplock bag so it can be broken up in pieces.)
2. Place the container with your milk in a container/bucket with ice. Wearing your gloves, goggles, and breathing mask slowly sprinkle the Sodium Hydroxide a little at a time into the milk and stir. Use a rubber spatula to make sure you get every grain out of the container.
3. Stir until all the particles are dissolved. Lye water gets very hot usually around 180 degrees. However, using the frozen milk and ice bath it is usually ready to add to your oils right away. Set lye

mixture aside. Note: Never pour the water into the Sodium Hydroxide, this will produce more splashing and you don't want that.

4. Measure out the coconut, palm, olive and castor oil into a microwave safe container. Heat these for one or two minutes until melted. Mix well. Insert a thermometer and sit to the side. Note: Palm oil needs to be shaken or stirred in its original container prior to measuring to ensure its consistency.

5. Your oils should be around 85 degrees at this point. Once everything has reached the appropriate temperature (85 degrees for oil and 75-80 degrees for the lye mixture), slowly pour the lye mixture into the oils with one hand and slowly stir the mixture with the other hand. I use a rubber spatula so that I can scrape out the lye water and make sure I get all of it.

6. Stir your mixture and at this point. I usually use a stick blender and buzz it a couple times while also stirring. You will notice your mixture start to thicken up. This is what they call "trace". When you run your stirring utensil through it you will see it beginning to look like thin pudding. When soap is at a light trace you can add fragrance and color; be aware they could speed up trace.

7. Pour soap into the prepared mold. You will want your mold to be one that is about 3 inches deep when the soap is poured. **Note:** It is best to line your molds for easy soap removal. I usually use plastic cling wrap but plastic coated freezer paper works well too. (wax paper will melt and stick to your soap) If you are using a mold that comes apart, disassemble it and wrap each piece with plastic wrap and then put it back together. If you are using freezer paper cut a piece big enough to fill the mold and over lap the edges about 2 inches. Press it evenly down into the mold making sure to crease it in the bottom seams and corners of the mold, you may find it necessary to make small folds in order for it to fit in properly fold it over the top edges of the mold walls and secure it with tape. I have also found that a plastic trash bag works well using this method as well.

**Note:** With most soap recipes you would insulate your mold at this point, but when using milk as a liquid it is best not to insulate since milk heats up more than a non-milk recipe. Because of this, it is important to disperse the heat without overheating. Over-heating can cause problems with your soap.

8. Make sure your mold is somewhere out of the way so you don't risk it being disturbed. Let it sit for about 24 hours before unmolding.

9. Remove the soap from the molds, cut into bars and lay the bars or stack them in such away that air can circulate around them, I use cookie racks. Place them in an out of the way place to age for 3-6 weeks. Turn them a couple of times during the aging process so that they dry evenly.

10. After 3-6 weeks the soap is ready to use and can be packed into storage containers.