

MAKING CHEESE FOR BEGINNERS

ASK PERMISSION AND ASSISTANCE
USING THE STOVE



CHOOSE 2 LITERS OF MILK

Soy milk, Goat milk, Whole pasteurized milk, raw milk, skim, low-fat, homogenized or unhomogenized

Not recommended:

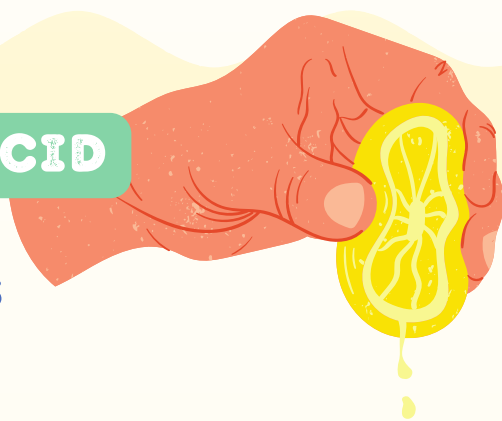
Almond or Oat - they don't have the casein proteins that bind to make curds.
Ultra-pasteurized milk - the process of making this milk kills all bacteria and will not form the necessary curds.

CHOOSE 2 TABLESPOONS OF ACID

Citric Acid - used for fresh cheeses like ricotta, mozzarella

White Vinegar - because of its strong flavor, try paneer or Queso Fresco.

Lemon juice (fresh or not) - because of its strong flavor, try Lemon Ricotta Salata, Cottage Cheese, Labneh.



Not recommended:

Industrial and Non-food Grade Acid - these are not meant to be eaten and should not be used in the making of food.

TOOLS

- Large Pan
- Muslin/ Cheese cloth
- Sieve
- Large Bowl



PROCEDURE - TRY IT AND THEN EXPERIMENT

Set the muslin on the large bowl

Put your milk in a pot and heat, but not boil - (around 190°F or 88°C).

Remove from heat and add one tablespoon of your choice of acid. Stir. Salt to taste. After curds form, ask a grown up to pour the hot mixture on to the muslin.

Squeeze as much water out as you can. Place something heavy on the wrapped muslin to help keep pushing out water. After 45 minutes, unwrap and serve!

You can add salt and pepper, olive oil, olives, tomatoes
Refrigerate leftovers

