

Mad Millie
AS FRESH AS CAN BE



CHECK US OUT ON



Mad Millie kits and equipment are designed to make it fast and simple for you to create beautiful, artisan food in your own home. For more kits and consumables, along with some helpful tips and how-to videos visit

www.madmillie.com

DESIGNED IN NEW ZEALAND

INTERMEDIATE

Approx. time:

1 - 5 hours per recipe.

Does not include ageing time of min. 3 weeks.

Cheeses:

Camembert, Double Cream Brie, Stilton Style, French Neufchâtel, Blue Vein and Gorgonzola Cheese.

Mad Millie

Delicious Specialty Cheese!

The Specialty Cheese Kit contains everything you need to create a range of authentic blue and white mould ripened cheeses in the traditional, artisan way. Each cheese takes as little as one hour hands-on time, but is made over a day and aged for one month or longer (depending on how strong or gooey you like it).

Just add your fresh milk, a pot and some basic kitchen utensils and you will be on your way to discovering how fun and easy cheese making at home can be.

For more in-depth information on making cheese see our website

www.madmillie.com



Watch our YouTube video if possible before starting.
They say a picture is worth a thousand words!

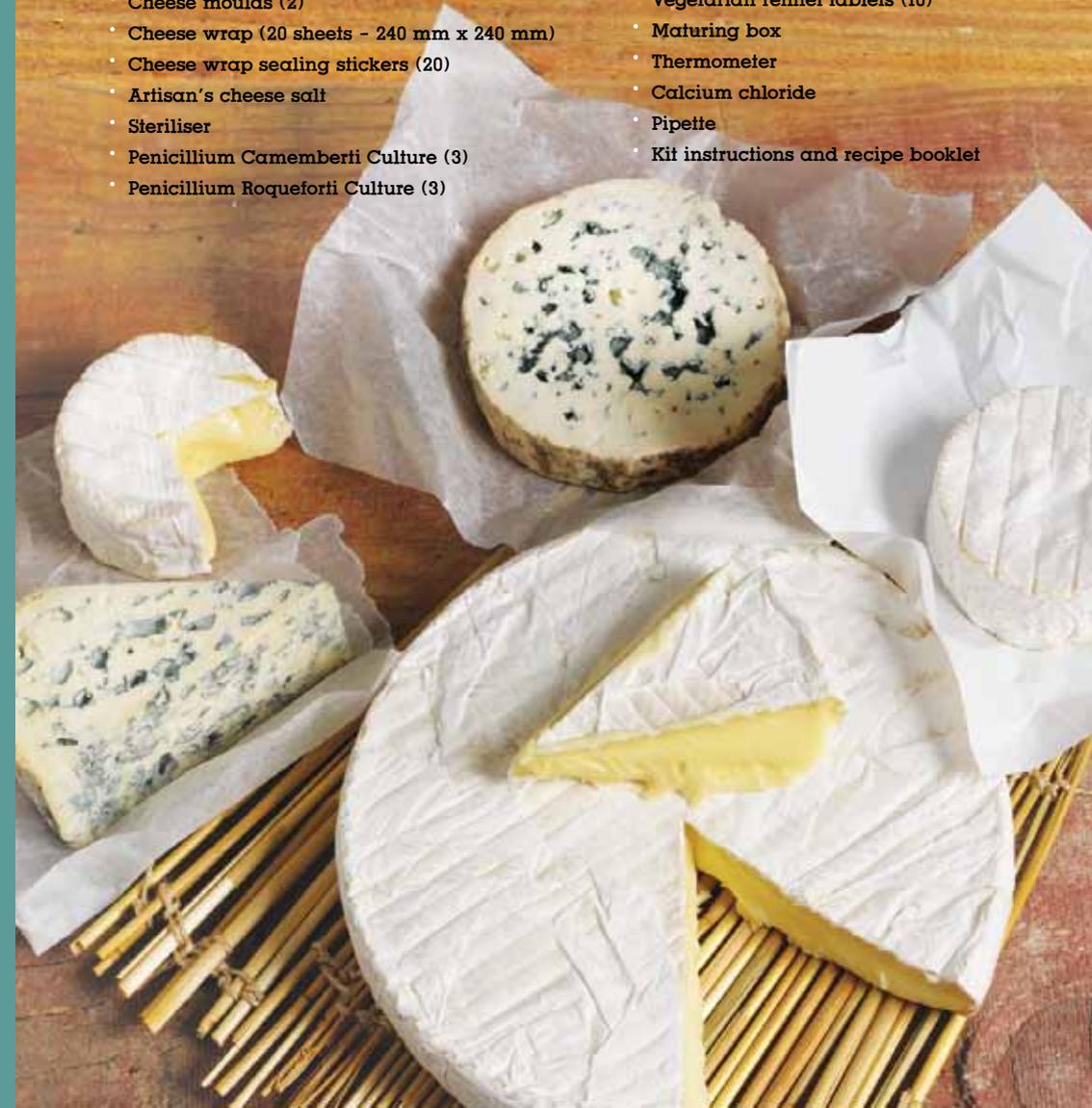
Broadcast Yourself™

Specialty Cheese Making



YOUR KIT CONTAINS

- Cheese cloth
- Cheese moulds (2)
- Cheese wrap (20 sheets - 240 mm x 240 mm)
- Cheese wrap sealing stickers (20)
- Artisan's cheese salt
- Steriliser
- Penicillium Camemberti Culture (3)
- Penicillium Roqueforti Culture (3)
- Aromatic Mesophilic Culture (6)
- Vegetarian rennet tablets (10)
- Maturing box
- Thermometer
- Calcium chloride
- Pipette
- Kit instructions and recipe booklet



Specialised Equipment and Ingredients - for Camembert and Blue Cheese



MATURING BOX

The Maturing Box is a small plastic container with a rack at the bottom used to mature cheese which needs to be kept humid and in a sterile place. The rack inside the Maturing Box is removable and can also be used as a cheese mat.

AROMATIC MESOPHILIC CULTURE

Starter cultures acidify the milk and cause it to curdle. This process leaves you with solids (curds) and liquid (whey). The curds are what form your mould ripened cheeses. Aromatic Mesophilic is a bacterial starter culture which is added directly to the milk. It is a culture which provides a luscious buttery flavour and also some gas, creating little pockets of air in your cheese, (this is essential for blue vein).

PENICILLIUM ROQUEFORTI MOULD SPORES

This is the blue mould used to make blue cheese. Originally this mould was found in Roquefort caves in Roquefort, France. It provides the cheese with its strong, unique, blue cheese flavour.

PENICILLIUM CAMEMBERTI MOULD SPORES

This is the white mould which Camembert is famous for. The white mould starts growing from the outside surface of the cheese, and eventually, enzymes from the surface white mould penetrate the cheese and infuse the interior. This creates Camembert's semi liquid centre. When cutting open a semi ripened Camembert, you should be able to see obvious divisions

in the cheese's inside from where the enzymes have and have not yet diffused.

VEGETARIAN RENNET

Rennet is used to speed up the process of forming curds and whey. It also aids in forming a tighter curd. The rennet supplied in this kit is suitable for vegetarians. Half used rennet tablets must be stored in an air tight container or wrapped in cling film. Rennet tablets are shelf stable for approx. three years from manufacture when stored at dry ambient temperatures.

CHEESE MOULDS

Moulds provide shape for the cheese and enable the whey to drain from the curds. Two cheese moulds have been provided in this kit. Each mould is able to hold curds from approx. 1 L (1 qt) of milk.

If your mould is warped, simply immerse it in warm water (50-60°C or 122-140°F) for 10 minutes to soften the plastic before reshaping it with your hands and allowing to cool.

CHEESE CLOTH

Cheese cloth is used to help separate the curds from the whey. It is often used to line colanders and cheese moulds to ensure that no curds escape and are wasted.

Hygiene tip CHEESE CLOTH

Cheese cloth can be reused. Soak your used cheese cloth in warm water to rinse out any left over milk residue, then sterilise by boiling for 5 minutes.

CHEESE SALT

Mad Millie Artisan's Cheese Salt contains no iodine. Iodine may disable your bacterial starter cultures and prevent them from working.

CHEESE WRAP

A special, breathable cheese wrap used to mature camembert and blue cheese. There are silver and white wraps. Please check your recipe to see which type to use with each particular cheese.

CALCIUM CHLORIDE

The pasteurisation and homogenisation process which store bought milk must go through is responsible for lowering the calcium content naturally present in milk. Adding calcium chloride helps restore some of the lost calcium and helps ensure you get a good, strong curd and a higher yield of cheese.

PIPETTE

Used to measure small quantities of calcium chloride.

STERILISER

To sterilise all equipment which comes into contact with the milk. Refer to label for usage instructions.

CHEESE MAT

Used to keep cheese elevated from whey while the curds are draining inside the cheese mould.

THERMOMETER

The thermometer will ensure accurate monitoring of the milk temperature.

How to... USE YOUR THERMOMETER

When measuring the temperature make sure that the two indentation points found on the lower half of the thermometer probe are fully submerged in the liquid. If they're not, you will not obtain an accurate temperature reading.

Additional Kitchen Equipment You May Need

DRAINING SPOON

A large serving spoon with holes for stirring and spooning out curds into a mould or colander.

COLANDER

Used for draining whey from curds. A colander with feet works best so that the curds are elevated and not sitting in whey.

LONG BLADE KNIFE

Used for cutting the curd.

WATER BATH

You will need a way to keep your milk at the correct temperature over several hours. This can be done by leaving the pot on a warm, turned off stove or putting your pot of milk into a sink and surrounding it with warm water (slightly higher than the milk temperature). Or by putting your pot into a closed chilly bin or cooler and filling the surrounding area with water. If you are using a pot in a sink of warm water, you will need to check the milk temperature every few hours and top the sink up with warm water to help maintain the milk temperature. A Mad Millie cheese making water bath is available for purchase if you desire.

POT

Used for heating up the milk and making the cheese in (if not using the Mad Millie cheese making water bath).

GENERAL MEASURING EQUIPMENT

Used to measure out milk, and small quantities of culture.

Hygiene tip

Sterilising all your equipment is vital with cheese making. Sterilise your cheese cloth, pots, draining spoon and anything else that comes into contact with the milk just before using. Wipe your bench surfaces with an antibacterial cleaning product before getting started.

Tips for ripening specialty cheese

High humidity and temperature is critical for mould development. If you find that mould is not growing on your cheese, your maturing box, or fridge may not be humid or warm enough. Here are some tips on how to get the right humidity and temperature.

MATURING BOX AND HUMIDITY

The maturing box is a plastic container with a rack at the bottom to keep the cheese elevated. It is great for preventing the fridge from sucking the moisture out of the cheese. However, if you only have one cheese in the maturing box there is less moisture in the air and it may still not be enough for mould development. To bring up the moisture content (humidity), dip a paper towel or sterilised cloth into some cooled, boiled water, put the moist cloth or paper towel inside the maturing box with the cheese. This will provide extra moisture in the air and bring up the humidity. The higher the humidity, the quicker the mould will grow.

FRIDGE

If you are having trouble keeping your fridge from drying out your cheese you can do the following:

- Keep a pan of water at the bottom of your fridge. Every few days spray the interior of your fridge with cooled, boiled water. Make sure that the walls, ceiling, and bottom of the fridge are well dampened at all times (you therefore may need a dedicated "cheese fridge").

TEMPERATURE

Along with humidity, temperature is also a critical ingredient for mould growth. A warmer temperature of between 10°C and 15°C (50°F and 59°F) is critical for mould growth. If you are storing the cheese at too low a temperature, mould may not grow. The warmer the temperature, the quicker the mould will grow. For health safety reasons we do not recommend you store the cheese at temperatures any higher than 15°C (59°F). If you do not have a small fridge that can be kept in this temperature range, you may be able to find a cool part of the house such as a basement or garage that may be in a suitable temperature range (however, always make sure the cheese is stored in a sterile Mad Millie maturing box).

TESTING FOR RIPENESS

Gently push the surface of the cheese with a finger to see how firm or soft it is.

- Firm: This will be fresh, creamy, quite dry and mild.
- Soft: Your cheese will be strong tasting, be buttery with mushroom flavours and have a gooey texture.

Mould growth

Keep your cheese out of sunlight. Mould will not grow in the light so we recommend you keep your cheese in the dark.

Let's get making some cheese!

Camembert



Find these recipes
on [YouTube.com](https://www.youtube.com)

Makes approx: 2 x 175 g (6 oz)

Camembert is a soft creamy cheese which is ripened through the white ripening mould, *Penicillium Camemberti*. This cheese has its origins in Normandy, France, and is now enjoyed all over the world.

INGREDIENTS

- 2 L (1/2 US Gal) of full fat, unhomogenised milk
- 1 drop tsp or 1/4 sachet of Aromatic Mesophilic Starter Culture
- 1 drop tsp or 1/4 sachet of *Penicillium Camemberti* (white mould spores)
- 1/2 a tablet of rennet diluted in 1 Tbsp of cold, non-chlorinated water
- NOTE: Rennet will not dissolve fully. Stir just before adding to the milk.
- 1/2 tsp cheese salt
- 1 ml calcium chloride

EQUIPMENT

- Pot or 4 L cheese vat
- Water bath (see p.5)
- Pipette
- 2 cheese moulds
- Cheese cloth
- Draining spoon
- Large knife
- Thermometer
- Maturing box
- Cheese wrap (white)

METHOD:

STEP 1: STERILISING EQUIPMENT

- Thoroughly sterilise all equipment with the steriliser (see bottle instructions for use).

STEP 2: INOCULATING THE MILK

- In a pot on the stove, heat the milk to 32°C (90°F).
- Stir in calcium chloride.
- Stir in the starter culture, then the *Penicillium Camemberti* mould spores and cover and leave to ripen for 1.5 hours.
- After 1.5 hours, stir in the diluted rennet and allow to set inside a water bath (see p.5) at 32°C (90°F) for 1 hour or until the curd is in a firm set. You may need to add more warm water to the water bath during this time to keep the milk at the desired temperature.

STEP 3: CUTTING THE CURD

- Cut the curd, using your long blade knife into 2 cm (1 inch) cubes. Gently stir the curds for 15 minutes to remove some of the excess whey. While stirring, check for any oversized curd cubes and cut into the required size 2 cm (1 inch).
- Let the curds rest for 15 minutes at 32°C (90°F).

STEP 4: MOULDING THE CURD

- Pour off the whey to the level of the curds.
- Spoon curds gently into a sterilised mould until full.
- Continue until all moulds are full.
- Sit moulds on a cheese mat or a drying rack or other warm, sterile place where the whey can drain away from the curds.
- Leave to drain for 1 hour.

STEP 5: FLIPPING THE CHEESE

- After 1 hour, place a piece of cheese cloth on top of the mould and flip the cheese over. This ensures even draining.
- Flip the cheese over every hour for 5 hours (or the rest of the day).
- Leave to drain overnight.

STEP 6: SALTING THE CHEESE

- The next morning, remove the cheese from the moulds and sprinkle cheese salt over the entire surface area of each cheese.
- Let air dry for a couple of days until cheese no longer looks shiny.

STEP 7: MATURING THE CHEESE

- Place each camembert into the maturing box and leave it in a cool, dark place that is approx. 10°C (50°F), or in your own humid cheese fridge (95% humidity) (see notes on creating ideal humidity and temperature p.6).
- Age at 10°C (50°F) for 10-14 days, or until the cheese is covered in a profuse white mould.

- Every few days while the cheese is ageing, with clean, sterile hands open the maturing box and turn the camembert cheese over so that the underside is now facing upwards. This ensures the cheese does not stick to the cheese mat and the mould growth is even.
- After the cheese is covered in a thick, even layer of white mould (approx. 10-14 days of ageing), wrap the cheese in a white cheese wrap and age in a refrigerator for a further 2-3 weeks at approx. 5-10°C (or 41-50°F). The lower the temperature you store the cheese, the slower it will take to fully ripen.

NOTE: Camembert is ready to eat as soon as it is covered in white mould, however, it is best eaten when it has become ripe enough so that the interior becomes soft and slightly runny. We recommend regularly checking this during the 2-3 weeks, so your camembert is to your liking.

Tip

This recipe will fit into two cheese moulds. This recipe can be doubled or halved to accommodate how many moulds you have, or the quantity of camembert you desire.

Double Cream Brie



Makes approx: 2 x 175 g (6 oz)

Double Cream Brie is a creamy, decadent cheese which makes a great addition to any cheese platter. It's a great recipe to try once you've mastered camembert!

INGREDIENTS

- 2 L (1/2 US Gal) of full fat, unhomogenised milk
- 1/2 a tablet of rennet diluted in 1 Tbsp of cold, non-chlorinated water
NOTE: Rennet will not dissolve fully. Stir just before adding to the milk.
- 300 ml of liquid, whipping cream
- 1 drop tsp or 1/4 sachet of Penicillium Camemberti (white mould spores)
- 1 drop tsp or 1/4 sachet of Aromatic Mesophilic Starter Culture
- 1/2 tsp cheese salt
- 1 ml calcium chloride

EQUIPMENT

- Pot or 4 L cheese vat
- Water bath (see p.5)
- Draining spoon
- 2 cheese moulds
- Thermometer
- Pipette
- Cheese cloth
- Colander
- Maturing box
- Cheese wrap (white)
- Long blade knife

METHOD:

STEP 1: STERILISING EQUIPMENT

- Thoroughly sterilise all equipment with the steriliser (see bottle instructions for use).

STEP 2: INOCULATING THE MILK

- In a pot on the stove, heat the milk and cream to 30°C (86°F).
- Stir in calcium chloride.
- Stir in the starter culture and Penicillium Camemberti.
- Cover and let the milk ripen for 15 minutes at 30°C (86°F) in a water bath (see p.5).
- Add in the diluted rennet and stir gently.
- Cover and leave the milk to set for 1.5 hours in a water bath (see p.5) at 30°C (86°F) or until you have a clean break.

STEP 3: DRAINING THE CURDS

- Once the curd is set, cut the curd with a long blade knife into 1 cm (1/2 inch) cubes.
- Spoon the curds into the moulds.
- Sit moulds on a sterilised cheese mat or a drying rack. Make sure you leave the curds in a place where the whey can be collected and curds can be covered (i.e. a large pot).

- Leave to drain for 2 hours.
After 2 hours, place a piece of cheese cloth on top of the mould and flip the cheese over. This ensures even draining.
- Flip the cheese like this every hour for the rest of the day and then leave to drain overnight.

STEP 4: SALTING THE CHEESE

- The next day remove cheese from the moulds and sprinkle the entire surface of the cheese with salt.
- Let air dry for a couple of days until cheese no longer looks shiny.

STEP 5: AGEING THE CHEESE

- To age your brie, place the brie into the maturing box and leave it in a cool, dark place that is approx. 10°C-12°C (50°F-54°F), or in your own humid cheese fridge (95% humidity) for 1 week (see notes on creating ideal humidity and temperature p.6). White mould should begin to develop in this time.
- Turn the cheese over every couple of days while the mould develops. Once there is a profuse layer of white mould all over the cheese, wrap in a white cheese wrap and age for a further 2-3 weeks. Test for ripeness (see pg.6) during this period to make sure your cheese is to your liking.



Blue Vein



Makes 2 cheeses of approx: 175 g (6 oz)

The recipe makes a beautiful strong tasting blue veined cheese. The cheese is aged over 4-12 weeks, and the flavour becomes more intense as it is aged.

INGREDIENTS

- 2 L (1/2 US Gal) of full fat, unhomogenised milk
- 1/2 a tablet of rennet diluted in 1 Tbsp of cold, non-chlorinated water
NOTE: Rennet will not dissolve fully. Stir just before adding to the milk.
- 1 drop tsp or 1/4 sachet of Penicillium Roqueforti (blue mould spores)
- 1 drop tsp or 1/4 sachet of Aromatic Mesophilic Starter Culture
- 1 ml calcium chloride
- 1 tsp of cheese salt, and another pinch for sprinkling

EQUIPMENT

- Pot or 4 L cheese vat
- Water bath (see p.5)
- Draining spoon
- 2 cheese moulds
- Thermometer
- Pipette
- Cheese cloth
- Colander
- Maturing box
- Long blade knife
- Cheese wrap (silver)

METHOD:

STEP 1: STERILISING EQUIPMENT

- Thoroughly sterilise all equipment with the steriliser (see bottle instructions for use).

STEP 2: INOCULATING THE MILK

- In a pot on the stove, heat the milk to 32°C (90°F).
- Stir in 1 ml of calcium chloride.
- Add the Penicillium Roqueforti and the starter culture. Mix well.
- Cover and leave to ripen at 32°C (90°F) for 1 hour inside a water bath (see p.5).

STEP 3: ADDING RENNET

- Dilute rennet in the cold, non-chlorinated water.
- Add the diluted rennet and stir gently.
- Cover and leave the milk to set at 32°C (90°F) for 45 minutes or until the curd is in a firm set.

STEP 4: CUTTING THE CURD

- Cut the curd with a long blade knife into 1 cm (1/2 inch) cubes.
- Leave to rest for 5 minutes.
- Gently stir the curds every 5 minutes to keep them from matting. Do this for 60 minutes.

STEP 5: SALTING THE CURD

- Pour off the whey to the level of the curds.
- Using a draining spoon, place the curds into a cheese cloth lined colander and leave to drain for 5 minutes.
- Place the curds into the pot or cheese vat and add the salt. Using clean, sterile hands, mix the curds so that they are not matted.

STEP 6: MOULDING THE CHEESE

- Fill each cheese mould with curds.
- Place the filled moulds onto a cheese mat or drying rack in a place where they can drain (i.e. in a large sterile container).
- After 1 hour, place a piece of cheese cloth on top of the cheese. Flip the cheese so that it drains from the other side.
- Leave to drain overnight in a warm place.

STEP 7: SALTING THE CHEESE

- The next morning, remove the cheese from the moulds and lightly sprinkle salt over the entire surface of the cheese.

STEP 8: MATURING THE CHEESE

- Place the cheese into your maturing box in a humid cheese fridge or a cool dark place. Leave the cheese to mature at 15°C (59°F) at 85% humidity (see notes on creating ideal humidity and temperature p.6). Turn the cheese over and salt it each day for 3 days, while shaking off the excess salt each time.
- After 3 days, using the end of your thermometer probe (make sure it's

sterilised), poke 10 holes through top to bottom.

- Place each blue cheese into the maturing box and leave it in a cool, dark place that is approx. 10°C (50°F), or in your own humid cheese fridge (95% humidity) (see notes on creating ideal humidity and temperature p.6). Open the maturing box regularly to give mould some air.
- Mould will appear within 10 days.
- Leave to ripen for a further 4 to 12 weeks, until the strength is to your liking, then place it in the fridge. You can scrape off the mould before serving for a better presentation.
- Wrap cheese before refrigerating if you want to store for later.



Blue Stilton Style



Makes approx: 300 g (10.5 oz)

Blue stilton is a traditional British blue cheese. Its name is trademarked and protected meaning the cheese can only be named stilton if it is made in the three counties Derbyshire, Nottinghamshire, and Leicestershire. Nevertheless, a similar cheese can be made at home!

INGREDIENTS

- 2 L (1/2 US Gal) of full fat, unhomogenised milk
 - 125 ml of liquid, whipping cream
 - 1 drop tsp or 1/4 sachet of Penicillium Roqueforti (blue mould spores)
 - 1 drop tsp or 1/4 sachet of Aromatic Mesophilic Starter Culture
 - 1/2 tablet of rennet diluted in 1 Tbsp non-chlorinated water
- NOTE:** Rennet will not dissolve fully. Stir just before adding to the milk.
- 1.5 tsp cheese salt
 - 1 ml calcium chloride

EQUIPMENT

- Pot or 4 L cheese vat
- Water bath (see p.5)
- Cheese cloth
- Draining spoon
- Thermometer
- Pipette
- Maturing box
- Colander
- 2 cheese moulds
- Long blade knife

METHOD:

STEP 1: STERILISING EQUIPMENT

- Thoroughly sterilise all equipment with the steriliser (see bottle instructions for use).

STEP 2: INOCULATING THE MILK

- Using a pot on the stove, heat milk and cream up to 30°C (86°F). Stir in calcium chloride.
- Stir in the starter culture and Penicillium Roqueforti.
- Cover and let milk ripen for 30 minutes at 30°C (86°F).
- Then, add diluted rennet and stir gently.
- Cover and let milk set for 1.5 hours at 30°C (86°F) or until you have a firm set. This temperature should be maintained by using a water bath (see p.5).

STEP 3: PRESSING THE CURDS

- Line a colander with the sterilised cheese cloth, and rest the colander in a deep bowl.
- Using a draining spoon, scoop curds into the cheese cloth lined colander.
- When finished, the curds should be resting in the pool of whey, let them sit

for 1.5 hours at 30°C (86°F).

- Tie the corners of the cloth together to form a bag and hang the bag for 30 minutes so the whey can drain freely.
- Once curds have drained, place the curd mix, still inside the cheese cloth on a cheese board. Cover with a second cheese board and weigh it down with two 1.5 L (0.4 US Gal) bottles filled with water (approx. 3 kg (2.2 lb)). Press overnight at approx. 21°C (70°F).

STEP 4: SALTING AND MOULDING THE CURDS

- The next day, remove the curds from the cheese cloth and break them into 2.5 cm (1 inch) pieces.
- Transfer the curds to a bowl and blend the salt through the dry curds using clean, sterile hands.
- Using a draining spoon, scoop the curds into the cheese mould. Place the filled mould on a sterilised cheese mat and push curds together with a spoon. Leave to drain where the whey can be collected and cheese can be covered (i.e. inside a large pot). Flip the mould every 15 minutes for the next 2 hours, then leave to drain for 4 days at ambient temperatures (approx. 21°C or 70°F).
- During the 4 days, flip the cheese 4 times a day (while the cheese remains in the mould).

STEP 5: AGEING THE CHEESE

- After 4 days, remove from the mould and then using the end of your thermometer probe (make sure it's sterilised), poke 20 holes from top to bottom.
- Place the cheese into the maturing box and leave it in a cool, dark place that is

approx. 10–12°C (50–54°F).

- Turn the cheese three times a week and open the maturing box daily to allow the air to circulate.
- Once a week by wipe the cheese with a sterilised cheese cloth dipped into a salt brine solution.
- The cheese can be eaten after 60 days, however it only gets better after this time.
- After 60 days if you are happy with the degree of maturity and want to slow down the ripening, wrap in the silver paper. Once wrapped, the cheese won't mature much and should be kept at 4°C (39°F) in the fridge, waiting to be eaten!



French Neufchâtel



Makes approx: 300 g (10.5 oz)

Neufchâtel is a French cheese originating from Normandy, France. It is similar to a cream cheese, but is made from milk rather than cream, and has a layer of white mould around the outside. It is traditionally made in the shape of a heart, however can be moulded to any shape you like!

INGREDIENTS

- 2 L (1/2 US Gal) of full fat, homogenised milk.
- 1/2 a tablet of rennet diluted in 1 Tbsp of cold, non-chlorinated water
NOTE: Rennet will not dissolve fully. Stir just before adding to the milk.
- 1 drop tsp or 1/4 sachet of Aromatic Mesophilic Starter Culture
- 1 drop tsp or 1/4 sachet of Penicillium Camemberti (white mould spores)
- 1/2 tsp of cheese salt
- 1 ml calcium chloride

EQUIPMENT

- Pot or 4 L cheese vat
- Colander
- Cheese cloth
- Bowl
- Long blade knife
- Thermometer
- Pipette
- Maturing box
- Cheese wrap (white)
- Cheese mould
- Draining spoon

METHOD:

STEP 1: STERILISING EQUIPMENT

- Thoroughly sterilise all equipment with the steriliser (see bottle instructions for use).

STEP 2: INOCULATING THE MILK

- In a pot on the stove, heat the milk to 27°C (81°F).
- Add calcium chloride.
- Stir in the starter culture and Penicillium Camemberti.
- Add diluted rennet and stir gently.
- Cover and keep at room temperature (approx. 20°C or 68°F) overnight (i.e. 15 - 20 hours).

STEP 3: DRAINING THE CURDS

- Once curd is in a firm set, cut into 1 cm (1/2 inch) cubes.
- Place the curds into a cheese cloth lined colander.
- Tie the corners of the cheese cloth together and hang over the sink so the curds can drain for 5-6 hours. After draining, the curds should be very dry and no longer losing any further whey (i.e. no drips are dropping from the cheese cloth bag of curds).
- Place the cheese cloth bag full of curds back in the colander. Make sure the



curds are covered completely by the cheese cloth.

- Place a bowl full of water on the curds and press overnight in the fridge.

STEP 4: MOULDING THE CHEESE

- The next morning, remove the curds from the cheese cloth (the curds will have a cream cheese texture).
- Mix in the 1/2 tsp of salt and mould the cheese curds into a heart shape with clean, sterile hands.

STEP 5: AGEING THE CHEESE

- Place the moulded cheese into the maturing box and leave it in a cool, dark place that is approx. 7°C (45°F), or in your own humid cheese fridge (95% humidity) (see notes on creating ideal humidity and temperature p.6). Open the maturing box daily and turn the cheese over to prevent it from sticking to the cheese mat.
- After 7-10 days the cheese should be covered in a white mould and it is ready to be eaten.
- However if you prefer a stronger cheese, wrap the cheese in a white Camembert cheese wrap and age for a further 3 weeks before eating. The longer you age the cheese, the runnier the centre of the cheese will become.

Gorgonzola

Makes 2 cheeses of approx: 300 g (10.5 oz) each



This delicious blue veined cheese comes from a town called Gorgonzola in Italy. It is known as the world's first blue cheese and legend has it that this cheese may even date back to the Romans! When young, it is buttery and creamy with a scrumptious bite, and if matured for longer, it will become firm, crumbly and salty.

INGREDIENTS

- 4 L of whole unhomogenised milk
- Aromatic Mesophilic Culture (1/2 sachet)
- Penicillium Roqueforti Culture (blue mould spores) (1/2 sachet)
- 1 rennet tablet, dissolved into 1 Tbsp of non-chlorinated water
- 12 g (3 tsp) of cheese salt (approx. 2% of the cheese weight)

EQUIPMENT

- Pot
- Water bath (see p.5)
- Cheese cloth
- Draining spoon
- Thermometer
- Maturing box
- Colander
- 2 cheese moulds
- Long blade knife

METHOD:

STEP 1: STERILISING EQUIPMENT

- Thoroughly sterilise all equipment with the steriliser (see bottle instructions for use).

STEP 2: INOCULATING THE MILK

- Using a pot on the stove heat milk to 32°C (90°F), sprinkle in Aromatic Mesophilic Culture and Roqueforti moulds, allow to rehydrate for 5 minutes, then stir well.
- Cover and maintain at 32°C (90°F) for 1 hour in your water bath.
- Add in dissolved rennet, stir for 1 minute, cover and maintain at 32°C (90°F) for 2 hours, or until you get a clean curd break.
- Cut the curds into 2.5 cm (1 inch) cubes, stir the curds gently for 5 minutes, and then rest for 15 minutes, stirring every 3-5 minutes to stop the curds sticking together.
- Remove whey above the curd surface (about 800 ml).
- Gently stir for 5 minutes, and then rest again for 15 minutes, stirring from time to time to keep the curds separated.
- Transfer the curds to a colander lined with a cheese cloth and let drain for 5 minutes.
- Stir gently to help whey removal, without breaking the curds

STEP 3: MOULDING THE CURDS

- Transfer the curds into a sanitised mould, packing them more tightly around the edges, and leaving the centre quite loose to allow openings for mould growth.
- Place the moulds on the cheese mat in the maturing box, so that the whey can drain out. Place the maturing box, in a warm place (such as a water bath, hot water cupboard or a warm turned off oven), and maintain at 32°C (90°F) for 4-6 hours. Turn the mould 5 minutes after filling, so that the weight of the cheese forms a smooth surface. Turn the cheese several more times during the next hour, and then once every

hour for 4-6 hours. Leave in your water bath overnight.

- The next morning, the cheese should be well consolidated but may have rough surface and openings

STEP 4: SALTING THE CHEESE

- Take the cheese out of the mould and sprinkle 1 tsp of salt on the top cheese surface, and rub gently over the surface and the sides.
- Place back in the mould, on the cheese mat in the maturing box. We recommend taking the lid off, and covering your maturing box with a cheese cloth, as your cheese will need airflow to dry off. Leave at room temperature until the salt is absorbed (several hours or overnight).
- The next day, take the cheese out of the mould, and sprinkle 1 tsp of salt on the other side. Rub gently, and place back in the mould for a few hours, until the salt is absorbed.
- Repeat so each side has two doses of salt.

STEP 5: AGEING THE CHEESE

- Once the cheese surface has dried off, place your salted cheese directly on the cheese mat in the maturing box, at 12°C (54°F), 93-95% humidity, for 7-10 days, paying attention, so that the cheese doesn't become too dry or too wet. After 10 days, your cheese should be covered with blue mould, if not, it might be too cold or too dry.
- Pierce the cheese with a sanitised thermometer probe every 2 cm (1/2 inch).
- Age for 4 weeks for a mild blue flavour and up to 12 weeks for a stronger flavour. Turn your cheese every week, and ensure it doesn't get too dry or too wet. A natural rind will develop, with blue and/or white mould, these shouldn't be scraped off.

What to do with all that whey

After making cheese you may wonder what to do with all the left over whey. In this section a few ideas will be given.

Whey which is left after cooking and draining curds is still very nutritious and should not be wasted! It contains milk, sugar, protein and minerals which are great for your health. It is consequently a great substitute for water and other liquids in many foods including:

- Bread or pizza - Whey used in bread or pizza recipes provides a nice subtle flavour and texture to your bread products.
- Used as stock - Make your own stock with whey and add it to soups, curries and other meals.
- Smoothies - Combine with fruit for a delicious, nutritious drink.

Whey can also be sprayed on the garden. It is especially beneficial for acid loving plants. Animals also love whey so you may like to feed it back to your farm animals or pets.

In addition there are a few cheese recipes that can be made from whey. Here is one you may like to try out.

Whey Ricotta

Makes approx: 600 g (21 oz)

Whey ricotta is a soft, fresh curd cheese which is used very frequently in Italian cooking. Ricotta literally means recooked. The high temperatures used to make this cheese, separate the remaining proteins in the whey to make ricotta cheese. The yield is however quite low, and milk is therefore added to help increase it. Whey used for ricotta needs to be fresh whey and best less than 1 hour old.

METHOD:

- Thoroughly sterilise all equipment with the steriliser (see bottle instructions for use).
- Heat 5 L (1.5 US Gal) of whey to 60°C (140°F). Stir frequently.
- Add 2 cups of full fat, homogenised milk.
- Add 1/2 tsp-1 tsp of salt if you like a salty ricotta.
- Continue to heat the milky whey to 90°C (194°F). Continue to stir.
- At 90°C (194°F) add approx. 2 Tbsp of white vinegar. Stir while slowly adding the vinegar. At the first sign of small specks appearing in the whey, stop adding vinegar.
- Leave to stand on a low heat for 5-10 minutes to let the ricotta firm up. Then, gently scoop off the layer of curd that has risen to the surface (this is ricotta) into a ricotta mould (the ricotta mould may need to be lined with cheese cloth).
- Eat straight away or store in the fridge and use within 1 week.