

Mad Millie
AS FRESH AS CAN BE



BEGINNERS

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

— . . . —
Approx. time:

As little as one hour hands on time per recipe.

Made in one day.
— . . . —

Cheeses:

Quark, Cottage Cheese, Cream Cheese, Light Cream Cheese, Halloumi, Feta, Goat's Feta, Farmhouse Butter and Chèvre Frais.
— . . . —

Mad Millie

Perfect for Beginners!

Making cheese is an ancient domestic craft from pre-industrial times. Cheese back then was made in small batches, each carefully handcrafted and full of flavour.

The Fresh Cheese Kit contains everything you need to create a range of delicious cheeses in the traditional, artisan way. Each cheese takes as little as an hour hands on time, but is made over a day. 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 the Making Cheese Booklet on our website

www.madmillie.com



Watch our YouTube video if possible before starting.
[They say a picture is worth a thousand words!](#)

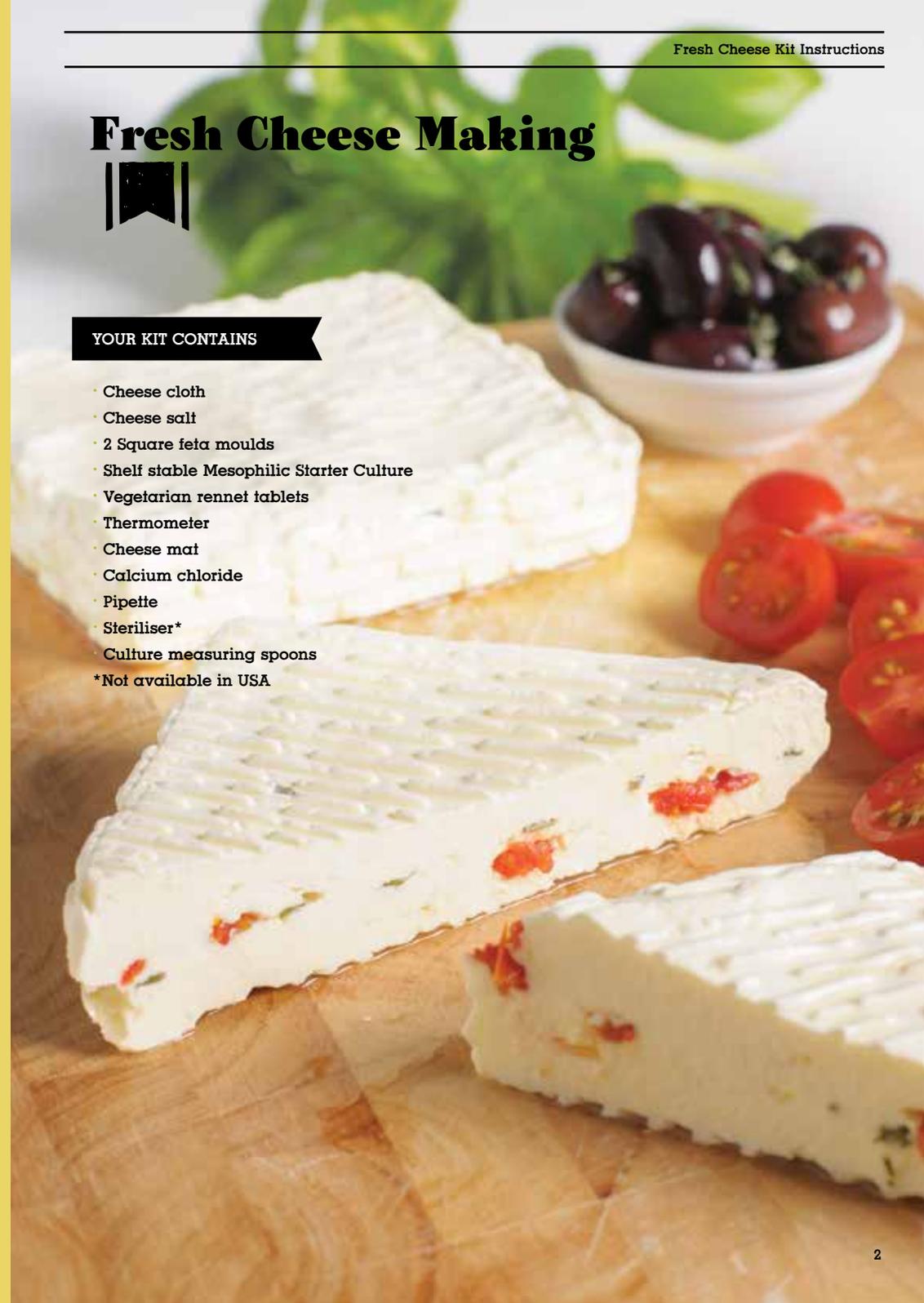
Fresh Cheese Making



YOUR KIT CONTAINS

- Cheese cloth
- Cheese salt
- 2 Square feta moulds
- Shelf stable Mesophilic Starter Culture
- Vegetarian rennet tablets
- Thermometer
- Cheese mat
- Calcium chloride
- Pipette
- Steriliser*
- Culture measuring spoons

*Not available in USA



Specialised Equipment and Ingredients

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.

SQUARE FETA MOULDS

Square feta cheese moulds are used to drain whey from the cheese and create the square feta shape.

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

CHEESE MAT

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

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.

PIPETTE

Used to measure small quantities of calcium chloride.

CULTURE MEASURING SPOONS

These tiny measuring spoons are great for measuring out small amounts of culture and enzymes. Tad is approx. 1/4 tsp. Dash is approx. 1/8 tsp. Pinch is approx. 1/16 tsp. Smidgen is approx. 1/32 tsp. Drop is approx. 1/64 tsp.

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.

CHEESE SALT

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

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.

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.

GENERAL MEASURING EQUIPMENT

Used to measure out milk and salt.

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.

MESOPHILIC STARTER CULTURE

These are the bacterial starter cultures which acidify the milk and cause it to curdle. This process leaves you with solids (curds) and liquid (whey). The curds are what form your fresh cheese. These cultures are living organisms. Although shelf stable at room temperature, to prolong their life and milk acidification ability, please store in the freezer. The cooler you are able to store them, the longer they will remain active.
NOTE: Refer to sachet for dosage quantities.

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 approximately three years from manufacture when stored at dry ambient temperatures.

STERILISER

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

Let's get making some cheese!

Quark



Find these recipes
on YouTube.com

Makes approx: 300 g (10.5 oz)

Quark is a quick and easy cheese to make which is loved for its nutritional value.

Quark is a high protein and low fat food with lots of versatility. It is particularly popular in northern parts of Europe where they eat it with fruit for breakfast or dessert, herbed and spread on grain bread for lunch and then use it as a low fat creamy sauce option on potatoes for dinner!

Difficulty: Very easy

INGREDIENTS

- 1 L (1 US qt) of full fat, homogenised milk
- 1/4 sachet (1 drop tsp) of Mesophilic Starter Culture

EQUIPMENT

- Pot
- Thermometer
- Cheese cloth
- Colander
- Draining spoon

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.

METHOD:

STEP 1: INOCULATING THE MILK

- Thoroughly sterilise equipment with steriliser (see bottle instructions for use). If not included, use baby bottle steriliser or boiling water.
- Pour milk into a pot and heat on a stove to 30°C (86°F) before adding the starter culture. Ensure the two indentation points on the lower half of your thermometer are fully submerged in the milk when reading the temperature. Leave over night (12 - 24 hours) to thicken at 20 - 30°C (68 - 86°F).

STEP 2: DRAINING THE CHEESE

- After 12 - 24 hours, drain the cheese in a cheese cloth lined colander until the thickness is to your liking. This could be as thick as Greek style yoghurt, or until it is firm and spreadable like cream cheese.

STEP 3: FLAVOURING THE CHEESE

- Add chopped herbs for a savoury spread, or mix with milk for a creamy, yoghurt texture which can be eaten with fruit for breakfast and/or dessert. Quark is great for using in baking and is also the main ingredient used in German baked cheesecakes.

Cottage Cheese



Makes approx: 300 g (10.5 oz)

Cottage cheese can be eaten by itself, with fruit, on toast or in salads. The term "cottage cheese" originated because the simple cheese was usually made in cottages from any milk left over from making butter. The unpasteurised milk would sour itself when left in a warm place overnight. Cottage cheese was then made from this soured milk the next day.

Difficulty: Very easy

INGREDIENTS

- 2 L (2 US qt) of full fat, homogenised milk
 - 1/2 sachet (1 smidgen tsp) of Mesophilic Starter Culture
 - 1/2 tablet of rennet diluted in 1/8 cup (35 ml) of cool, non-chlorinated water
- NOTE:** Rennet will not dissolve fully. Stir just before adding to the milk.
- 1 ml of calcium chloride. Measure using your pipette
 - Cheese salt (to taste)
 - Herbs (optional, to taste)

EQUIPMENT

- Pot
- Long blade (curd) knife
- Draining spoon
- Thermometer
- Colander
- Cheese cloth
- Pipette

METHOD:

STEP 1: INOCULATING THE MILK

- Thoroughly sterilise equipment with steriliser (see bottle instructions for use). If not included, use baby bottle steriliser or boiling water.
- Pour milk into a pot and warm the milk using the stove to 22°C (72°F) before stirring in calcium chloride. Ensure the two indentation points on the lower half of your thermometer are fully submerged in the milk when reading the temperature.
- Stir in the starter culture.
- Add diluted rennet and stir in an up and down motion for 1 minute.
- Cover and leave to set at 22°C (72°F) for 4 - 8 hours, or until milk is set firmly, using a water bath, see p.4.

STEP 2: CUTTING THE CURDS

- Using your long blade knife, cut the curd into 3 cm (1") cubes and allow to sit undisturbed for 10 minutes.

STEP 3: COOKING THE CURDS

- Slowly increase the heat until the temperature reaches 43°C (110°F). Continue to stir to prevent curds from clumping together.
- Maintain temperature at 43°C (110°F) for 20 minutes or until the curds have shrunk and are firm enough so that they no longer have a soft interior.
- Turn off heat and let the curds settle to the bottom of the pot for 5 minutes.

STEP 4: DRAINING THE CURDS

- Pour off whey and pour curds into a cheese cloth lined colander. Tie the corners of the cheese cloth together to form a bag, hang, and leave to drip drain for several minutes.
- Open bag and put curds into a bowl.
- Break the curds up and add salt or herbs to taste if desired. For a creamier cottage cheese, add cream, or try adding a few tablespoons of quark for a lower fat version.
- Can be stored for up to one week covered in the fridge.

Cream Cheese



Makes approx: 400 g (14 oz)

This is a soft cream cheese which is great with added herbs and salt.

Difficulty: Very easy

INGREDIENTS

- 2 cups (500 ml) of fresh cream (at least 40% fat)
- 2 cups (500 ml) of full fat, homogenised milk
- 1/4 sachet (1 drop tsp) of Mesophilic Starter Culture
- 1/2 tablet of rennet dissolved in 1/8 cup (35 ml) of cool, non-chlorinated water
NOTE: Rennet will not dissolve fully. Stir just before adding to the milk.
- 0.5 ml of calcium chloride
Measure using your pipette
- Cheese salt (to taste)
- Herbs (to taste)

EQUIPMENT

- Pot
- Large draining spoon
- Cheese cloth
- Pipette
- Colander
- Thermometer



METHOD:

STEP 1: INOCULATING THE MILK

- Thoroughly sterilise equipment with steriliser (see bottle instructions for use). If not included, use baby bottle steriliser or boiling water.
- In a pot, combine milk and cream.
- Warm to 22°C (72°F) using the stove. Ensure the two indentation points on the lower half of your thermometer are fully submerged in the milk when reading the temperature.
- Stir in 0.5 ml of calcium chloride.
- Add the starter culture and diluted rennet.
- Mix thoroughly and allow to set at approx. 20°C (68°F) for 24 hours.

STEP 2: DRAINING THE CURDS

- With the draining spoon, scoop the curds into a cheese cloth lined colander. Tie the corners of the cheese cloth into a knot and hang the bag to drain for 6 hours, or until the curds stop dripping.

STEP 3: FLAVOURING THE CURDS

- Place the curds into a bowl and mix into a paste like consistency. Add the salt and fresh or dried herbs to taste.

Light Cream Cheese



Makes approx: 450 g (16 oz)

This is a simple low fat cream cheese which can be used in any recipe or dish requiring cream cheese. It is much lower in fat than traditional cream cheese and contains no cream. It has an equally creamy texture and consistency as the real deal with fewer calories!

Difficulty: Very easy

INGREDIENTS

- 2 L (2 US qt) of full fat, homogenised milk
- 1/2 sachet (1 smidgen tsp) of Mesophilic Starter Culture
- 1/2 tablet of rennet diluted in 1/8 cup (35 ml) of cool, non-chlorinated water.
NOTE: Rennet will not dissolve fully. Stir just before adding to the milk.
- 1 ml of calcium chloride.
Measure using your pipette
- Cheese salt (to taste)
- Herbs (optional, to taste)

EQUIPMENT

- Pot
- Thermometer
- Draining spoon
- Whisk
- Cheese cloth
- Colander
- Pipette



METHOD:

STEP 1: INOCULATING THE MILK

- Thoroughly sterilise equipment with steriliser (see bottle instructions for use). If not included, use baby bottle steriliser or boiling water.
- Pour the milk into the pot. Stir in calcium chloride.
- Slowly heat milk to 22°C (72°F) using a pot on the stove. Ensure the two indentation points on the lower half of your thermometer are fully submerged in the milk when reading the temperature.
- Add the starter culture.
- Add diluted rennet and stir for 30 seconds using your draining spoon.
- Cover and put in a warm place. Leave to set for 24 hours at 20°C (68°F) (see water bath p.4).

STEP 2: DRAINING THE CURDS

- After 24 hours, scoop into a cheese cloth lined colander. Bring the cheese cloth corners together and hang it to drain for 1 day.

STEP 3: FLAVOURING THE CURDS

- After the curds have drained, place the curds into a bowl and stir in salt and fresh or dried herbs to taste.

Halloumi

Makes approx: 600 g (21 oz)

Halloumi is a cheese originating from Cyprus. Traditionally it is made with either goat's or sheep's milk, but it can also be successfully made from cow's milk. It requires no acid or culture to curdle the milk, making it a very unique cheese. Due to its high melting point, halloumi is mostly eaten grilled. Its salty flavour makes it a good accompaniment to many salads and stir fries.

Difficulty: Easy

INGREDIENTS

- 4 L (1 US Gal) of full fat, (preferably unhomogenised) milk
- 2 tablets of rennet diluted in 1/4 cup (62 ml) of cool, non-chlorinated water

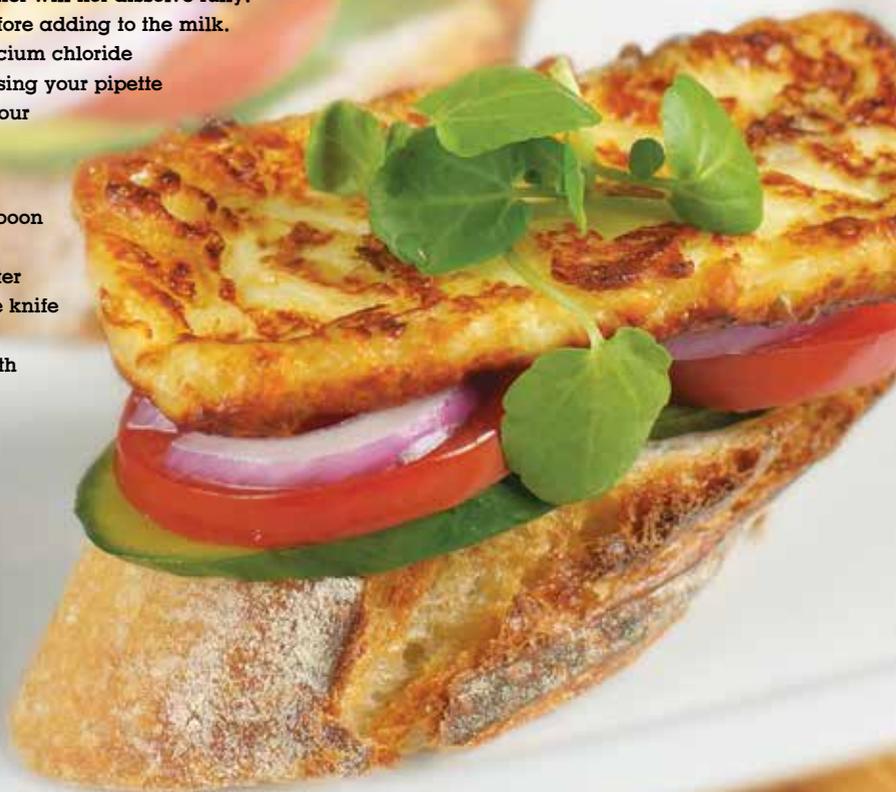
NOTE: Rennet will not dissolve fully.

Stir just before adding to the milk.

- 2 ml of calcium chloride
Measure using your pipette
- Salt to flavour

EQUIPMENT

- Pot
- Draining spoon
- Pipette
- Thermometer
- Long blade knife
- Colander
- Cheese cloth



METHOD:

STEP 1: RENNETING THE MILK

- Thoroughly sterilise equipment with steriliser (see bottle instructions for use). If not included, use baby bottle steriliser or boiling water.
- Using a pot on the stove, bring the milk to a temperature of 45°C (113°F) before adding in calcium chloride. Ensure the two indentation points on the lower half of your thermometer are fully submerged in the milk when reading the temperature.
- While stirring, add the diluted rennet.
- Stir thoroughly and allow to set for 45 minutes at 45°C (113°F). Place the pot in the sink and surround with warm water to maintain the milk's temperature.

STEP 2: CUTTING THE CURDS

- After 45 minutes, the curd should be in a firm set, if not, leave to set for a further 5-10 minutes. Check also that the water in the sink is still at 45°C (113°F) and add more hot water if necessary.
- Once the milk has set, cut the curd into 1 cm (1/2") cubes, then, gently stir for a further 10 minutes until curds are significantly smaller and slightly springy.
- Then, scoop the curds into a cheese cloth lined colander to drain.

STEP 3: PRESSING THE CURDS

- Press the curds in the cheese cloth lined colander with the cheese cloth covering the halloumi and a weight on top (a large bowl of water works well) until the curd is firm and slightly rubbery in texture (about 30 minutes).
- Cut the curd into desired size blocks.

STEP 4: BOILING THE CHEESE

- In a large pot bring some water to boiling point. Place the blocks of halloumi into the hot water. The curd will sink to the bottom. After 5-10 minutes they will come to the surface (you should not have to stir, however make sure the halloumi has not stuck to the bottom of the pot). Once the blocks rise to the surface, they are cooked and you can transfer to a cooling rack.

STEP 5: SALTING THE CHEESE

- Sprinkle salt all over the cheese and leave them until they are cold.
- When cool, wrap in cling film and store in the fridge. Eat within 2 weeks.

STEP 6: COOKING THE CHEESE

- When ready to eat, gently grill each side until slightly soft and golden.

Feta

Makes approx: 800 g (28 oz)

Feta is a delicious cheese that can be made with either goat's or cow's milk. It is lovely crumbled over salad, or can even be eaten on a cheese platter with crackers. Herbs can be added to create more flavour and variety. This recipe makes two large feta cheeses with cow's milk (see over the page for goat's milk). Recipe can be doubled or halved.

Difficulty: Easy

INGREDIENTS

- 4 L (1 US Gal) of full fat (preferably unhomogenised) cow's milk
- 1 sachet (1 dash tsp) of Mesophilic Starter Culture
- 1 tablet of rennet diluted in 1/4 cup (62 ml) of cool, non-chlorinated water
NOTE: Rennet will not dissolve fully. Stir just before adding to the milk.
- Salt for a 12% brine solution:
Make 2 cups of brine by diluting 60 g (2 oz) of salt in 2 cups (500 ml) of boiled water and adding 1/2 tsp of vinegar to adjust pH
- 2 ml calcium chloride. Measure using your pipette

EQUIPMENT

- 2 feta cheese moulds
- Large pot
- Cheese cloth
- Draining spoon
- Thermometer
- Pipette
- Cheese mat
- Long blade (curd) knife

METHOD:

STEP 1: INOCULATING THE MILK

- Thoroughly sterilise equipment with steriliser (see bottle instructions for use). If not included, use baby bottle steriliser or boiling water.
- Pour milk into a large pot, and heat slowly on the stove to 37°C (99°F). Ensure the two indentation points on the lower half of your thermometer are fully submerged in the milk when reading the temperature.
- Once milk is at the correct temperature, stir in calcium chloride, then, stir in the starter culture.
- Add diluted rennet while stirring the milk. Continue to stir for 1 minute.
- Place lid back on pot and let the milk set for 1.5 hours at 37°C (99°F). This temperature should be maintained by using a water bath, (see p.4) or sitting the pot on a warm (but turned off) stove top.

STEP 2: CUTTING THE CURDS

- Once milk is in a firm set, cut the curd into 1 cm (1/2") cubes using your long blade knife and leave to rest for 1 further hour at 37°C (99°F).

STEP 3: STIRRING THE CURDS

- After 1 hour, gently stir the curds every 5 minutes for the next 30 minutes.

STEP 4: DRAINING AND MOULDING THE CURDS

- After 30 minutes of stirring, the curds are ready to be scooped into the feta moulds using the draining spoon. At this point you may also like to add herbs to the curds in the mould.
- Once all the curds have been put into the feta moulds, place them on the sterilised cheese mat and leave to drain. Make sure you have left your feta to drain in a place where the whey can be collected and cheese can be covered (i.e. a large pot).
- After 3 hours, place a piece of cheese cloth over the top of the mould and flip the cheese and mould upside down before placing it back on the cheese mat (this ensures even draining).
- Leave the cheese in a covered place to drain overnight.
- Prepare the 12% salt brine, pour into a large container and leave to cool in the fridge overnight.

STEP 5: SALTING THE CHEESE

- In the morning remove each square of feta from the mould. Place cheese in a container and pour over the brine until it is just covering the cheese. Adding too much brine will cause your cheese to be over salty.
- The feta should be ready to eat after it has been fully submerged in the brine for at least 5 hours. Feta can be stored in the fridge for up to one month when kept in the salty brine solution.



Goat's Feta

Makes approx: 400 g (14 oz)

Goat feta is lovely crumbled over salad, or on a cheese platter with crackers. Herbs can be added to create more flavour and variety. This recipe makes two large feta cheeses. Recipe can be doubled or halved.

Difficulty: Easy

INGREDIENTS

- 4 L (1 US Gal) of fresh, pasteurised goat's milk
 - 1 sachet (1 dash tsp) of Mesophilic Starter Culture
 - 2 tablets of rennet diluted in 1/4 cup (62 ml) of cool, non-chlorinated water
- NOTE:** Rennet will not dissolve fully. Stir just before you add to the milk.
- Salt for a 12% brine solution: Make 2 cups (500 ml) of brine by diluting 60 g (2 oz) of salt in 2 cups (500 ml) of boiled water and adding 1/2 tsp of vinegar to adjust pH.
 - 2 ml calcium chloride. Measure using your pipette

EQUIPMENT

- Two feta cheese moulds
- Large pot
- Cheese cloth
- Draining spoon
- Thermometer
- Pipette
- Cheese mat
- Long blade (curd) knife



METHOD:

- Use the same method as for feta.

Marinated Feta

INGREDIENTS

- Feta from 4 L (1 US Gal) of milk
- Herbs - 1/2 tsp dried rosemary, 1/2 tsp dried thyme, 1/2 tsp dried oregano, 1 tsp whole black peppercorns, 1 tsp dried red bell pepper.
- 2 cups (500 ml) canola oil to cover the cheese
- A 1 L (1 US qt) jar

METHOD

Remove your feta cheese from the brine. Use a paper towel to pat the cheese dry before cutting it into 1 cm (1/2") cubes and adding them to the jar. Add all the herbs to the jar before covering the cheese with oil and sealing. Marinate the cheese for at least 1 week in the fridge before sampling. Store marinated cheese in the refrigerator and eat within one month.

NOTE: Goat's milk can be temperamental and results will vary with the seasons due to the milk changing. Occasionally you may need to add more rennet depending on your milk. It is best to get the milk as fresh and unprocessed (except for pasteurisation) as possible.

Farmhouse Butter

Makes approx: 180 g (6.5 oz)

A delicious all-natural creamy butter with a gorgeous authentic taste. Beautiful served with fresh baking or bread.

Difficulty: Easy

INGREDIENTS

- 500 ml (0.5 US qt) of fresh cream (40% fat)
- 1/4 sachet tsp (1 drop tsp) of Mesophilic Starter Culture
- Salt to taste, approx. 2 g (0.5 oz) or a heaped 1/4 tsp (tad tsp)

EQUIPMENT

- Sterilised container with lid to hold cream for overnight culturing
- Blender, food processor or hand whisk for churning the cream into butter
- Bowl
- Mixing spoon
- Spatula or butter pat

METHOD:

STEP 1: CULTURING THE CREAM

- Thoroughly sterilise equipment with steriliser (see bottle instructions for use). If not included, use baby bottle steriliser or boiling water.
- Warm the cream to 20°C (68°F) and place in a sterilised container with a lid.
- Add the grains of starter culture, let rehydrate for 10-15 minutes then mix into the cream.
- Leave at room temperature overnight, at approx. 20°C (68°F).

STEP 2: CHURNING THE CREAM

- Transfer cultured cream to the blender, food processor or bowl if hand mixing. Mix at low speed until butter forms. Mix at low speed until butter forms. Mix at low speed until butter forms.
- You will see clumps of butter and buttermilk separating out when it forms.
- Pour off the buttermilk, this can be kept and used to make pancakes and other baking.

STEP 3: FOLDING AND RINSING THE BUTTER

- Transfer the butter to a bowl and press and fold the butter using a spoon or spatula to release more buttermilk.
- Pour off the buttermilk as it forms. Add some cool fresh water to the butter and work by pressing and folding the butter.
- Pour off the water and add fresh water, repeat 2 - 3 times until the water is just about clear.
- Pour off the final rinse water and continue to knead the butter using the spoon until it forms a ball. Water will be worked out of the butter as you do this and should be poured off as it is released.
- If the butter becomes too soft while working, place in the fridge until it is firmer. Add the salt if desired, and work it through the butter.
- Wrap finished butter in cling film or baking paper or place in an airtight container and store in the fridge.



Chèvre Frais

Makes approx: 100 g (3.5 oz)

“Chèvre” means goat in French, and is also used to describe this fresh cheese made with goat’s milk. It has a subtle flavour, a soft texture and can be seasoned with anything: plain salt, paprika, pepper, mixed herbs. French people enjoy their Chèvre Frais roasted on a fresh baguette, with salad and walnuts.

Difficulty: Easy

INGREDIENTS

- 1 L (1 US qt) fresh, pasteurised goat’s milk
 - 1/4 sachet (1 drop tsp) of Mesophilic Starter Culture
 - 1/2 tablet of rennet dissolved in 1/8 cup (35 ml) of cool, non-chlorinated water
- NOTE:** Rennet will not dissolve fully. Stir just before adding to the milk.
- 0.5 ml calcium chloride. Measure using your pipette
 - Salt and herbs to taste

EQUIPMENT

- Feta mould
- Thermometer
- Pot
- Pipette
- Draining spoon
- Cheese cloth
- Cheese mat

METHOD:

STEP 1: INOCULATING THE MILK

- Thoroughly sterilise equipment with steriliser (see bottle instructions for use). If not included, use baby bottle steriliser or boiling water.

NOTE: Goat’s milk can be temperamental and results will vary with the seasons due to the milk changing. Occasionally you may need to add more rennet depending on your milk. It is best to get the milk as fresh and unprocessed (except for pasteurisation) as possible.

- Heat your milk to 25°C (77°F) using a pot on the stove. Ensure the two indentation points on the lower half of your thermometer are fully submerged in the milk when reading the temperature.
- Add calcium chloride.
- Add the starter culture and then the dissolved rennet to the milk. Stir slowly for 1 minute.
- Place the lid on the pot and leave at room temperature overnight (approx. 16 hours) or until the milk is set.
- The next day, your curds should have formed, there will be a small gap filled with whey between the curds and the pot. Goat’s milk curds are very fragile and break easily, so they should be handled carefully.

STEP 2: DRAINING AND MOULDING THE CURDS

- Using your draining spoon, gently transfer your curds into a sterilised cheese mould.
- Place your mould filled with curds on to a cheese mat and leave to drain for 2 days inside a clean pot covered with the lid. After 1 day of draining, place a piece of cheese cloth over the top of the mould and flip the cheese and mould upside down before placing back on the cheese mat (this ensures even draining).

- After 2 days of draining remove your cheese from the mould. Your cheese should maintain its shape.

STEP 3: FLAVOURING THE CHEESE

- Add salt or herbs to taste. Wrap in cling film and store in the refrigerator. Consume within 1 week.

Herbs & Spices

Try rolling your cheese in herbs, pepper, poppy or sesame seeds for a special look and flavour.



Mini Quark Tarts

Makes approx: 12

These tarts are sweet and zesty. Quick to prepare and make a delicious afternoon tea or dessert.

Difficulty: Easy

INGREDIENTS

Base

- 100 g (3.5 oz) butter
- 200 g (7 oz) plain flour
- 1 cup (200 g) brown sugar
- 1 tsp bicarbonate soda

Topping

- 500 g (17.5 oz) thick quark (strained to the thickness of Greek yoghurt).
- Juice and rind of 1 lemon
- 1/2 cup (125 ml) limoncello liqueur
- 1 sachet gelatine

METHOD:

Base

- Melt butter and stir in the sugar. Sift in flour and baking soda and mix.
- Press into greased muffin tins.
- Bake at 160°C (320°F) for 15 minutes.

Topping

- Prepare gelatine following the instructions on the packet.
- Take the quark and mix in the lemon juice, lemon rind and limoncello liqueur.
- Blend until smooth.
- Mix in the slightly cooked gelatine.
- Spoon the mixture evenly into the bases.
- Place in the refrigerator until set.
- Serve with lemon curd and decorate with lavender or berries.



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 equipment with steriliser (see bottle instructions for use). If not included, use baby bottle steriliser or boiling water.
- Heat 5 L (1.3 US Gal) of whey to 60°C (140°F). Stir frequently.
- Add 2 cups (500 ml) 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 approximately 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.