

Mad Millie
AS FRESH AS CAN BE



BEGINNERS

Approx. time

1-5 HOURS *per recipe*

(not including draining and ageing time)

More ingredients so you can continue to make cheeses from the Fresh Cheese Kit, Italian Cheese Kit and Artisan Cheese Kit.

Mad Millie

Top-Up Your Ingredients

Mad Millie cheese kits are designed to make it fast and simple for you to create delicious artisan cheese at home. This Top-Up Cheese Ingredients Kit contains more of the essential cheese making ingredients so you can continue to make delicious cheese after you have run out. This kit also includes a selection of cheese making recipes.

You will find in-depth information on the basic cheese making process on our website.

www.madmillie.com



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

Your Top-Up Cheese Ingredients Kit



YOUR KIT CONTAINS

- Shelf stable Mesophilic Starter Culture
- Citric acid
- Cheese salt
- Cheese cloth
- Vegetarian rennet tablets
- Calcium chloride
- Steriliser*

*Not available in USA



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.

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.

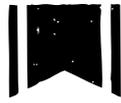
STEP 3: COOKING THE CURDS

- 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 1 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 (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) 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.
- Stir in 0.5 ml of calcium chloride.
- Add the starter culture and rennet.
- Mix thoroughly and allow to set at approx. 20°C (68°F) for 24 hours.

STEP 2: DRAINING THE CHEESE

- 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 CHEESE

- 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

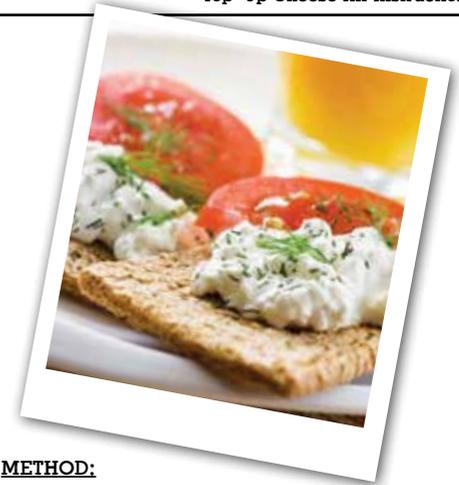
- Thoroughly sterilise equipment with steriliser (see bottle instructions for use). If not included, use baby bottle steriliser or boiling water.
- Pour the milk into the pot. Stir in calcium chloride.
- Slowly heat milk to 22°C (72°F) using a pot on the stove. Ensure the two indentation points on the 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), using a water bath.

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 a day.

STEP 3: FLAVOURING THE CHEESE

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



Whole Milk Ricotta

Makes approx: 400 g (14 oz)

Traditionally, ricotta (Italian for recooked) is made from the left over whey which is acidified and then “recooked”.

Ricotta is the solids which form at the top of the pot. However, this recipe uses whole milk instead of whey. It is more convenient and has a higher yield than ricotta from whey. This ricotta also melts nicely and can be used in various pasta dishes. Very dry ricotta can be delicious crumbled over salads, while moist ricotta can be used in many desserts such as cakes, cheesecakes, or Cannoli.

Difficulty: Very easy

INGREDIENTS

- 2 L (2 US qt) full fat, homogenised milk
- 1 tsp citric acid dissolved in 1/4 cup (62 ml) of cool water
- 1 tsp of salt

EQUIPMENT

- Large pot
- Draining spoon
- Thermometer
- Ricotta basket and container



METHOD:

- Thoroughly sterilise equipment with steriliser (see bottle instructions for use). If not included, use baby bottle steriliser or boiling water.
- Pour your milk into a pot and add the salt to the milk.
- Heat milk to 95°C (203°F) while stirring constantly. Once you have reached 95°C (203°F), take the pot off the heat. Ensure the two indentation points on the lower half of your thermometer are fully submerged in the milk when reading the temperature.
- Stir in your citric acid solution.
- Ricotta should start to curdle immediately.
- Leave the ricotta to cool for 20 - 30 minutes.
- After 20 - 30 minutes the ricotta should be firm enough for you to scoop into the draining basket. If it is still too soft, leave to cool for another 30 minutes.
- With a draining spoon, carefully layer the ricotta curds on top of each other in the ricotta basket. Leave the full basket to drain in the ricotta container until the desired consistency is obtained (can be eaten either dry and crumbly or moist and creamy).
- Ricotta can be stored for up to 1 week in the refrigerator.

Ricotta Salata

Makes approx: 100 g (3.5 oz)

This variation of ricotta is a firm, dry salted cheese originating in the hot, dry island climate of Sicily.

Originally it is made with sheep's milk, however it can also be successfully made with cow's milk. Ricotta Salata is usually aged for at least one month and can be used in salads, pasta dishes and is also perfect for grating.

Difficulty: More difficult

INGREDIENTS

- Whole milk ricotta (previous recipe)
- 1/2 tsp of salt

METHOD:

- Thoroughly sterilise equipment with steriliser (see bottle instructions for use). If not included, use baby bottle steriliser or boiling water.
- Press the ricotta into a sterilised cheese mould or ricotta basket with a glass of water on top for 1 hour.
- Take the ricotta out of the mould, turn over and press again for 12 hours.
- Take the ricotta out of the mould and place onto a rack. Lightly rub the surface with salt everyday for 1 week. Keep in a separate draw in the refrigerator.
- Age the cheese for 2 - 4 weeks in a refrigerator (at 4 - 7°C or 39 - 45°F).
- If any mould appears in this time, simply rub it off with a clean cloth dampened with salt water.



Mozzarella



We highly recommended you view this video on YouTube before you begin.

Makes approx: 600 g (21 oz)

True Italian mozzarella is made from water buffalo milk, however there are now many varieties made from cow's milk. Mozzarella is not aged like most cheeses and tastes best when freshly made. The curds are cut up and heated in very hot water and then stretched.

Difficulty: More difficult

INGREDIENTS

- 4 L (1 US Gal) full fat, unhomogenised milk
- 2 ml calcium chloride. Measure using your pipette
- 2 tsp of citric acid dissolved in 1/4 cup (62 ml) of cool water
- 1 tablet of rennet dissolved in 1/4 cup (62 ml) of cold, non-chlorinated water

- NOTE:** Rennet will not dissolve fully. Stir just before adding to the milk.
- Salt to taste
 - 5 - 10 ice cubes

NOTE - if halving the recipe use the same amount of rennet for a 2 L (1/2 US Gal) batch as you would for a 4 L (1 US Gal) batch.

EQUIPMENT

- Large pot
- Draining spoon
- Thermometer
- Long blade (curd) knife
- Cheese cloth
- Colander
- Rubber gloves
- 2 large bowls

Mozzarella Making Steps

1



Pour milk into a pot, add calcium chloride and citric acid.

2



Heat the milk, then add rennet.

3



Allow milk to set into a gel like consistency before cutting the curd into cubes.

4



Heat the curds and stir.

5



Drain curds by scooping them into a cheese cloth lined colander.

6



Place a handful of curds into hot water to gently melt before stretching the curds with your hands. Once you have a smooth, elastic texture, form these into a smooth ball.

7



Place the fresh balls of mozzarella into ice filled cold water for 10 minutes before eating.

Enjoy!

TIP...

If you are having trouble getting your mozzarella to set, and/or the curds to come together and stretch, double the rennet stated in your recipe. Doubling the rennet reduces the chance of your mozzarella failing to stretch caused by inconsistencies found in some batches of milk. Also, remember to always add calcium chloride to the milk before you begin and ensure you are using a measured teaspoon to measure out your citric acid.

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 add calcium chloride to the chilled milk. Then stir in diluted citric acid.
- Heat the milk on the stove to 32°C (90°F) while constantly stirring to prevent scalding the bottom. Ensure the two indentation points on the lower half of your thermometer are fully submerged in the milk when reading the temperature.
- Once temperature is at 32°C (90°F), remove the pot from the heat and stir in the diluted rennet.
- Cover the pot and leave to set for 25 - 30 minutes.

STEP 2: CUTTING THE CURDS

- Check the curd by making a small cut with a knife. It should make a clean cut with a clear division between the curds and whey. If ready, cut the curd with a long blade (curd) knife into 3 cm (1") cubes.

STEP 3: HEATING AND DRAINING THE CURDS

- Place the pot back on the stove and slowly heat curds to 42°C (108°F), while gently stirring. The curds should become firmer and springy to touch. When this happens, transfer them to a cheese cloth lined colander to drain (make sure you save the whey if you wish to store your mozzarella for a few days after making). Do not heat past 42°C (108°F).
- Leave to drain for 5 minutes. In this time prepare a bowl of salted ice water (approx. 200 - 300 g (7 - 9 oz) salt to 2 L (2 qt) of water) and another of 70°C (158°F) unsalted water.

STEP 4: STRETCHING THE CURDS

- Take a handful of mozzarella curd and place onto your draining spoon. Lower the draining spoon and curds into the boiling water and leave there for approx. 20 seconds or until the curds appear slightly melted.
- Now, carefully stretch the piece of curd until it is smooth and flexible. Caution: the curd will be hot so it is advisable to wear rubber gloves. If the curd does not stretch easily, place back into the bowl of hot water for more heating. You may need to do this two or three times before doing a final stretch and moulding into a ball.

NOTE: Don't roll the mozzarella, carefully mould it into a ball, while trying to retain as much moisture in the cheese as possible. The YouTube video helps show how this is done. If it is still not stretching well, increase the heat of your water. The curd should look like it is melting on the spoon.

- Once mozzarella has been moulded into a nice round ball, plunge it into the ice cold salt water bowl (this ensures an even texture while cooling).
- Continue with the rest of the mozzarella curd.
- Mozzarella is ready to eat after it has spent 10 minutes in the ice cold salt water. Add extra salt directly to the mozzarella according to taste preferences.

Storing instructions...

You can store your mozzarella in the fridge in a solution of 2 cups (500 ml) of left over whey with 1/8 tsp of citric acid.

You can also freeze or refrigerate in an airtight container.

Cultured 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 (1 drop tsp) of Mesophilic Starter Culture
- Salt to taste, approx. 2 g or a heaped 1/4 teaspoon (1ad 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.

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. 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

- Ricotta 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.
- 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 in 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 one 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.

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.

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

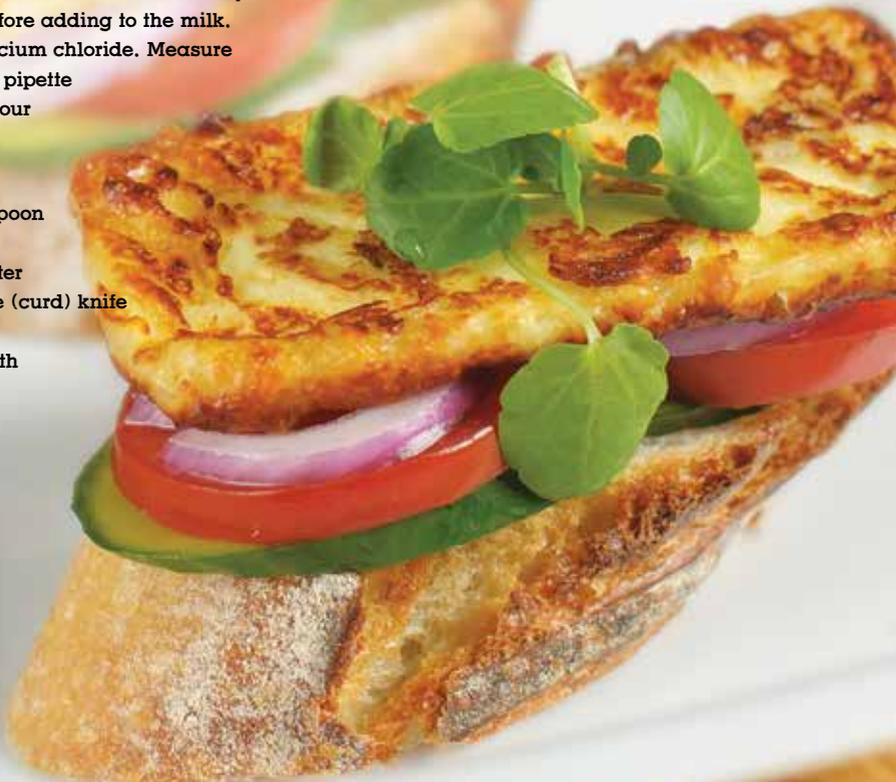
- 4 L (1 US Gal) of full fat, (preferably unhomogenised) milk
- 2 tablets of rennet diluted in 1/4 cup (62 ml) of cool, non-chlorinated water

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 (curd) 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 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 goats' 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 (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:

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, 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 (curd) 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, as described. 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 1 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 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 1 month.

Herbs & Spices

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

Goat's Milk Spreadable Cheese

Makes approx: 400 g (14 oz)

Difficulty: Very easy

This cheese has a very silky, pasty and smooth texture, and is easy to spread. Great on toast, with slices of tomato, basil, salt and pepper, or to replace cream cheese in a soup or a dip.

INGREDIENTS

- 1 L (1 US qt) fresh, pasteurised goat's milk
 - 1/4 sachet (1 drop tsp) of Mesophilic Starter Culture
 - 1/2 tablet 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
 - Cheese salt to taste

EQUIPMENT

- Pot
- Pipette
- Draining spoon
- Cheese cloth
- 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.
- Heat up your milk to 22°C (72°F) in 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.

STEP 2: DRAINING THE CURDS

- Place 4 layers of sterilised cheese cloth into a colander.
- Using your draining spoon, spoon the curds into your cheese cloth lined colander. Your curds may break a lot during this step and won't be very firm.
- Tie the corners of the cheese cloth into a knot and hang the bag to drain for 24 hours, or until the consistency is to your liking. Every couple of hours or at least 3 times during draining, scrape down the surface of the cheese cloth, as the centre of the curds will be moister than the outer.

STEP 3: FLAVOURING THE CHEESE

- Add salt or herbs to taste.
- Store in an airtight container in the refrigerator and consume within 1 week.

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.



Makes approx: 500 g (17.5 oz)

Colby is a cow's milk cheese originating in the United States. It is similar to cheddar cheese, but is slightly moister since it does not go through the cheddaring process. It is a washed curd cheese which gives it its mild creamy taste.

Difficulty: Easy

INGREDIENTS

- 6 L (1.5 US Gal) of full fat, unhomogenised milk
- 1 sachet (1 dash tsp) of Mesophilic Starter Culture
- 1.5 tablets of rennet dissolved in 1/4 cup (62 ml) of non-chlorinated water
- 3 drops of annatto colouring (optional) diluted in 1 Tbsp of cool water
- Approx. 5 cups (1.25 L) of cool water
- 3 ml calcium chloride. Measure using your pipette
- 1.5 tsp of cheese salt
- Cheese wax

EQUIPMENT

- Large pot (Optional: water bath)
- Cheese press
- Colander
- Bowl
- Cheese mat
- Pipette
- Cheese cloth
- Thermometer
- Draining spoon
- 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.
- In a pot on the stove, heat the milk to 30°C (86°F).
- Add calcium chloride and then stir in the starter culture.
- Cover and leave the milk to rest on the stove (still warm but turned off, not on direct heat) for 1 hour. Use a water bath if you are making the cheese in a cooler climate.
- Add in diluted annatto colouring and stir.
- Stir in diluted rennet. Continue to stir for 1 minute to ensure the rennet is evenly dispersed through the milk.
- Cover and leave the milk to set at 30°C (86°F) on the stove (still warm but turned off, not on direct heat) for 1 hour. Use a water bath if making cheese in a cooler climate.

STEP 2: CUTTING THE CURDS

- Once the curd has set, cut into 1 cm (1/2") cubes.
- Leave to rest for 5 minutes.
- Heat curds slowly to 39°C (102°F) over 20 minutes, stirring gently and frequently.

Once you have reached the target temperature, keep the curds at this temperature for a further 20 minutes. Keep stirring occasionally to stop the curds from matting.

STEP 3: WASHING THE CURDS

- Pour off the whey to the level of the curds.
- Begin slowly adding the cool water to the curds, while stirring until the temperature reaches 27°C (81°F).
- Keep the curds at this temperature for a further 10 minutes and stir frequently to keep the curds from matting.

STEP 4: DRAINING AND PRESSING THE CURDS

- Scoop the curds into a cheese cloth lined colander and allow to drain for 10 minutes.
- After 10 minutes, place the curds in a bowl and blend the salt through the curds with sterilised hands.
- Line the mould part of the cheese press with a cheese cloth.
- Scoop the curds into the cheese cloth lined pressing mould.
- Press the cheese at 10 kg (22 lb) for 30 minutes.
- Remove the cheese from the press, flip and redress in the cheese cloth before pressing again at 10 kg (22 lb) for 30 minutes.
- Remove, flip, redress and press again at 15 kg (33 lb) for 30 minutes.
- Remove, flip, redress and press again at 20 kg (44 lb) for 12 hours.

STEP 5: MATURING THE CHEESE

- After 12 hours, remove the cheese from the press and place on a sterilised cheese mat.
- Air dry at 10 - 13°C (50 - 55°F) until the cheese is dry to touch. Keep the cheese covered with a mesh food cover and turn every 4 hours for the first few days, then once daily, to prevent moisture from collecting at the bottom during this time.
- Once the cheese is dry to touch, it is ready for waxing.
- Once waxed, age the cheese for 2 - 3 months at approx. 10°C (50°F).



Cheddar

Makes approx: 500 g (17.5 oz)

This cheddar is great to make if you have never made hard cheese before and is ready to eat after only 5 weeks of ageing.

Difficulty: More difficult

INGREDIENTS

- 6 L (1.5 US Gal) of full fat, unhomogenised milk
- 2 tablets of rennet diluted in 1/4 cup (62 ml) of non-chlorinated water
- 3 ml of calcium chloride
Measure using your pipette
- 1 sachet (1 dash tsp) of Mesophilic Starter Culture
- 1.5 tsp of cheese salt
- Cheese wax

EQUIPMENT

- Large pot
- Cheese cloth
- Thermometer
- Pipette
- Draining spoon
- Long blade (curd) knife
- Cheese press

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 on the stove, heat the milk to 32°C (90°F).
- Add calcium chloride.
- Stir in the starter culture.

- Cover and leave to ripen for 45 minutes on your warm, turned off stove (off the hot element). Use a water bath if you are making cheese in a cooler climate.
- After 45 minutes stir in the diluted rennet.
- Cover and leave to set for 1 hour.
- Once firmly set, cut the curd into 1 cm (1/2") cubes.
- At a low heat on the stove, slowly heat the curds to 38°C (100°F) over a 30 minute period.
- During this time, gently stir the curds with a draining spoon to keep them from clumping together.

STEP 2: DRAINING AND MILLING THE CURDS

- Transfer the curds into a cheese cloth lined colander. Tie the corners into a knot and hang the bag in a warm spot to drain for 1 hour.
- After 1 hour, place the curds into a bowl and break them up into small pieces. With clean sterile hands, mix in the salt.

STEP 3: MOULDING AND PRESSING THE CURDS

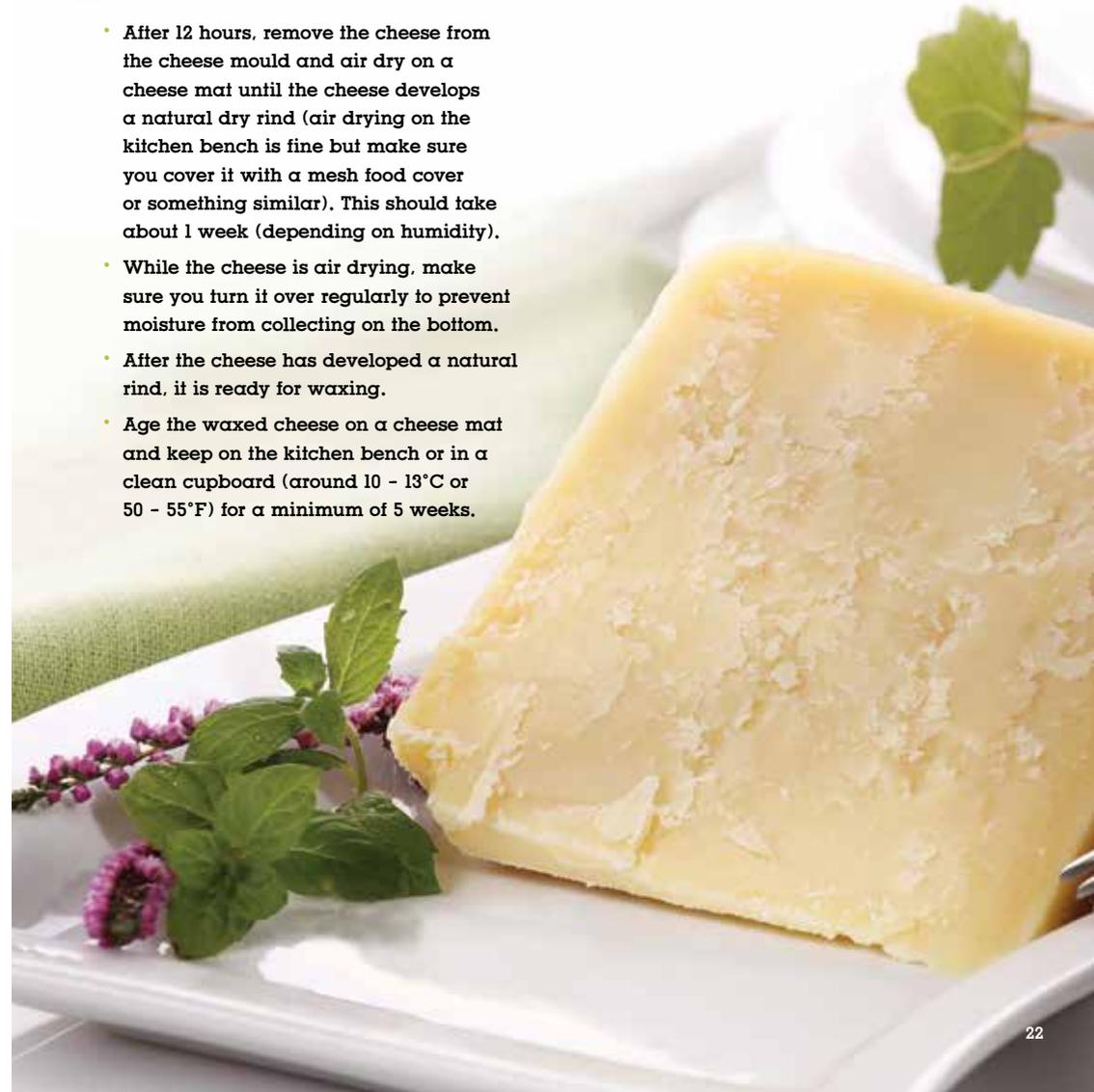
- Pack the curds into the cheese press mould, lined with a cheese cloth. Press at 5 kg (11 lb) for 10 minutes.
- With clean sterile hands, remove the

cheese from the mould. Remove the cheese cloth, turn the cheese over, redress the cheese in the cheese cloth and press again for 10 minutes at 10 kg (22 lb).

- Repeat this process again but press it at 20 kg (44 lb) for 12 hours.

STEP 4: AGEING THE CHEESE

- After 12 hours, remove the cheese from the cheese mould and air dry on a cheese mat until the cheese develops a natural dry rind (air drying on the kitchen bench is fine but make sure you cover it with a mesh food cover or something similar). This should take about 1 week (depending on humidity).
- While the cheese is air drying, make sure you turn it over regularly to prevent moisture from collecting on the bottom.
- After the cheese has developed a natural rind, it is ready for waxing.
- Age the waxed cheese on a cheese mat and keep on the kitchen bench or in a clean cupboard (around 10 - 13°C or 50 - 55°F) for a minimum of 5 weeks.



Caerphilly

Makes approx: 500 g (17.5 oz)

Caerphilly is a hard, white, crumbly cheese, originating in Wales. It was originally produced as a way for farmers to use their excess milk, but later became very popular with the Welsh coal miners. It has a slightly sour tang to its flavour which is delicious served on dark bread. Caerphilly should be aged for a minimum of three weeks and a maximum of 20 weeks depending on taste preferences. When eaten young, Caerphilly has a fresh taste, which with age, develops into a more rounded flavour with creamy under tones.

Difficulty: More difficult

INGREDIENTS

- 6 L (1.5 US Gal) of full fat, unhomogenised milk
- 1 sachet (1 dash tsp) of Mesophilic Starter Culture
- 2 tablets of rennet diluted in 1/4 cup (62 ml) of non-chlorinated water
- 1 Tbsp of cheese salt
- 3 ml of calcium chloride

EQUIPMENT

- Bowl
- Cheese cloth
- Large pot
- Thermometer
- Colander
- Pipette
- Cheese press
- Draining spoon
- 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.

- In a pot on the stove, heat the milk to 32°C (90°F).
- Add calcium chloride.
- Stir in the starter culture for 1 minute.
- Place the lid on the pot, and leave to ripen for 30 minutes on the warm (turned off) stove, or, use a water bath if you are making cheese in a cooler climate.
- After 30 minutes, add the rennet to the milk. Stir for 1 minute and then cover and leave the milk to set at 32°C (90°F) on the stove (still warm but turned off) for 45 minutes or, until you have a clean break (use a water bath if in a cooler climate).

STEP 2: CUTTING THE CURDS

- Cut the curds into 5 mm (1/4") cubes.

STEP 3: COOKING THE CURDS

- Over the next 10 minutes, slowly raise the temperature to 35°C (95°F) on the stove.
- Hold the curds and whey at this temperature on the stove for the next 40 minutes, while stirring frequently to prevent the curds from clumping together. With a knife, cut any oversized curd cubes which may have been missed when completing the "Cutting the Curds" step.

- After 40 minutes of stirring let the curds rest at 35°C (95°F) for 10 minutes.

STEP 4: DRAINING AND PRESSING THE CURDS

- Pour the curds into a colander lined with the cheese cloth, and then transfer the curds to your cheese cloth lined cheese press mould.
- Press at 5 kg (11 lb) for 10 minutes.
- Remove the cheese from the mould and unwrap from cheese cloth. Sprinkle a layer of salt on both the top and bottom of the cheese before rewrapping with cheese cloth. Press the cheese again (the other side up) at 5 kg (11 lb) for a further 10 minutes.
- Repeat the same procedure, without adding the salt and pressing at 10 kg (22 lb) for 20 minutes and followed by 16 hours pressing at 10 kg (22 lb) also without salting.

STEP 5: AGEING THE CHEESE

- Take the cheese out of the mould and let it air dry on a cheese mat or rack for several days (on the kitchen bench is fine but cover with a mesh food cover or something similar).
- Make sure you turn the cheese several times a day (moisture tends to collect at the bottom).
- When the cheese is dry to touch, age the cheese on the cheese mat on the kitchen bench or a cool cupboard (approx. 10 - 13°C or 50 - 55°F) for a minimum of 3 weeks. Turn the cheese several times a week. While ageing remember to cover your cheese with a mesh food cover or something similar.



TIP

If your hard cheese starts developing mould, scrape off the mould and wipe the cheese down with a cloth soaked in a saturated salt brine solution.

Havarti

Makes approx: 500 g (17.5 oz)

Havarti is Denmark's most famous cheese, and is also known as 'Cream Havarti'. The name perfectly describes the smooth, incredibly creamy, mild semi-soft cheese. The cheese has a very short weighted pressing-time, resulting in a cheese which is softer, with small holes. This buttery cheese is delicious melted or grilled on fresh bread.

Difficulty: More difficult

INGREDIENTS

- 6 L (1.5 US Gal) of full fat, unhomogenised milk
- 2 tablets of rennet diluted in 1/4 cup (62 ml) of non-chlorinated water
- 3 ml of calcium chloride
- 1 sachet (1 dash tsp) of Mesophilic Starter Culture
- 1.5 Tbsp of cheese salt (for curd)
- Brine solution (2 Tbsp of cheese salt in 2 L of water)

EQUIPMENT

- Large pot
- Cheese cloth
- Thermometer
- Pipette
- Draining spoon
- Long blade (curd) knife
- Cheese press

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 on the stove, heat the milk to 30°C (86°F).
- Add calcium chloride.
- Stir in the starter culture.
- Cover and leave to ripen for 45 minutes at 30°C (86°F). Use a water bath if you are making the cheese in a cooler climate.
- After ripening stir in the diluted rennet.
- Cover and leave to set for 40 minutes or until it is in a firm set.

STEP 2: CUTTING THE CURDS

- Cut the curd into 1 cm (1/2") cubes and stir gently before leaving the curd to resettle for 5 minutes.
- Stir the curds gently for approx. 15 minutes until the curds are firm.
- Drain 1/3 of the whey off and stir again gently for a further 15 minutes.
- Add 54°C (130°F) warm water to the

- curds until the mixture is between 35°C - 38°C (95°F - 100°F), during this time, gently stir the curds with a draining spoon to keep them from clumping together.
- Add 1.5 Tbsp of cheese salt and continue to stir for a further 15 minutes until the curd looks dry.

STEP 3: DRAINING AND MILLING THE CURDS

- Pour the cheese curds into a cheese cloth lined colander to allow the whey to drain for approx. 10 minutes, cut the draining curd every few minutes to help expel the whey.

STEP 4: MOULDING AND PRESSING THE CURDS

- Transfer the curds into the cheese press lined with the cheese cloth, and place the pressing plate on top. Press for 15 minutes at 5 kg (11 lb).
- Turn the cheese over and rewrap it, before pressing it for 1.5 hours at 10 kg (22 lb).
- The cheese should be formed and firm after this pressing time.
- Leave the cheese to rest for a few hours (without pressing), before submerging in water at 18°C (65°F) for 8 hours or overnight.
- In the morning (or after 8 hours), submerge the cheese in your brine solution for 6 hours before removing and patting dry with a paper towel.

STEP 5: AGEING THE CHEESE

- Allow the cheese to age at 15°C (60°F) on the cheese mat (air drying on the kitchen bench is fine but make sure you cover it with a mesh food cover or something similar).
- While the cheese is air drying, make sure you turn it over regularly to prevent moisture from collecting on the bottom.
- Wipe the cheese with the brine solution every 2 -3 days for 3 months, or until it reaches the desired maturity.



Wensleydale

Makes approx: 500 g (17.5 oz)

Wensleydale is a firm and slightly flaky cheese. When young, Wensleydale has a mild, milky flavour with a touch of lemon, and when more mature, it develops more complex flavours with a honey sweetness. This cheese is perfect alongside fruit based dishes, served with fruit paste or eaten on fresh bread. A traditional variation of Wensleydale incorporates dried cranberries into the cheese.

Difficulty: More difficult

INGREDIENTS

- 6 L (1.5 US Gal) of full fat, unhomogenised milk
- 2 tablets of rennet diluted in 1/4 cup (62 ml) of non-chlorinated water
- 3 ml of calcium chloride
- 1 sachet (1 dash tsp) of Mesophilic Starter Culture
- 2 tsp of cheese salt
- Cheese wax

EQUIPMENT

- Large pot
- Cheese cloth
- Thermometer
- Pipette
- Draining spoon
- Long blade (curd) knife
- Cheese press

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 on the stove, heat the milk to 30°C (86°F).
- Add calcium chloride.
- Stir in the starter culture.
- Cover and leave to ripen for 45 minutes at 30°C (86°F). Use a water bath if you are making the cheese in a cooler climate.
- After 45 minutes stir in the diluted rennet, then cover and leave to set for 45 minutes or until it is in a firm set.

STEP 2: CUTTING THE CURDS

- Cut the curd into 1 cm (1/2") cubes and allow to rest for 5 minutes.
- At a low heat on the stove, slowly heat the curds to 32°C (89°F).
- During this time, gently stir the curds with a draining spoon to keep them from clumping together.
- Allow the curds to rest for 15 minutes before gently stirring again to stop the

curd matting.

- Allow to rest for a further 5 minutes.

STEP 3: DRAINING AND MILLING THE CURDS

- Pour the cheese curds into a cheese cloth lined colander. Tie the corners of the cloth into a knot and hang the bag in a warm pot to drain for 1.5 hours.
- After this time, place the curds into a bowl and break them up into small pieces. Mix in the salt.

STEP 4: MOULDING AND PRESSING THE CURDS

- Pack the curds into the cheese press mould, lined with the cheese cloth. Press at 5 kg (11 lb) for 15 minutes.
- With clean sterile hands, remove the cheese from the mould. Remove the cheese cloth, turn the cheese over, redress the cheese in the cheese cloth and press again for 12 hours (or overnight) at 20 kg (44 lb).

STEP 5: AGEING THE CHEESE

- After 12 hours, remove the cheese from the cheese mould and air dry on the cheese mat until the cheese develops a natural dry rind (air drying on the kitchen bench is fine but make sure you cover it with a mesh food cover or something similar). This should take about 1 week (depending on humidity).
- While the cheese is air drying, make sure you turn it over regularly to prevent moisture from collecting on the bottom.

- After the cheese has developed a natural rind, it is ready for waxing.
- Age the waxed cheese on a cheese mat and keep on the kitchen bench or in a clean cupboard (around 13 - 15°C or 55 - 59°F) for a minimum of 3 weeks and up to 3 months.

A traditional flavour addition in Wensleydale is dried cranberries. To do this add 50 g of dried cranberries through the curds as you scoop them into the cheese press. Wensleydale with dried cranberries is best eaten when aged for 4 weeks.



Mascarpone

Makes approx: 700 g (24.5 oz)

Mascarpone is a deliciously rich Italian triple cream cheese. It is often used in desserts such as Tiramisu or Cannoli. It can be incredibly expensive to buy and is very easy to make!

Difficulty: Very easy

INGREDIENTS

- 1 L (1 US qt) of fresh cream (40% fat)
- 1/2 tsp of citric acid dissolved in 2 Tbsp of cool water

EQUIPMENT

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



METHOD:

- Thoroughly sterilise equipment with steriliser (see bottle instructions for use). If not included, use baby bottle steriliser or boiling water.
- Pour cream into the pot and slowly heat on stove until it reaches 85°C (185°F). Ensure the two indentation points on the lower half of your thermometer are fully submerged in the milk when reading the temperature.
- Add the citric acid solution.
- Keep the cream at 85°C (185°F) for 5 more minutes.
- Take off the stove and leave to cool for a few hours or overnight.
- Pour the cream into a cheese cloth lined colander. Leave on your kitchen bench to drain until it has reached your desired thickness (mascarpone is traditionally served at the thickness of Greek yoghurt, but be aware, mascarpone will thicken even more once put in the fridge so you may want to drain until slightly runnier than what you desire).
- Mascarpone can be stored in an airtight container in the fridge for up to 4 days.

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.



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