

Mad Millie Cottage Cheese



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.

INGREDIENTS

- 4 L (1 US Gal) Full fat, homogenised milk
- 2 mL Mad Millie Calcium Chloride
- 1 sachet Mad Millie Fresh Cheese Culture
- 1 tablet Mad Millie Rennet diluted in 1/4 cup (62 mL) of cool, non-chlorinated water
- Mad Millie Artisan's Cheese Salt to taste

METHOD

1. Pour milk into a pot and heat to 22°C (72°F) before stirring in calcium chloride.
2. Stir in the Mad Millie Fresh Cheese Culture and diluted rennet. Cover and leave to set in a water bath at 22°C (72°F) for 4 – 8 hours or until a gel-like curd is formed.
3. Cut the curd into 3 cm (1 in) cubes with a knife and allow to sit for 10 minutes.
4. Return to the stove and slowly heat while stirring until the temperature reaches 43°C (110°F). Maintain this temperature for 20 minutes.
5. Turn off the heat and let the curds settle to the bottom of the pot for 5 minutes.
6. Using a draining or serving spoon, transfer the curds to a cheese cloth lined colander and allow to drain for 5 minutes.
7. Remove curds from the colander, put them into a bowl and break up, add salt or herbs as desired.

For a creamier cottage cheese add a few tablespoons of cream or quark.
Cottage cheese can be stored for up to 1 week in the refrigerator.