

UCCE Master Food Preserver Program

Sacramento County

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# **Making Soft Cheeses: Additional Recipes**

### Mozzarella Cheese

Makes approximately <sup>3</sup>/<sub>4</sub> pound

- 1 gallon milk (not ultra-pasteurized)
- 1-1/4 cup cool water (chlorine-free)
- 1-1/2 teaspoon citric acid
- 1/4 rennet tablet or 1/4 teaspoon liquid rennet
- 1 teaspoon cheese salt (optional) (Salt substitutes and/or herbs can be used as an alternative.)

#### Equipment

- 1 gallon stainless steel pot or any non-aluminum or non-cast iron pot
- Instant-read thermometer or candy thermometer
- Measuring cups and spoons
- Colander or strainer
- Butter muslin, flour sack towel or cheese cloth
- 4-quart mixing bowl to collect whey
- Slotted spoon
- Extra spoon
- Long knife
- 2-quart microwaveable bowl (Pyrex)
- Rubber gloves
- Microwave
- Timer

#### Instructions

#### Before you start, put on your gloves.

- 1. Dissolve ground/liquid rennet in <sup>1</sup>/<sub>4</sub> cup of cool, chlorine-free water. Stir; set aside.
- 2. Mix 1-1/2 teaspoons citric acid into 1 cup cool, chlorine-free water. Ensure the citric acid is fully dissolved.
- 3. Pour the citric acid solution into your pot.
- 4. Pour 1 gallon of milk quickly into the pot and stir vigorously.
- 5. Heat milk slowly to 90°F while stirring. Use thermometer to check temperature.

- 6. Take pot off burner, add rennet solution while stirring slowly top to bottom (folding) for approximately 30 seconds.
- 7. Cover pot with lid and leave undisturbed for 5 minutes.
- 8. Check the curd. It should look like custard, with a clear separation between the curd and the whey. If the curd is too soft or the whey is milky, let sit for a few more minutes.
- 9. Cut the curds in a 1-inch checkerboard pattern with a long knife.
- 10. Place pot back on stove and heat to 105°F while stirring slowly and gently. Use thermometer to check temperature.
- 11. Take the pot off the burner and continue stirring slowly for 2 5 minutes. (More time will make a firmer cheese.)
- 12. Place the colander over a 4-quart bowl or pot that will catch the whey. Scoop the curds from your pot with a slotted spoon and place them in the colander. Drain off as much of the whey as you can without pressing the curds too much.
- 13. Put the curds into a microwave safe bowl (Pyrex glass). If you still have small curds floating in the whey, place a piece of cheese cloth over the colander and pour the whey into the cheese cloth-lined colander. Add the small curds to the microwave safe bowl.
- 14. Microwave the curds on HIGH for 15 seconds. Drain the free whey into your bowl or pot. **Add salt.** Gently knead or fold the curds into one piece with a spoon or your gloved hands.
- 15. Repeat #14 until the curds reach a temperature of 135°F. The cheese should be soft and pliable enough to stretch like taffy. Stop heating at this point.
- 16. Stretch the cheese by pulling like taffy until it is smooth and shiny. The more you work the cheese, the firmer it will be. Form into one or 3 balls to share.
- 17. Drop cheese balls into ice water to cool.
- 18. When cold the cheese will last several days refrigerated. Eat or refrigerate you cheese within 2 hours.

19. Clean up following the Sanitary Standard Operating Procedures. <u>Source: Clemson Cooperative Extension</u> <u>http://www.clemson.edu/extension/hgic/hot\_topics/2017/12%20home\_cheese\_making\_mozzarella.html</u>

### **Cheese Spreads**

A simple way to use cream cheese and yogurt cheese is to make a spread for crackers, bagels, celery, and other tasty treats. To make each of the spreads below, just mix the ingredients together. Adjust the spices to your taste preference.

#### **Roasted Garlic & Dill Cream Cheese Spread**

6 oz cream cheese salted1 tablespoon roasted garlic1 tablespoon fresh dill, chopped

#### Sundried Tomato Cream Cheese Spread

6 oz salted cream cheese1 tablespoon sundried tomatoes (not oil packed)1 tablespoon fresh basil, finely minced

#### **Sweet Cream Cheese**

6 oz salted cream cheese 1-1/2 tablespoons brown sugar 3/4 teaspoon cinnamon

#### **Blueberry Yogurt Cheese**

cup yogurt cheese
 Zest of 1/3 lemon
 Big handful of blueberries chopped and simmered until juicy

#### **Italian Yogurt Cheese**

- 1-1/2 cup yogurt cheese1 green onion stalk, minced (not the white bulb)
- 1 packet of powdered Italian dressing

## **Raspberry Lemon Ricotta Cake**

1-1/2 cups all-purpose flour
1 cup granulated sugar
1 teaspoon baking powder
3 large eggs
15 oz. ricotta cheese
1/2 teaspoon lemon extract
1 lemon, zest and juice
1 stick salted butter, melted
2-1/2 cup milk
1 cup frozen raspberries
Optional Topping: whirl lemon on top before baking

- 1. Preheat oven to 350°F. Grease a 10" spring form pan with cooking spray.
- 2. Combine flour, sugar and baking powder in a bowl; mix well.
- 3. In a separate bowl, whisk the eggs, ricotta, lemon extract, lemon zest and juice until smooth; then fold in the dry ingredients until blended.
- 4. Gently fold in butter and 1 cup of raspberries. Pour batter into the spring form pan. Top the batter with the remaining 1 cup of raspberries; then bake for approximately 50 minutes or until the cake is golden brown and a tester inserted into the middle comes out clean.
- 5. Allow to cool 15-20 minutes before removing it from the pan. Store tightly wrapped at room temperature. Can be made up to 2 days ahead.

Source: Carrie's Experimental Kitchen

## Lasagna Roll-ups

- 12 uncooked lasagna noodles
- 2 large eggs, lightly beaten
- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
- 2-1/2 cups whole-milk ricotta cheese
- 2-1/2 cups shredded part-skim mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon ground nutmeg
- 1 jar (24 ounces) meatless pasta sauce
- 1 Preheat oven to 375°F. Cook and drain noodles according to package directions.
- 2 Mix eggs, spinach, cheeses and seasonings.
- 3 Pour 1 cup pasta sauce into an ungreased 13x9-in. baking dish. Spread 1/3 cup cheese mixture over each noodle; roll up and place over sauce, seam side down. Top with remaining sauce. Bake, covered, 20 minutes. Uncover; bake until heated through, 5-10 minutes.

## **Ricotta, Kale and Artichoke Quiche**

- 6 cups kale, about 6 to 8 large leaves finely chopped 4 large, canned or frozen artichoke hearts (about 6 oz) 1 medium onion, chopped 1 clove garlic, minced 1 tablespoon olive oil -Salt and pepper to taste 1/2 tsp grated nutmeg 1 tablespoon dried bread crumbs
- For the Cheese Mixture 1 cup ricotta cheese 3 large eggs 1 cup milk 1 cup cheddar cheese 1 tablespoon flour Salt and pepper to taste
- 1 Wash clean, pat dry kale. Chop artichokes into thin slices.
- 2 Sauté onion and garlic in oil. Add the artichoke; sauté 1 minute Add kale. Cook 4 minutes. Season with salt and pepper to taste Set aside to cool slightly.
- 3 In a bowl add the ricotta and milk. Whisk until smooth. Add the eggs and whisk well making sure no lumps. Season with salt and pepper.
- 4 Place the cooked kale-onion-artichoke mixture into a pie dish; sprinkle with grated cheddar.
- 5 Evenly pour the ricotta mixture in the pie dish. Sprinkle nutmeg and breadcrumbs on top.
- 6 Bake in a preheated oven at 340°F for about 30 minutes.
- 7 Let the quiche rest for at least 20 minutes before you cut.