

CHEESE RECIPES

RECIPE: MOZZARELLA CHEESE

Makes approximately ¾ pound

INGREDIENTS

1 gallon milk (not ultra-pasteurized)
 1¼ cup cool water (chlorine-free)
 1½ teaspoon citric acid
 ¼ rennet tablet or ¼ 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 ¼ cup of cool, chlorine-free water. Stir; set aside.
2. Mix 1½ 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.

REFERENCES

Clemson Cooperative Extension, http://www.clemson.edu/extension/hgic/hot_topics/2017/12%20home_cheese_making_mozzarella.htm

RECIPE: RICOTTA CHEESE

Makes 4 cups or approximately 1¾ pounds. This recipe may be cut in half.

INGREDIENTS

1 gallon whole milk (not ultra-pasteurized)
 ⅔ cup lemon juice (fresh or bottled) or ⅔ cup distilled white vinegar or 1 teaspoon citric acid (available in canning supplies or from cheese-making suppliers)
 2 teaspoon salt, optional

EQUIPMENT

8-quart pot
 Instant-read thermometer or candy thermometer
 Measuring cup and spoons
 Cheese cloth, butter muslin or flour sack towel
 Strainer or colander
 4-quart mixing bowl for whey
 Extra bowl
 Spoon for stirring
 Slotted spoon
 Timer

INSTRUCTIONS

1. Pour the milk into a 8-quart pot and set it over medium heat. Let it warm gradually to 200°F, monitoring the temperature with an instant read thermometer. This could take as long as an hour. The milk will get foamy and start to steam; remove it from heat if it starts to boil.
2. Remove the milk from heat. Pour in the vinegar or lemon juice (or citric acid) and the salt. Stir gently to combine.
3. Let the pot of milk sit undisturbed for 10 minutes. After this time, the milk should have separated into clumps of milky white curds and thin, watery, yellow-colored whey — dip your slotted spoon into the mix to check. If you still see a lot of un-separated milk, add another 1 to 2 tablespoons of lemon juice or vinegar or ⅛ teaspoon of citric acid and wait a few more minutes.

4. **Strain the curds:** Set a strainer over a bowl and line the strainer with cheese cloth. Scoop the big curds out of the pot with a slotted spoon and transfer them to the strainer. Pour the remaining curds and the whey through the strainer. (Removing the big curds first helps keep them from splashing and making a mess as you pour.)
5. **Drain the curds for 10 to 60 minutes:** Let the ricotta drain for 10 to 60 minutes, depending on how wet or dry you prefer your ricotta. If the ricotta becomes too dry, you can also stir some of the whey back in before using or storing it.
6. **Use or store the ricotta:** Fresh ricotta can be used right away or refrigerated in an airtight container for up to a week. For longer storage, it may be frozen for up to 6 months.
7. **Making Fresh Ricotta Salata:** If you'd like to make a fresh farmer's cheese (Ricotta Salata) from this ricotta, wrap it in cheese cloth and press it beneath a weighted plate in the refrigerator overnight.

REFERENCES

Adapted from **New Mexico State University**, http://aces.nmsu.edu/pubs/_e/E216/

RECIPE: WHEY RICOTTA CHEESE

Ricotta cheese is made by heat-acid precipitation of proteins from blends of milk and whey.

INGREDIENTS

1 quart (940 ml) vinegar (5% acetic acid)
 25 gallons (94 L; 200 lb; 90.72 kg) heat-treated or pasteurized whey
 2.5 gallons (9.4 L; 20 lb; 9.07 kg) pasteurized whole milk

INSTRUCTIONS

1. Add whole milk to fresh whey, then heat to 185°F (85°C). Heating must begin immediately after the whey is removed from the curd to prevent further acidification by the lactic acid bacteria. Some small curd particles will form.
2. Slowly add about 2 teaspoons of vinegar per quart of whey with gentle agitation. You will see more curd particles forming and the whey will become less “milky.”
Note: More vinegar may be added depending on the amount of milk used. Continue adding vinegar until the whey is quite clear. By adding the vinegar slowly over a time period of about 5 minutes you will obtain better quality curd and it will be easier to know when to stop.
3. Pour into a cloth to separate the curds. After the curd is dripped dry it is ready to eat.

RECIPE REDUCTIONS

Whey	Milk	Vinegar
1 gallon (128 oz.)	12.8 oz. (12 oz. + 5 tsp.)	1.3 oz. (2 tbl. + 2 tsp.)
3/4 gallon (96 oz.)	9.6 oz. (9 oz. + 4 tsp.)	.96 oz. (2 tbl.)
1/2 gallon (64 oz.)	6.4 oz. (6 oz. + 2½ tsp.)	.64 oz. (4 tsp.)
1 quart (32 oz.)	3.2 oz. (3 oz. + 1¼ tsp.)	.32 oz. (2 tsp.)

REFERENCES

University of New Mexico, https://aces.nmsu.edu/pubs/_e/E216

RECIPE: FLAVORED MOZZARELLA CHEESE

INGREDIENTS

Fresh mozzarella cheese
Oil
Your favorite mix of dried spices and herbs
(try lavender!)
Kosher salt and freshly ground pepper

INSTRUCTIONS

1. Lightly oil a mini cake pan; shaped ones are fun.
2. Take a small amount of cheese that will fill the mini pan, lightly oil the outside and rub spice/herb mixture. Press into mini pan.
3. Cool, pop out of pan.

RECIPE: RASPBERRY LEMON RICOTTA CAKE

INGREDIENTS

1½ 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
2½ cups milk
1 cup frozen raspberries
Optional Topping: whirl lemon on top before baking
Cooking spray

INSTRUCTIONS

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.

REFERENCES

Carrie's Experimental Kitchen

RECIPE: LASAGNA ROLL-UPS**INGREDIENTS**

12 uncooked lasagna noodles
 2 large eggs, lightly beaten
 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
 2½ cups whole-milk ricotta cheese
 2½ cups shredded part-skim mozzarella cheese
 ½ cup grated Parmesan cheese
 ¼ teaspoon salt
 ¼ teaspoon pepper
 ¼ teaspoon ground nutmeg
 1 jar (24 ounces) meatless pasta sauce

INSTRUCTIONS

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.

RECIPE: RICOTTA, KALE AND ARTICHOKE QUICHE**INGREDIENTS**

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

INSTRUCTIONS

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.

RECIPE: HOT WHEY TODDY*Whey may be frozen until used.***INGREDIENTS**

½ cup maple syrup
 ½ cup water
 2 or 3 lemon slices
 3 or 4 cloves
 A dash of cinnamon
 3 cups whey
*(You can use any kind of whey for this –
 sweet, acid, goat, sheep, etc.)*
 ¼ cup bourbon (optional)

INSTRUCTIONS

1. Heat maple syrup and water with cloves, cinnamon, and lemon slices.
2. Strain whey through butter muslin. Strain the lemons and cloves through the same muslin.
3. Heat again and when very hot, add bourbon (or not). Drink and be merry.

REFERENCES

Jeri Case, 2018

ON-LINE RESOURCES AND REFERENCES

Center for Dairy Research, Madison, WI,
www.cdr.wisc.edu

Clemson Cooperative Extension, http://www.clemson.edu/extension/hgic/hot_topics/2017/12%20home_cheese_making_mozzarella.html

Making Homemade Cheese, New Mexico State University, http://aces.nmsu.edu/pubs/_e/E-216.pdf

Oregon State University (2002). Fresh cheese made safely. Pacific Northwest Extension publication. Available at: <http://extension.oregonstate.edu/lane/sites/default/files/documents/pnw0539.pdf>

New England Cheese Making Co., <https://www.cheesemaking.com/learn/faq/milk.html>

International Dairy Foods Association,
<http://idfa.org/news-views/media-kits/milk/pasteurization>

LOCAL CONTACT

For more information, contact the University of California Cooperative Extension office in your county. See your telephone directory for addresses and phone numbers, or visit http://mfp.ucanr.edu/Contact/Find_a_Program/.

ACKNOWLEDGMENT

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