

The Joy of Making Mozzarella and Ricotta for Your Family in Your Kitchen

Presented by:

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In this workshop you will learn how to make mozzarella and ricotta cheese at home. It is rewarding to use the cheese you have made yourself in preparing meals for your family.

General process of making cheese

- Acidify the milk.
- Rennet, an enzyme, is added to the milk to begin the process of separating the solids (curd) from the liquids (whey).
- The curd is then cut to expel the whey
- Whey is drained.
- Depending on which cheese you are making, the curds are handled differently.

Ingredients

- Milk
 - Fresh milk from your own animal (i.e, cow, goat, sheep, water buffalo, etc).
 - If using pasteurized milk avoid ULTRA- PASTEURIZED.
 - Homogenized milk will work fine
- Food grade citric acid
- Rennet – tablets or liquid

Equipment

- A stainless steel pan large enough to hold 1 gallon of milk.
 - Aluminum or cast iron will not work.
- A long handled, stainless steel spoon.
- 2 large wooden spoons
- A large microwave-safe bowl
- Measuring spoons
- Timer
- Colander
- Thermometer

Citric Acid - to develop acid in cheese

Use non iodized salt

Prepare your work area:

- Do not prepare any other food while you are making cheese.
- Put all unrelated food products away.
- Move all sponges, cloths and dirty towels away from your work surface.
- Wash your sink and stove with soap and water.

Commercial junket needs ex amt. for cheese.

Additional Resources

Supplies

Leeners
 9293 Olde Eight Road
 Northfield, OH 44067
 (800) 543-3697
 www.leeners.com

New England Cheesemaking Supply Company
 P O. Box 85
 Ashfield, MA 01330
 (413) 628-3808
 www.cheesemaking.com

Books

Goats Produce Too by Mary Jane Toth

Home Cheese Making, by Ricki Carroll

Making Artisan Cheese: Fifty Fine Cheeses That You Can Make in Your Own Kitchen, by Tim Smith

200 Easy Homemade Cheese Recipes: From Cheddar and Brie to Butter and Yogurt by Debra Amrein-Boyes

wooden spoon

Yahoo Groups

- BasicCheesemaking
- Cheesemaking
- Cheese-L

Muslin

Colander ^{*}/sieve

Blogs

Digital

<http://joyofcheesemaking.com/index.php?page=blog>

<http://www.homecheesemakingrecipes.com/>

long blade knife

long handled stainless spoon

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Stainless steel pan

leave headspace in cooking pan

30 Minute Mozzarella

Adapted from *Home Cheese Making*, by Ricki Carroll

Ingredients

1 gallon milk (don't use ultra pasteurized milk) whole milk is preferable
¼ tablet rennet (or ¼ tsp liquid rennet) (animal & vegetable rennet & stored in refrigerator
junk ~~not~~ = rennet)
¼ cup cool water
1 ½ tsp citric acid
1 cup cool water
Salt to taste

Can use cows, goats, & water buffalo's milk

Recipe:

Crush ¼ tablet of **rennet** (or ¼ tsp of liquid rennet) and add to ¼ cup of cool water. Set it aside to use later.

Add 1 ½ tsp. of **citric acid** to 1 cup of water. Add the diluted citric acid to to 1 gallon of cold **milk**. Stir well. This begins the process of acidification of the milk. Heat the milk to 90° F on (Med-temp) medium high heat. *Stick probe 2" down*

At 90° F remove the pot from the heat and slowly add the diluted rennet to the milk. Stir in a top to bottom motion for approximately 30 seconds. Leave undisturbed for 5 minutes.

Check the curd. The curd should have a custard-like consistency but with a clear separation between the curds and whey (separation between the solids and liquid). If the curd is too soft or the liquid whey is milky (lacks a green cast), wait a few more minutes.

Cut the curds into a 1" checkerboard pattern. Heat to 105° F, while slowly stirring the curds with a spoon. Use a slotted spoon to scoop the curds into a microwaveable bowl. Gently press the curd while pouring off as much whey as possible. Reserve this whey to use in cooking, making bread, or making ricotta.

Microwave the drained curd on high for 1 minute. Drain the whey as you did before. Quickly stretch the cheese with a wooden spoon or your hands until the cheese is cool enough to touch. Rubber gloves will help since the cheese is almost too hot to touch at this point.

Microwave the cheese again for 35 seconds. Drain the whey. Microwave the cheese again for 35 seconds. Drain the whey. Quickly knead the cheese as you would bread dough until the cheese is smooth and shiny. Add salt to taste.

At this point the cheese should be soft and pliable enough to stretch like taffy. Form it into a ball and drop into ice water to help it retain its shape. Refrigerate.

Ricotta from Whole Milk

Adapted from *Home Cheese Making*, by Ricki Carroll

Ingredients

- 1 gallon whole milk
- 1 cup cool water
- 2 tsp citric acid
- 1 tsp salt

Add 2 teaspoons of citric acid into 1 cup cool water. Add ½ cup of the solution to the milk. Save the rest of the solution for later. Stir briskly for 5-10 seconds.

Add 1 tsp salt. Heat the milk slowly on medium heat; gently stirring to prevent scorching. Small flakes will begin to form in the milk at 165-170° F. If the flakes do not form after a few minutes add more citric acid solution in 1 Tablespoon increments.

Increase the temperature of the milk to 190-195° F. Turn off the heat. Flakes will begin to consolidate and create curds that will float on top of the liquid whey. As the curds rise, gently move them with a spoon from the sides to the center of the pot. Let the curds rest for 10-15 minutes.

Carefully ladle the curds into a colander and let them drain from 15 minutes or up to several hours.

For a fresh light ricotta, drain it for a short while (until the whey slows) and refrigerate. For a more dense and buttery texture, allow the cheese to drain for an extended period of time (several hours). Keep refrigerated and serve within 10 days.

Ricotta from Whey

Adapted from *Home Cheese Making*, by Ricki Carroll.

Ingredients

1 gallon fresh whey
½ tsp salt
½ tsp citric acid
½ cup cool water
½ tsp salt

Without agitating, heat fresh **whey** to 160° F. (For a richer cheese and a higher yield, add 1 cup of fresh milk).

Continue heating to 170° F. Add ½ tsp of **salt**. Do not agitate the milk, but continue to heat it to 185° F.

Disolve ½ tsp. of **citric acid** in ½ cup water. Add the solution to the milk and stir briskly for 5-10 seconds. Small flakes will begin to form and gradually form into a mass of curd. The correct amount of acid will produce a clear separation of white curds and bright green whey. If the flakes did not begin to form, add a bit more of the diluted citric acid solution. However, if too much acid is added, the curds will sink to the bottom of the pan and the cheese will be *insalata* instead of ricotta.

After the curds have risen to the top, use a perforated spoon to gently move them from the sides to the center of the pot. Clumps of curd will begin to consolidate into a larger mass. Let the curds rest for 10-15 minutes.

Gently ladle the curds into a colander and let them drain from 15 minutes or up to several hours. Keep refrigerated and serve within 10 days.

