

Combination Mozzarella and Ricotta

Phase-1; Mozzarella (*Makes one pound Mozzarella*)

1 gal whole-milk.

1 ½ tsp powdered citric acid dissolved in ¼ cup cool water

1 tsp cheese-salt

½ tablet rennet dissolved in ¼ cup cool water

1 qt cold brine solution (1/3 cup table salt dissolved in 1 qt cold water).

Slowly heat the milk to 60 degrees F in a stainless steel pot. While stirring, slowly add the citric acid solution to the milk and mix thoroughly but gently.

Continue to slowly heat the milk to 90 degrees F. Remove from the burner and stir in the rennet solution. Let the milk set undisturbed (do not stir) for at least 40 minutes (until curd separates from sides; provides a “clean break”; and the whey is clear and yellow, not white).

Place a colander lined with cheesecloth over a two gallon or more pot to catch the whey drippings (retain the whey for later). Pour the liquid through the cheese cloth to separate the solids from the whey. Tie up the cheese cloth and let it drip drain for about 10 minutes or until not hot to the touch. Tilt it and squeeze twist it until most of the whey is drained out. Place the cheese in a glass bowl and microwave on high for 45 seconds. Place a new cheese cloth in the colander and pour the cheese back into the colander. Squeeze-drain the remaining whey from the cheese and make it as dry as possible.

Place the cheese back into the glass bowl. Mix in the cheese-salt thoroughly with a spoon. Microwave the cheese on high again for 1 minute. Knead the hot cheese with a spoon; then work it like taffy and fold it into a single cylinder (use rubber gloves as it will be hot). If it does not knead like taffy, heat it more in the microwave.

Once the desired shape and texture are achieved put the mozzarella immediately into the cold brine solution and leave it undisturbed. Move on to Phase-2 (Ricotta). After completing Phase-2, remove the cheese from the brine solution. Rinse off the outside once with cold clear water to remove the excess brine. The cheese is ready for use or refrigeration.

Phase-2; Ricotta

(Makes about 1 ½ Pounds of Cheese)

½ gallon whole milk

½ tsp salt (or salt to taste) (use non-iodized salt such as flake cheese salt or sea salt).

1 ½ tsp citric acid dissolved in 1/2 cup cool water.

Pour the whey back into the original heating pot and add the milk to the whey; then place the pot in another pot of water (double-boiler style) to avoid scorching. Heat the milk slowly to a target temperature of 190 degrees F, stirring as needed to avoid scorching (if scorching does occur, do not scrape the bottom; stir more frequently above 150 degrees). Once the target temperature is reached remove the milk from the burner and stir in half of the acid solution (reserve the rest for later). Let the milk set undisturbed for 3 minutes.

Line a colander with cheesecloth and place it in a bowl to catch the drippings. After three minutes, scoop out the curd with a slotted spoon and place in the cheesecloth to drain. Once most of the curds have been scooped out, return the milk to the burner and heat it back up to 180 degrees; then stir in the remaining acid solution. After a couple minutes of occasional gentle stirring, scoop out the remaining curds and place in the cheesecloth with the rest to drain. The whey should now be clear of solids (it will be a clear-yellow not a milky-white). You should have about 1 ½ pounds of cheese.

Let the cheese in the cloth drain until the cheese is warm (not hot to the touch). Twist and squeeze the cheesecloth to accelerate the draining of the whey until dripping stops. Place the cheese in a bowl and use a fork to blend in the salt and break up clumps of cheese until a uniform crumbly cheese is obtained. The cheese is ready for use or refrigeration.

Fluffy Lemon Cheese Spread

Makes One Pound of Cheese

1/2 gallon whole milk

(milk should be hormone free and NOT “ultra” pasteurized; I like “Maid of Clover” brand).

¾ tsp salt (use non-iodized salt such as flake cheese salt or sea salt).

¼ cup fresh squeezed lemon juice (about two lemons). If lemons can not be obtained you may use bottled lemon juice or vinegar.

Place the milk in a large stainless steel pot. Heat the milk slowly to 165 degrees F, stirring frequently to avoid scorching (if scorching does occur, do not scrape the bottom; it is safer to use a double boiler to avoid scorching). Once the target temperature is reached, remove the pot, stir in the lemon juice and let it set undisturbed for 15 minutes.

Line a colander with cheesecloth. Pour the whey through the cheese cloth and let the cheese in the cloth drain until the center is no longer hot to the touch and dripping stops.

Twist and squeeze the cheesecloth to accelerate the draining of the whey until dripping stops. Whip in the salt with your spoon so the cheese will become somewhat fluffy. The cheese can now be used or stored in airtight containers in the refrigerator for up to two weeks.

Mozzarella

Makes one pound of cheese

1 gal whole-milk.

1 ½ tsp powdered citric acid dissolved in ¼ cup cool water

1 tsp cheese-salt

½ tablet rennet dissolved in ¼ cup cool water

1 qt cold brine solution (1/3 cup table salt dissolved in 1 qt cold water).

Slowly heat the milk to 55 degrees F in a stainless steel pot. While stirring, slowly add the citric acid solution to the milk and mix thoroughly but gently.

Slowly heat the milk to 90 degrees F. Remove from the burner and stir in the rennet solution. Let the milk set undisturbed (do not stir) for at least 40 minutes (until curd separates from sides and the whey is clear and yellow, not white).

Place a colander lined with cheesecloth over a two gallon or more sized pot to catch the whey drippings (retain the whey for later). Pour the liquid through the cheese cloth to separate the solids from the whey. Tie up the cheese cloth and let it drip drain for about 15 minutes. Tilt it and squeeze twist it until most of the whey is drained out. Place the cheese in a glass bowl and microwave on high for 45 seconds. Place a new cheese cloth in the colander and pour the cheese back into the colander. Squeeze-drain the remaining whey from the cheese and make it as dry as possible.

Place the cheese back into the glass bowl. Mix in the cheese-salt thoroughly with a spoon. Microwave the cheese on high again for 1 minute. Knead the hot cheese with a spoon; then work it like taffy and fold it into a single cylinder (use rubber gloves as it will be hot). If it does not knead like taffy but crumbles, heat it more in the microwave. Once the desired shape and texture are achieved put it immediately into the cold brine solution and let set for one hour.

Remove from the brine solution. Rinse off the outside once with cold clear water to remove the excess brine. The cheese is ready to eat or can be stored in the refrigerator for a week or two.

Paneer

(Makes about One Pound of Cheese)

10 Cups Whole milk

Juice of 2 lemons or ¼ C. bottled lemon juice.

Heat milk to a boil. Once boiling, remove milk from heat and add lemon juice. Stir gently and allow to sit, until curd separates from whey. Drain in cheese cloth.

Saag Paneer

1 batch Paneer

3 Table spoons vegetable oil

1 package frozen spinach, thawed and drained

8 Tablespoons melted butter

1 teas. cumin seed

3 cloves minced garlic

2 teas. ground corinader

1 teas. red chili powder

4 ounces cream

salt to taste.

Cook spinach in butter; add spices and sauté; add paneer and stir in cream. Serve immediately.

Ricotta

(Makes about Two Pounds of Cheese)

1 gallon whole milk

(milk should be hormone free and NOT “ultra” pasteurized)

½ tsp salt (or salt to taste)(use non-iodized salt such as flake cheese salt or sea slat).

2 tsp citric acid dissolved in 1/2 cup cool water (or substitute 1/2 cup vinegar).

Place the milk in a large stainless steel pot; then place the pot in another pot of water (double-boiler style) to avoid scorching. Heat the milk slowly to a target temperature of 190 degrees F, stirring as needed to avoid scorching (if scorching does occur, do not scrape the bottom; stir more frequently above 150 degrees). Once the target temperature is reached remove the milk from the burner and stir in half of the acid solution (reserve the rest for later). Let the milk set undisturbed for 3 minutes.

Line a colander with cheesecloth and place it in a bowl to catch the drippings. After three minutes, scoop out the curd with a slotted spoon and place in the cheesecloth to drain. Once all the curds have been scooped out, return the milk to the burner and heat it back up to 180 degrees; then stir in the remaining acid solution. After a couple minutes of occasional gentle stirring, scoop out the remaining curds and place in the cheesecloth

with the rest to drain. The whey should now be clear of solids (it will be a clear-yellow not a milky-white). You should have about two pounds of cheese at this point.

Let the cheese in the cloth drain until the cheese is warm (not hot to the touch). Twist and squeeze the cheesecloth to accelerate the draining of the whey until dripping stops. Place the cheese in a bowl and use a fork to blend in the salt and break up clumps of cheese until a uniform crumbly cheese is obtained.

The cheese can now be used or stored in airtight containers in the refrigerator for up to two weeks.

Yogurt Cheese (Tangy Labneh) *Makes one Pound of Cheese*

2 pounds (32 oz, or one quart) of homemade yogurt at room temperature.
½ tsp salt (use non-iodized salt such as flake cheese salt or sea salt).

Line a colander with cheesecloth. Pour in the yogurt and let it drain. Twist and squeeze the cheesecloth to accelerate the draining of the whey. Let it drain until it reaches the desired thickness. Next fold in the salt until mixed well. The cheese can be stored in airtight containers in the refrigerator for up to 3-4 weeks.

Buttermilk

4 C. milk
1 C. Buttermilk

Heat milk to about 90 degrees. (I heat each cup for 50 seconds in the microwave) Stir in buttermilk. Leave on counter for 12 hours.
Remember to reserve 1 cup of buttermilk for your next batch.

Yogurt *Makes one gallon of yogurt*

1 gallon whole milk
(milk should be hormone free and NOT “ultra” pasteurized; I like “Maid of Clover” brand).
1 cup plain cultured yogurt of your choice
(I like “Mountain High”, original style)
5 Tablespoons dry milk

Place the milk and powdered milk in a large stainless steel pot. Heat the milk slowly to 180 degrees F, stirring often to avoid scorching. Once the target temperature is reached, rapidly cool to between 110 degrees by placing the pot in a sink filled with cool water. Remove the pot from the sink. Stir in the cultured yogurt starter and let set while

you preheat your oven to the lowest temperature setting (probably 170 degrees). Once the oven is pre-heated, turn off the oven and turn on the oven light bulb. Pour the milk into open quart jars or plastic containers. Place the containers in the oven to ripen overnight (or about 12 hours).

Cool the yogurt in the refrigerator. Keeps 4 weeks.