



THE BEVERAGE PEOPLE

CREAM CHEESE RECIPE

Cream Cheese is an easy and fast cheese that is good for beginners, and will be familiar to anyone with experience making chevre, creme fraiche, fromage blanc, mascarpone, or even yogurt. It is an acid coagulated cheese with a small addition of rennet to help with firmness. The thickness of the cheese can be changed according to your desire by adjusting the milk/cream ratio as well as changing the draining time or temperature. Use of only Half & Half gives a much softer spread than commercial cream cheese, while adding cream or using only cream will create a denser, more buttery paste.

Yield: One Quart

Time Required: 2-3 Days

Equipment

- 1 quart Half & Half (not ultra-pasteurized)
- 1 cup Whipping Cream (not ultra-pasteurized)
- 1/4 tsp Mesophilic Aroma B Culture
- 1/4 tsp Calcium Chloride, dissolved in a tablespoon of non-chlorinated water
- 1/8 tsp Rennet, dissolved in a 1/4 cup of non-chlorinated water
- 1 tsp. Salt or salt to taste

Equipment

- Sanitized Kitchen Pot of non-reactive metal (at least 2 quarts with lid)
 - Colander
 - Cheesecloth for Cheese
 - Measuring spoons
 - Stirring Spoon
 - Thermometer
- Note: The colander needs to set atop a pot for draining and be sealed by a lid or plastic wrap.

Method

1. Pour the Half & Half and Whipping Cream into a sanitized pot on the stove. Turn on the burner to a very low heat and begin bringing the temperature up to 90 degrees F.
2. Add the calcium chloride. Stir in with 20 top/bottom strokes.
3. Sprinkle the Aroma B Culture on top of the milk. Allow the culture to hydrate for a couple minutes. Stir into the milk with 20 top/bottom strokes.
4. When the temperature approaches 89 or 90 degrees, turn off the heat and stir. Add the rennet diluted in water. Stir for no more than one minute.
5. Place the pot in a warm area where it will not drop below 70 degrees and **allow it to set for 12 to 24 hours** (Note: An oven with the oven light turned on is often a good environment). When the consistency is quite firm and yellow liquid whey appears on top of the curd, proceed with

the next step.

6. Prepare to drain the cheese by placing sanitized cheesecloth, doubled over, into a colander and set the colander atop a draining pot or bowl. Gently scoop or pour the curd into the colander. Cover the colander with a lid or plastic wrap and place it somewhere with ambient temperatures of **65 – 80 degrees F for 24 hours**

7. When the cheese drains to a desired consistency (remember that it will firm up in the refrigerator), remove it from the colander to a storage container and stir in salt to taste and flavorings is desired. Cover tightly, store in the refrigerator and enjoy!

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