



THE BEVERAGE PEOPLE

Queso Fresco

This is a salty, crumbly pressed white cheese that is very popular in Mexican cuisine. It has the distinction of being a pressed cheese that can be consumed right away. Try it crumbled on top of enchiladas or refried beans for a tangy treat.

Yields about 1 lb.

Ingredients

1 gallon whole Cow Milk
1/2 tsp. Mesophilic II Culture, dissolved in 1/4 cup water
1/4 tsp. Liquid Rennet, dissolved in 1/4 cup water
1/2 tsp. Calcium Chloride solution, dissolved in 1/4 cup water
1 Tablespoon Cheese Salt

Equipment

Stainless Steel Insert Pot, 10-12 quarts
Large Enamel or Stainless Steel Pot as water bath
Perforated Ladle or Slotted Spoon
Dial Top Thermometer
Curd Cutting Knife
Cheesecloth for Cheese
Cheese Press/Mold

Method

1. Heat the milk to 90 deg. F and add Mesophilic starter solution and the calcium chloride.
2. Add the rennet solution and stir for one minute.
3. Allow to set until a clean break occurs (30-45 minutes).
4. Cut the curd into 1/4-inch cubes.
5. Gradually increase temperature to 95 deg. F over a period of 20 minutes, stirring gently to keep curds from matting.
6. Let curds rest five minutes, then drain off most of the whey.
7. Add 1 Tbsp. Salt, stir, and hold at 95 deg. F for 30 minutes more.
8. Line your press basket with damp cheesecloth and fill it with curds.
9. Press at moderate pressure for 1 hour.
10. Remove, unwrap, rewrap, and press hard for 6 more hours.
11. Remove cheese from mold and keep in a covered container in the refrigerator for up to 2 weeks.

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