



Whole Milk Ricotta

Very similar in approach to making Paneer, Ricotta is not heated as long or as hot, and so it retains the ability to melt in baked dishes like lasagna.

A simple recipe that is ready to use as soon as it is drained, get your lasagna pan ready!

Yields about 1 1/2 cups.

Ingredients

1/2 gallon whole Cow Milk
1 cup Heavy Cream
7 Tablespoons Fresh Lemon Juice or Vinegar
1/4 teaspoon Salt

Equipment

Stainless Steel Pot, 10-12 qts.
Perforated ladle or slotted spoon
Dial Top Thermometer
Colander
Cheesecloth
Stainless Bowl or Glass Bowl

Method

1. Mix 1/2 gallon whole cow milk and 1 cup heavy cream with 7 tablespoons fresh lemon juice and heat over medium heat to 170°F.
2. Stir only several times to avoid sticking, do not overstir.
3. Increase the heat, raising the temperature over 10 minutes to reach 200°F. When you see small mounds on the surface, and spouting liquid whey, remove the pot from the heat and let rest for 15 minutes. The whey should lose its milky appearance; clearer and more watery. If not, let rest for another 10 minutes.
4. Line a colander with cheesecloth of double thickness and pour off the risen whey, collecting the curds in the colander.

Whey Ricotta

This is a surprisingly easy cheese to make with whey that you might otherwise discard. Collect as much whey as possible from a cheese such as Mozzarella or Mascarpone.

Try using this in a dessert recipe for cheesecake or Ricotta Creme, or toss fresh Ricotta in a savory pasta salad with olives and sundried tomatoes.

Yields about 3 cups.

Ingredients

1/2 -1 gallons Fresh Whey
1/4 cup Heavy Cream
1 Gallon of Whole Cows Milk
3 1/2 Tbls. White Distilled Vinegar
1 Tbls of fine sea salt or Kosher Salt

Equipment

Stainless Steel Pot, 20-30 qts.
Inset pan to fit inside S/Steel Pot
Perforated ladle or slotted spoon
Dial Top Thermometer
Colander
Cheesecloth
Large Bowl

Method

1. Begin heating water bath to boiling 212°F.
2. Place an Inset pan inside water bath.
- 3.. Combine milk and salt in inset pan and add whey to fill.
- 4.. Slowly stir the milk 20 times with a gentle surface to bottom circular motion to evenly distribute the heat.
5. Let milk heat undisturbed until its temperature reaches 192°F. Put lid on to retain heat.
6. Gradually pour vinegar over the heated milk. Stir milk 20 times with a gentle surface to to bottom circular motion. Small curds will begin to form. Let stand 10-15 minutes.
7. Line a colander with cheesecloth and pour off the risen whey, collecting the curds in the colander. Cool for 10 minutes.
8. Mix ricotta and heavy cream in a bowl. Refrigerate or serve.

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