



THE BEVERAGE PEOPLE

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 White Distilled Vinegar
Salt to taste, about 1/2 tsp.

Equipment

Double Boiler with capacity of 4 or more quarts
Perforated ladle or slotted spoon
Dial Top Thermometer
Colander
Cheesecloth
Stainless Bowl or Glass Bowl

Method

1. Put milk and cream into the double boiler and begin heating over medium heat. Stir very gently but only enough to keep from sticking.
2. When the temperature of the milk goes above 160°F, add about 4 Tbs. of lemon juice or vinegar. The idea is to only add as much as needed to get curds and whey. If too much is added, the curds will be tough and dry. Continue to slowly heat, stirring gently only occasionally to avoid sticking. Before the temperature reaches 200°F, add 1-2 more Tbs. of lemon juice or vinegar until there is clear yellow whey and soft curds.
3. Remove the pot from the double boiler and let rest for 10-15 mins.
4. Line the colander with cheesecloth and gently ladle the curds into it. After each scoop of cheese, sprinkle a little salt on the cheese. Let it drain completely.
5. Taste and add more salt if necessary.
6. It's ready to eat. Enjoy!



WHEY RICOTTA

This is a surprisingly easy step to take with whey that you might otherwise discard. Collect as much whey as possible from a cheese such as a Brie or Camembert, and treat it as if making whole milk Ricotta. It's a great treat to have an extra cheese all from one batch of milk, without much more effort than heating and draining.

Try using this in a dessert, such as cheesecake, adding additional store bought Ricotta or Chevrè to make up the recipe

Yields about 1 1/2 cups.

Ingredients

1/2 - 1 gallon Fresh Whey
1/4 cup Heavy Cream
1 Gallon Whole Cow's Milk
4 Tablespoons Fresh Lemon Juice or 3 1/2 Tbls. White Distilled Vinegar
Salt to taste, about 1 tsp.

Equipment

Double Boiler with capacity of 8 or more quarts
Perforated ladle or slotted spoon
Dial Top Thermometer
Colander
Cheesecloth
Stainless Bowl or Glass Bowl

Method

1. Begin heating water bath to boiling, 212° F. Insert the top kettle and add all the whey, and milk.
2. Slowly stir the milk 20 times with a gentle surface to bottom circular motion to evenly distribute the heat.
3. Allow the milk to heat undisturbed until the temperature reaches 192° F. with the heat on just high enough to change temperature slowly. Put the lid on to retain the heat.
4. Gradually pour vinegar or lemon juice over the heated milk. Stir 20 times with the gentle top/bottom stirring strokes. Small curds will begin to form. Let stand 10-15 minutes.
5. Line a colander with cheesecloth of double thickness and pour off the risen whey, collecting the curds in the colander. Drain for 20 or 30 minutes. Add 1/4 teaspoon salt or more to taste.
6. Mix ricotta with heavy cream in a bowl. Refrigerate or serve warm.

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