



## COTTAGE CHEESE RECIPE

Our recipe was developed after many experiments making cottage cheese. It utilizes basic cheesemaking and kitchen supplies, and only takes 3 hours. A blind taste test chose MM100/101 Mesophilic culture as the tastiest culture variation but any Mesophilic (ie Farmhouse, Aroma B) culture is acceptable. After tasting this cottage cheese, we think you'll forget all about the commercial stuff.

### Ingredients

1/2 gallon Whole Milk (not ultra-pasteurized)  
1/4 cup Heavy Cream (not ultra-pasteurized)  
1/8 tsp MM100/101 Mesophilic Culture (or another Mesophilic Culture)  
1/8 tsp Calcium Chloride, dissolved in 2 Tbs of non-chlorinated water  
1/8 tsp Vegetarian Rennet, dissolved in 2 Tbs of non-chlorinated water  
1 tsp. Salt

### Equipment

Sanitized kitchen pot of non-reactive metal (at least 3 quarts with lid)  
Colander  
Cheesecloth for Cheese  
Measuring spoons  
Whisk  
Stainless steel perforated ladle  
Thermometer  
Curd cutting knife

### Method

1. Pour the milk into a sanitized pot on the stove. Turn on the burner to a very low heat and begin bringing the temperature up to 94 degrees F.
2. When you've reached temperature, remove from heat. Add the MM100/101 culture and stir gently using 20 top/bottom strokes. Cover the pot with a lid and let ripen for 1 hour.
3. After 1 hour, add the Calcium Chloride. Stir into the milk with 20 top/bottom strokes. Follow this with the addition of the Rennet, and 20 top/bottom strokes.
4. Cover pot and allow to sit for 45 minutes. Using a sanitized curd cutting knife, check for a clean break. If this doesn't happen, wait another 15 or so minutes and check again. You should notice the yellowish-clear whey separating from the curd in the area where you placed your cut.
5. Begin cutting the curd into 1/2 inch strips then rotate the pot 90 degrees and do the same. Take your sanitized, perforated ladle and cut the curd horizontally in two or three places. Let the curd rest a couple minutes.
6. Gently twist the pot side to side to release the whey from the curds. Turn the burner on low heat and slowly bring the temperature up to 110 degrees F. When you've reached temperature, remove from heat and cover the pot. Let rest a few minutes while you line your colander with cheesecloth. If you want to keep the whey for making bread dough or adding to smoothies, place the colander over a pot and gently ladle the curd into it. Periodically rinse the curd with cold, filtered water. You should notice the curd breaking into smaller pieces while still retaining a curd-like consistency.
7. Once all of the curd is ladled into the cheesecloth-lined colander and rinsed gently with cold, filtered water, cover with a lid and allow to drain for 20-30 minutes. Then, gather up the ends of the cheesecloth and twist to remove any remaining whey.

8. Place  $\frac{1}{2}$  the curds into a bowl, salt with  $\frac{1}{2}$  tsp, and stir gently to distribute the salt in the curds. Place the remaining  $\frac{1}{2}$  of curds into the same bowl and add the other  $\frac{1}{2}$  tsp of salt, stirring gently. The intent is to achieve an even salt distribution.
9. Add  $\frac{1}{4}$  cup Heavy Cream and stir gently. Place in a covered container in the fridge. This cheese will keep for 1-2 weeks (if you don't eat it all up ASAP!).

Yield: One pint, approximately

Time required: 3 hours

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