



Let's Make Our Own Cheese

Supplies Needed

Saucepan	Plastic wrap or container
A food thermometer that reads to at least 190 degrees	1 quart of whole milk
Spoon	Kosher salt
Bowl	½ teaspoon of citric acid (4 tablespoons of lemon juice or white vinegar can act as a substitute for citric acid)
Colander	
Cheesecloth or dish towel	

Preparation is key when making any recipe! Collect all your supplies and ingredients, make sure your materials and workspace are clean, and then start to measure out your ingredients.

1. In your saucepan, warm the milk to 190 degrees. It is important to slowly warm the milk so that you don't burn the bottom of the pan.
2. Once the milk has reached 190 degrees, turn off the heat, sprinkle citric acid in and stir briefly. Let this mixture sit untouched for five minutes.
3. Next, place your colander over a bowl, then drape either a cheesecloth or a damp dish towel over the bowl. You are preparing for the fun part of cheesemaking!
4. Now it's time to revisit your milk and citric acid mixture, which after five minutes should have transformed into curds. Slowly pour the curds into the cheesecloth. Next, lift the cheesecloth allowing the extra liquid to drip out. Be extra careful so that you don't burn yourself while squeezing the extra liquid.

Milk is made of two proteins: casein and whey. When we add the citric acid to the milk and heat it, some milk proteins coagulate and form lumps in the milk. As a result, you are left with curds floating around in a liquid, which is the whey protein. You could use the leftover whey for baking or as a snack for your animal!

5. Leave the cheese in the cloth and wrap it in a ball. Cover the ball in plastic wrap or a container and refrigerate for one hour.

You can easily customize your homemade farmer cheese with your favorite flavors! For example, you could mix in fresh herbs with the curds or sprinkle them on the finished cheese, along with olive oil and red pepper flakes. You could also use this cheese as a spread, as you would cream cheese. Or maybe you would like to sweeten your snack by adding honey, jam, or fresh fruit to eat like cottage cheese. It's up to you!