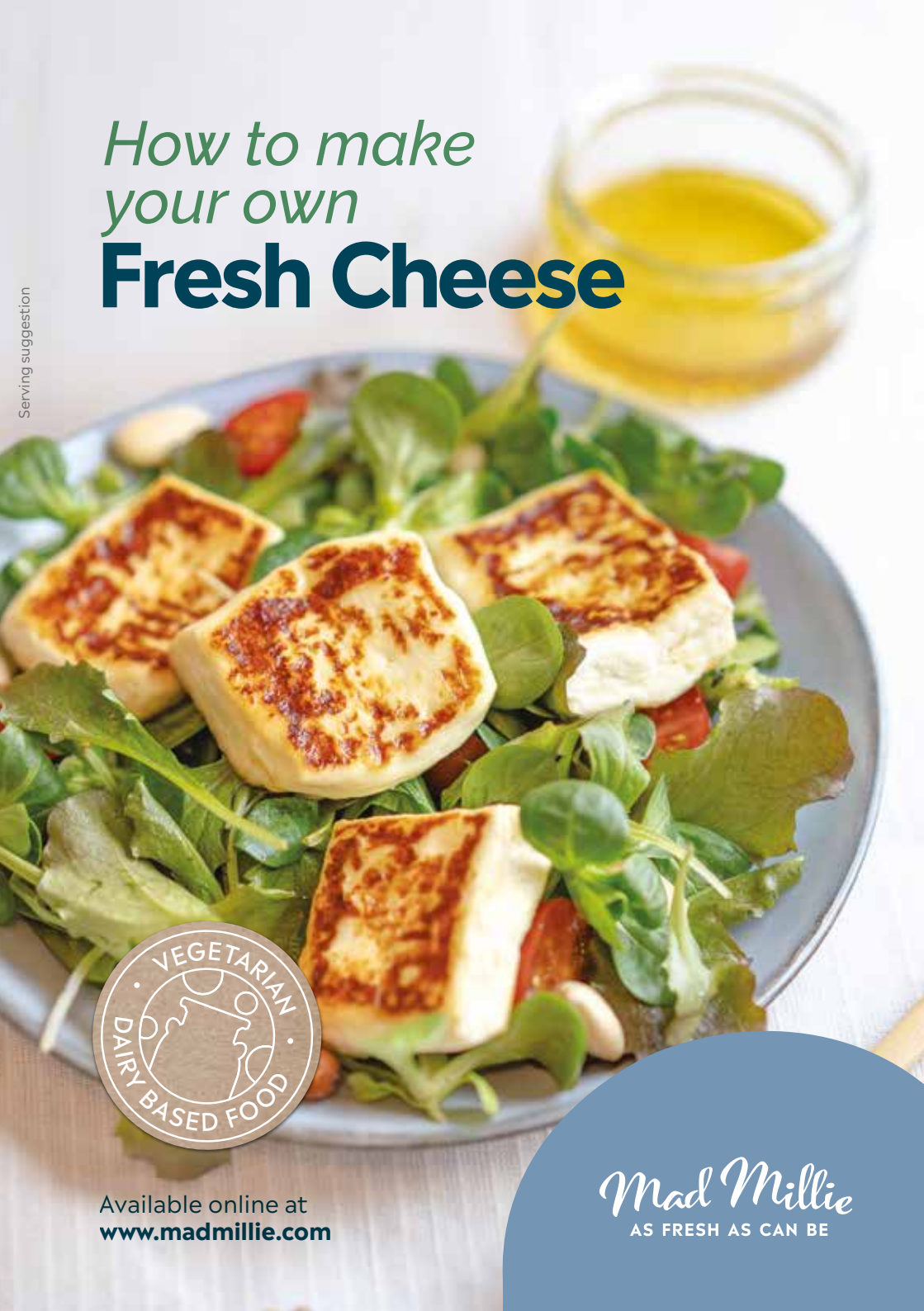
How to make your own

Fresh Cheese

Serving suggestion



Available online at
www.madmillie.com

Mad Millie
AS FRESH AS CAN BE

Let's make some cheese!

TO GET STARTED YOU WILL NEED

- Milk
- A good quality pot to hold 4 L (1 US Gal) of milk
- Draining spoon or large serving spoon
- Colander
- Long blade knife
- Measuring spoons
- Water bath or empty sink that you can fill with hot water

BEFORE YOU START

Clean your bench
Spray your bench with antibacterial cleaning spray and wipe down with paper towels.

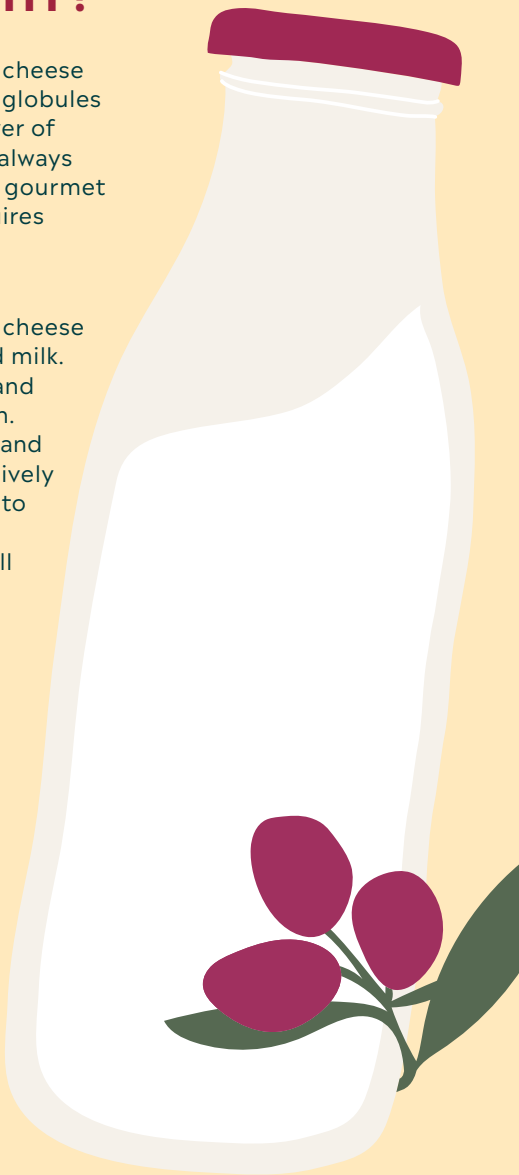
Clean your equipment
Clean your equipment thoroughly with hot, soapy water. Scrubbing hard will remove unwanted additional bacteria. Dry your equipment with paper towels.

TYPES OF MILK – UNHOMOGENISED, HOMOGENISED OR UHT?

Unhomogenised – This is the best milk for cheese making as it is the least processed. The fat globules haven't been broken up and may form a layer of cream at the top of the bottle. This milk is always found in the refrigerator and is common in gourmet or organic supermarkets. If the recipe requires unhomogenised milk, it will only work with unhomogenised milk.

Homogenised – This milk is great for most cheese but not those that specify unhomogenised milk. The fat globules in the milk are broken up and evenly distributed so there is no separation. This milk is readily available in supermarkets and found in the refrigerator. It will have a relatively short shelf life, a maximum of 2 weeks due to the minimal pasteurisation treatment that keeps it 'fresh'. Make sure you go for the full fat version for best results.

UHT – Ultra High Temperature (UHT) milk has been heated very quickly to high temperatures, for a short period of time. Due to the high temperatures during processing this milk is not very good for cheese making as all the proteins have been denatured (broken up). This is usually found at room temperature in the supermarket and has a shelf life of greater than 1 month. Be careful when choosing your milk, sometimes they store UHT milk in the refrigerator. Double check the shelf life to ensure you have the right one. If a recipe requires UHT milk it will be specified.



For more info on milk
go to **www.madmillie.com**

COTTAGE CHEESE

Prep time:	*Ready in:*	*Makes approx.*
60 mins	*5 - 9 hours*	*600 g (21 oz)*

Ingredients

4 L (1 US Gal) of full fat, homogenised milk

2 mL of calcium chloride
(measure using your pipette)

1 sachet of Fresh Cheese Culture

1 tablet of rennet diluted in ¼ cup (62 mL)
of cool, non-chlorinated water

Cheese salt (to taste)

Serving suggestion

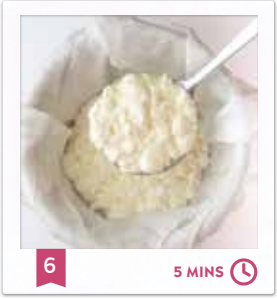
Pour milk into a pot and heat to 22°C (72°F). Stir in calcium chloride, followed by the culture and diluted rennet.

Cover and leave to set in a water bath at 22°C (72°F) for 4 – 8 hours or until a gel-like curd is formed.

Cut the curd into 3 cm (1 in) cubes with a knife and allow to sit for 10 minutes.

Return to the stove and heat to 43°C (110°F) while stirring. Maintain this temperature for 20 minutes.

Turn off the heat and let the curds settle to the bottom of the pot for 5 minutes.



Using a draining or serving spoon, transfer the curds to a cheese cloth lined colander and allow to drain for 5 minutes.

Place the curds into a bowl and break up with a spoon. Add salt or herbs as desired.

For a creamier cottage cheese add a few tablespoons of cream or quark.

Cottage cheese can be stored for up to **1 week** in the **refrigerator**.

CREAM CHEESE

Prep time:	*Ready in:*	*Makes approx.*
30 mins	*30 hours*	*400 g (14 oz)*

Ingredients

2 cups (500 mL) of fresh cream (at least 40% fat)

2 cups (500 mL) of full fat, homogenised milk

½ mL of calcium chloride (measure using your pipette)

¼ sachet (1/64 tsp) of Fresh Cheese Culture

½ tablet of rennet diluted in ⅛ cup (35 mL) of cool, non-chlorinated water

Cheese salt (to taste)

LIGHT CREAM CHEESE

Prep time:	*Ready in:*	*Makes approx.*
30 mins	*32 hours*	*450 g (16 oz)*

Follow the Cream Cheese instructions but use the below ingredients and drain for 8 hours instead of 6 during step 4.

Ingredients

2 L (2 US qt) of full fat, homogenised milk

1 mL of calcium chloride (measure using your pipette)

½ sachet (1/32 tsp) of Fresh Cheese Culture

½ tablet of rennet diluted in ⅛ cup (35 mL) of cool, non-chlorinated water.

Cheese salt (to taste)

1

Pour milk and cream into a pot and heat to 22°C (72°F) before stirring in calcium chloride.

2 24 HRS

Stir in the culture and diluted rennet. Cover and leave to set at 20°C (68°F) for 24 hours.

3

Using a draining or serving spoon, transfer the curds to a cheese cloth lined colander.

4 6 HRS

Tie the corners of the cloth together to make a bag and hang this to drain for 6 hours or until the curds stop dripping.

5

Place the curds into a bowl and mix into a paste like consistency. Add the salt to taste and any fresh or dried herbs for flavour.

Cream cheese can be stored for up to **1 week** in the **refrigerator**.

HALLOUMI

Prep time:	*Ready in:*	*Makes approx.*
45 mins	*2.5 hours*	*600 g (21 oz)*

Ingredients

4 L (1 US Gal) of full fat, (preferably unhomogenised) milk

2 tablets of rennet diluted in 1/4 cup (62 mL) of cool, non-chlorinated water

2 mL of calcium chloride (measure using your pipette)

Cheese salt (to taste)

Serving suggestion

1

Pour milk into a pot and heat to 45°C (113°F). Stir in calcium chloride and diluted rennet.

2 45 - 55 MINS

Cover and leave to set in a water bath at 45°C (113°F) for 45 minutes. If the curd has not set, leave for 5 – 10 minutes.

3

Cut the curd into 1 cm (½ in) cubes with a knife and stir until the curds are significantly smaller.

4 5 MINS

Scoop the curds into a cheese cloth lined colander to drain for 5 minutes.

5 30 MINS

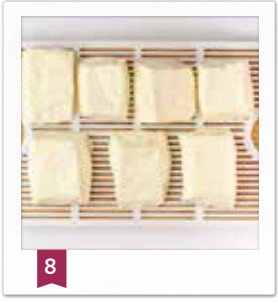
Fold the edges of the cheese cloth to cover the curds. Place a water filled bowl on top to press the curds for 30 minutes.

6

Cut the curds into desired size halloumi blocks.

7 5 - 10 MINS

Place the halloumi blocks into a large pot of boiling water. They will sink and rise once cooked, about 5 – 10 minutes.



8

Transfer to a cooling rack and sprinkle with salt to taste. Grill halloumi immediately or wrap in cling film.

Halloumi can be stored for up to **2 weeks** in the **refrigerator**.

FETA

Prep time:	*Ready in:*	*Makes approx.*
60 mins	*24 hours*	*800 g (28 oz)*

Ingredients

4 L (1 US Gal) of full fat (preferably unhomogenised) cow's milk

2 mL calcium chloride (measure using your pipette)

1 sachet of Fresh Cheese Culture

1 tablet of rennet diluted in ¼ cup (62 mL) of cool, non-chlorinated water

60 g (2 oz) salt

½ tsp white vinegar

GOAT'S FETA

Prep time:	*Ready in:*	*Makes approx.*
60 mins	*24 hours*	*400 g (14 oz)*

Goat's milk can be temperamental, results will vary with the seasons due to the milk changing. The fresher the milk, the better the cheese!

Follow the Feta instructions using the ingredients below.

Ingredients

4 L (1 US Gal) of fresh, pasteurised goat's milk

2 mL calcium chloride (measure using your pipette)

1 sachet of Fresh Cheese Culture

2 tablets of rennet diluted in ¼ cup (62 mL) of cool, non-chlorinated water

60 g (2 oz) salt

½ tsp white vinegar

Serving suggestion

1

Pour milk into a pot and heat to 37°C (99°F) before stirring in calcium chloride.

2 1 HR 30 MIN

Stir in the culture and diluted rennet. Cover and leave to set in a water bath at 37°C (99°F) for 1½ hours.

3 1 HR

Cut the curd into 1 cm (½ in) cubes with a knife and allow to sit at 37°C (99°F) for 1 hour.

4

Gently stir the curds every 5 minutes for the next 30 minutes.

5 3 HRS

Scoop the curds into the moulds. Add herbs if desired. Place moulds on cheese mat, cover and drain for 3 hours in a container or dish to collect the whey.

6 12 HRS

Gently remove the curd from the mould and place it on the cheese mat to drain for 12 hours.

7 5 - 10 MINS

Prepare a 12% brine solution by adding the salt and vinegar to 2 cups (500 mL) of cooled, boiled water.

8 5 HRS

Place the cheese in a container and cover with brine solution. Your feta is ready to eat in 5 hours.

Feta can be stored for up to **1 month** in the **refrigerator** when submerged in the salty brine solution.

QUARK

Prep time:	Ready in:	Makes approx.
15 mins	12 - 18 hours	300 g (10.5 oz)

Quark is a mild, white cheese with a soft and spreadable texture. It's quick and easy to make and is hugely versatile in its use – enjoy it as sweet or savoury, fresh or in baked dishes.

Ingredients

1 L (1 US qt) of full fat, homogenised milk

¼ sachet (1/64 tsp) of Fresh Cheese Culture

Herbs to taste (optional)

Serving suggestion

1

Pour the milk into a pot and slowly heat to 30°C (86°F).

2

Once the milk is heated, sprinkle in the culture.

3 12 HRS

Mix in the culture and leave covered at 20 – 30°C (68 – 86°F) overnight.

4 6 - 8 HRS

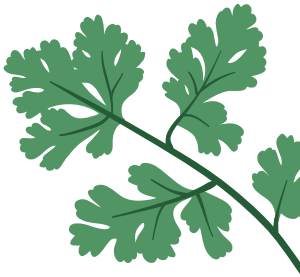
Pour the quark into a cheese cloth lined colander. Drain until it has reached your desired thickness.

5

Mix in some herbs for a savoury option.

Quark can be stored for up to **1 week** in the **refrigerator**. It will thicken more as it is chilled.

Tip: *Draining time will differ depending on how thick you like your quark. We recommend 2 hours for Greek yoghurt texture, 6 – 8 hours for cream cheese texture.*



CHÈVRE FRAIS

Prep time:	*Ready in:*	*Makes approx.*
45 mins	*41 hours*	*200 g (7 oz)*

Ingredients

2 L (2 US qt) fresh, pasteurised goat's milk

1 mL calcium chloride (measure using your pipette)

½ sachet (⅓₂ tsp) of Fresh Cheese Culture

1 tablet of rennet diluted in ¼ cup (62 mL) of cool, non-chlorinated water

Salt and herbs to taste

Try rolling your cheese in herbs, nuts, poppy or sesame seeds for a special look and flavour. Honey drizzled over them is the perfect accompaniment for goats' cheese!

Serving suggestion

Pour milk into a pot and heat to 25°C (77°F) before stirring in calcium chloride.

Stir in the culture and diluted rennet. Cover and leave to set at room temperature overnight or until set.

Gently remove your curds with a draining spoon and transfer to a sterilised cheese mould. Place the moulds on the cheese mat, cover and drain for 12 hours in a container or dish to collect the whey.

Gently remove the curd from the mould, flip it over and place it back into the mould. Place the mould on the cheese mat to drain for a further 12 hours.

Remove the cheese from the mould, add salt or herbs to taste and wrap in cling film.

Chèvre frais can be stored for up to **1 week** in the **refrigerator** when wrapped in cling film.

Tip: *Goat's milk can be temperamental and results may vary with the seasons due to the milk changing. If you are having issues with your goat milk setting, try doubling the rennet in step 2. It is best to get the milk as fresh and unprocessed (except for pasteurisation) as possible.*

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