

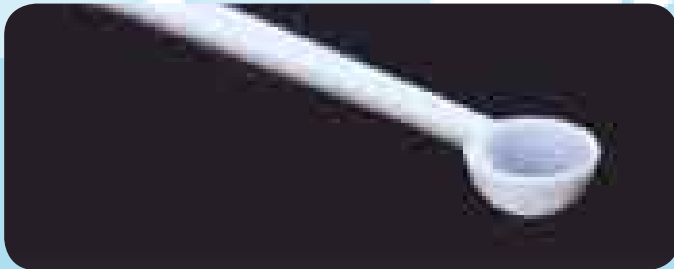
So you want to be a cheesemaker?

Congratulations on choosing **Cheese Monkey** to be your guide!

The selection of cheeses in this book and the accompanying cheesemaking kit have been designed to give you a taste of the variety of cheeses that can be easily made at home.

Why does tangy **Greek Cheese** taste nothing like the creamy **Ricotta** of Italy? Why is soft, melting **Mozzarella** so different from non-melting **Panneer** from India? Answer these questions by making the different cheeses and tasting your way around the world of cheese.

Have fun... :)



Micro-Spoons

This kit contains a micro-spoon to help measure out small quantities of rennet. One micro-spoon of rennet is enough for 2 litres of milk. Two micro-spoons of rennet will make curds from 4 litres of milk.

Introduction...

Our recipes are all about having fun and eating the results.

Make sure you read the Cheesemakers' Tips on the next few pages to understand the basic processes, then just dive into the recipes.

Everything you need is included in the cheese making kit except for basic bits of equipment which hopefully you'll have in your kitchen already; saucepans, spoons and colanders etc.

When making cheese, the process is very sensitive to temperatures, timings and ingredients. Even using milk from the same cow will make a different tasting cheese at different times of the year!

Remember, even if things don't go exactly how you planned you will still end up with a cheese, just not necessarily the cheese you were intending to make!



Okay, so you're keen to get started; there are 29 cheeses in this book. We hope you make them all, but which recipe to try first?

To Start...

Some cheeses that are good to start with are **Mozzarella**, **Ricotta** and **Shanklish**. They are easy to make and give you a good feel for different techniques.

Moving on....

Halloumi and **Belicino** are interesting ones. When making halloumi, aim for that distinctive squeak when you bite it. With Belicino, try experimenting with different levels of saltiness.

Something a bit different...?

The recipes for **Chechil** and **Burrata** are for the adventurous cheesemaker.

Our favourites...?

Majdouli tastes great with the added spice of the nigella seeds and **Liptauer** is a perfect use for leftover cheese.

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Best Recipe for Kids..?

With supervision, kids love the hands-on experience of making **Mozzarella**. Or maybe make some **Mascarpone** with them? Kids love mascarpone sweetened with icing sugar and eaten with raspberries!

About the Cheeses...

Mozzarella, Italy: everyone loves mozzarella and homemade, fresh Mozzarella is something really special. When you make it yourself, you will see how the kneading and stretching of the hot curds will pull the cheese proteins into long strings. This is what lends mozzarella the soft, melting qualities you're looking for. In northern Italy, traditional Mozzarella is made using creamy buffalo milk. Assuming you don't have your own buffalo, the closest you will get is full-fat, non-homogenised fresh milk

Burrata, Italy: this remarkable semi-soft cheese was once a way for cheesemakers to use up leftover mozzarella scraps. But it's much more than just leftovers! With its distinctive looks, firm outside and smooth, buttery inner that oozes gloriously out when you cut into it, it makes an eye catching (and uber satisfying) dinner party starter. Best served at room temperature with sweet tomatoes and a crack of black pepper.

Ricotta, Italy: quick to make and best eaten fresh. In ancient Rome, shepherds made ricotta over a fire to eat straightaway. Fresh ricotta doesn't use any rennet and is a perfect example of an acid separated cheese. Ricotta is really versatile and can be cooked (use it to fill cannelloni), eaten fresh (just add chopped red onion) or served sweet (with berries and jam)

Ricotta Salata, Italy: salting a cheese is a traditional way of preserving it without refrigeration. Ricotta Salata is the matured, hard version of fresh Ricotta.

Mascarpone, Italy: this thick, mild un-aged cream cheese is a key ingredient of tiramisu, though Italians also use it to add smooth richness to savoury dishes like risotto. Top tip: try using mascarpone the next time you make a cheesecake. Delicious. For a simple, quick meal mix mascarpone with lemon juice and chopped parsley or rocket to make an instant pasta sauce.

Halloumi, Cyprus: when you cook halloumi, it browns before it melts because it is a low acid cheese and special treatment is given to the curds, as you'll find out when you make it for yourself. Did you know that the reason why it squeaks when you eat it is that the protein chains you create are like tiny, molecular springs the bounce against your teeth? Halloumi is a great option for vegetarian barbecues; brush with oil, throw it onto the hotplate until brown, finally toss into a bowl with mint and lemon while it is still hot.

Queso Fresco, Spain: a quick, soft cheese that is made throughout Spain and South America. Good for a nice, simple summery breakfast.

Labneh, Lebanon: strained, dried, rolled into balls and preserved in oil. In the Levant, a popular snack is Labneh, mint, herbs and olive oil served in a pitta. Straining yoghurt to make Labneh makes it healthier because a lot of the natural sugar is removed.

Shanklish, Syria: this strained yoghurt cheese is similar to Labneh but much drier. You can use any spices you fancy to coat

and flavour it, traditionally in Syria *za'atar* and *Aleppo pepper* are used. In Egypt, Shanklish is fermented for several months or even years to produce a powerful cheese called *mish*.

Goats Cheese, Spain: this recipe for Goats Cheese is probably the hardest recipe in this book because goats' milk is composed of proteins that will not form the same strong curds as milk from a cow. Goats are browsers and not grazers, which means they eat different plants at different times of the year, so expect goats cheese to have a different taste and texture depending upon when you make it.

Kackavall, Albania: this cheese style is eaten throughout Albania, Bulgaria and Romania. A fried version is often given out in cafes alongside beers. To make this, just dip cubes of Kackavall in eggs, then breadcrumbs and fry.

Greek Salad Cheese: a salty, sheep's milk cheese, with qualities similar to feta. Our version uses cow or goats' milk.

Chechil, Turkey: this is a *pasta filata* cheese from the same family as the much more familiar mozzarella. It is great fun to make as you pull the melted curds into long strings. The more strings you make, the thinner and drier the resulting strings of Chechil. When it is finished and cooled, it should have the texture of a roast chicken breast when you pull it apart.

Majdouli, Armenia: this plaited string cheese gets its unique flavour from nigella seeds. The stretching and twisting of the melted curds takes a bit of practise but is lots of fun.





Oaxaca, Mexico: introduced to South America by Italian monks, this version of Mozzarella found a new shape and a new home in the Mexican city of Oaxaca.

Roulé Cheese, France: literally a rolled cheese with herbs spiralling through it.

Domiat, Egypt: a soft, white, salty cheese. Domiat can have salt levels as high as 8% to help preserve it, which is 3 times higher than other salty cheese such as feta.

Belicino, Sicily: this cheese from Sicily has green olives running through it. Belicino is salted to preserve it and the brine from the olives helps to get this salt right into the middle of the cheese whilst keeping it moist.

Brunost, Norway: Brunost, meaning "brown cheese" is a treasured part of Norwegian identity and culture. Whey, milk and cream are boiled until the water has evaporated, then the heat caramelises the residual sugars (hence the colour and sweetness). As it is made from whey- a byproduct of the cheesemaking process- it is not technically a cheese at all! However, it is produced by cheesemakers and sold as such. With its relatively low fat and salt content, firm texture and moreishly sweet taste, brunost a hugely popular packed lunch for Norwegian schoolchildren, factory workers and fishermen, who enjoy it in sandwiches and atop crispbreads. It also makes a fine addition to strong, rich gravy.



the traditional heating and stretching stage of making **mozzarella** (we prefer using a microwave)

About the Cheeses...

Curd Cheese, Canada: “*poutine*” (french fries and cheese smothered with gravy) is the national dish of Canada and it requires the quintessential Canadian Curd Cheese to get it right. To make the perfect cheesy chips and gravy you first need to make the perfect cheese curds.

Cottage Cheese, USA: traditionally this was a pioneer cheese, simply made by leaving raw milk out on the windowsill to warm, sour and separate naturally.

Labneh, Lebanon: strained, dried, rolled into balls and preserved in oil. A popular snack in the Levant is Labneh, mint, herbs and olive oil served in a pitta. Straining yoghurt to make Labneh makes it healthier because a lot of the natural sugar is removed with the whey.

Crowdie, Scotland: a traditional part of any Burns supper. It is recommended to eat Crowdie before a big night to alleviate the symptoms of enjoying too much Scotch. You can use it in sweet “*cranachan*” with raspberries, oats and whisky or try savoury “*hramsais*” with wild garlic or chives and white pepper.

Beyaz Peynir, Turkey: literally translated as white cheese, Beyaz Peynir is often used as a dessert. If you press it to make it drier, you can crumble it onto fruit salads or for the softer, fresher version it can be spread on bread and drizzled with honey.

Paneer, India: an essential ingredient for palak paneer. For something a bit different, try wrapping Paneer in pastry, deep-frying and serving with mango chutney.



cubes of **Paneer**

Chhena, Bangladesh: typically Chhena is used to make the wonderful desserts that can be found throughout the subcontinent. If you've got a sweet tooth you'll love "*chhena jalebi*", a super-sticky, fried cheese in syrup, and the delicious, sweet, cheese dumplings called "*rasgulla*".

Liptauer, Hungary: a buttery cheese spread blended with paprika for a smokey sweetness. Every region has its own variety, mixed with onions, capers, chillis and spices such as caraway or mustard seeds.

Quark, Germany: used everywhere in central and eastern Europe. You will find Quark in both savoury and sweet dishes. Mix it with icing sugar and bake it into a cheesecake or wrap in dough, drop in boiling water to make Polish "*pierogi*" dumplings

Cheshire, England: beloved for its dense, crumbly texture and slightly sharp and salty taste, cheshire is one of the oldest name cheeses in the UK- there are references to it since at least the 16th century. In the 1700s it was the single most popular cheese in Britain, and supplied officially to all Royal Navy ships. Back then it was aged for longer, making for a harder cheese that could stand up to transport and long periods of storage. Now we tend to prefer lighter, younger and fresher varieties- which are perfect with a ploughman's lunch and an English ale.

Marbled Porter, Ireland: made using stout, porter or ale this cheese has a strong, malty flavour.



Pierogi dumplings stuffed with fresh cheese

Cheesemakers' Tips...

Every recipe in this book is different but there are methods and techniques that are used throughout.

Which Milk?

Some of the recipes work best with a certain type of milk (skimmed or whole-milk) but generally, most milks from most shops will work (except UHT milk). The fresher the milk the better. If you can get non-homogenised milk then that works best for melting cheeses (Mozzarella) the converse is true for non-melting cheeses (Paneer, Halloumi) which are best when made with homogenised milk. Don't worry too much if a recipe doesn't make the cheese exactly as you were expecting, eat it anyway and try a different milk the next time!

Rennet

The rennet in Cheese Monkey kits is vegetarian. Store it somewhere cool, and then in the fridge after you've opened it. When you dissolve rennet, use a clear glass so you can clearly see how well dissolved it is. Once you've dissolved the powder then use within 30 minutes. If rennet is heated above 40°C it can be destroyed, so watch the temperature carefully.

Measuring Rennet

Rennet is very powerful so you only need tiny amounts. The easiest way to measure rennet is to use the micro-spoon in this kit. Alternatively empty the entire contents onto a clean

piece of greaseproof paper and using a knife divide it into halves, then quarters and then eighths. Make sure you return the unused rennet powder to the sachet and seal it, ready for your next cheese. Each sachet contains enough rennet for 25 litres of milk!

Yoghurt and Buttermilk

If the recipe uses yoghurt or buttermilk; use a cultured or "live" variety without any thickening agents. Use a newly opened carton.

Stronger Curds

The curds will start to form as soon as you add rennet to the milk, give it a quick stir and leave the milk undisturbed for stronger curds. If the rennet isn't fully distributed then you will get a low yield but if you stir it for too long you will get a very weak curd.

The suggested times for curds to form are given in the recipes, however factors such as the source and age of the milk will affect how quickly they appear, so it is a good idea to keep checking them with a knife. The curds are ready when they cut cleanly.

The size of cubes that you cut the curds into will affect the style of the cheese; the smaller the cubes, the drier the cheese.



large balls of **Mozzarella** and small **Bocconcini** (which literally translates as *small mouthful*)

Cheesemakers' Tips: Cutting Curds



1



2



3



4

Cutting Curds

1. Test with a knife: When the curds are ready they will cut cleanly and easily separate from the liquid whey.
2. With a knife that reaches to the bottom of the pan, cut parallel lines in the curds.
3. Make more parallel cuts across the first lines to make a square pattern.
4. With the knife held at the angle shown in *diagram 4* aim to cut the curds into “cubes”





Pressing Cheese

When you press the cheese it's best to gradually increase the pressure. One way to press a cheese is to find a jar or bottle that fits inside the cheese mould and then keep adding more water to increase the weight during the pressing. It can sometimes be a bit tricky to get it to balance.

Hanging the Cheesecloth

Some of the recipes ask you to gather up the curds in the cheesecloth and hang them to drain. An easy way to do this is to tie some string around the cloth and then hang it from a wooden spoon balanced across the top of a bowl or jug. The hanging curds can then be kept in the fridge for longer periods of time.

Quantities

The yield depends on the milk you use, but generally expect around 20% cheese from your milk. So for a 2L batch of milk then you'll get 400g of cheese. You can increase/decrease the quantities in any of the recipes proportionally, but smaller quantities heat up and cool down faster so watch the temperatures more closely.

Adjusting the quantities of individual ingredients is a good way to learn about cheese making. Adjusting salt and rennet will give different textures of cheese.



Hygiene

When you're making a cheese you are creating ideal conditions for bacteria to grow. It is important that kitchen surfaces and equipment is very clean. We recommend using boiling water to sterilise everything before starting. The longer a cheese stays out of the fridge the more careful you need to be with cleanliness. Increasing the amount of salt helps to preserve the cheese but only a very high percentage truly preserves a cheese.





Acid or Rennet?

There are two distinct ways of making cheese. One separates the solids curds from the liquid whey using acid and the other uses rennet. You will find both methods in this book.

You will notice that some of the rennet cheeses may also include either citric acid as an ingredient or use yogurt, which is naturally acidic. This is because the acidity level of the milk affects the way the rennet works.

When you try the different recipes, you'll see how rennet and acid levels alter the type of curds and the texture of the finished cheese.



plaited **Chechil** Cheese

Stretched Cheeses

The family of cheeses known as *Pasta Filata* (which translates to "stretched dough") includes **Mozzarella**, **Burrata**, **Chechil**, **Majdouli** and **Oaxaca**. The property they all have in common is the ability to be stretched into long strings. This is because they are all prepared with just the right level of acidity, so that when they are heated the long molecules of protein (casein) unravel giving them super stretchy abilities until they cool down.

It takes a bit of practice to work and stretch your curds when making this type of cheese, fortunately you can reheat and soften the curds until you get it right. Just be aware that the more you work it the drier it becomes; for a moist, creamy mozzarella it is best to work quickly, folding the melted curds whereas for chechil you pull the curds into long loops over and over again, resulting in a drier textured cheese that can be pulled apart and shredded when cold.

When you stretch the cheeses; **Mozzarella** is worked in all directions, **Oaxaca** is pulled in flat ribbons, **Majdouli** and **Chechil** are stretched into long, thin strings.



parcels of creamy **Burrata** Cheese





Why do some cheeses melt?

Mozzarella is created to melt for that perfect pizza cheese. Halloumi and Paneer are designed to hold together when heated so they can be fried and cooked in sauces. They all start with milk, so what makes them so different?

When you make your own cheese you will see how each stage of the process has an effect on the finished product.

When curds form it is because the protein molecules in milk are bunching up together and squeezing out the water. How tightly they coil up depends upon the conditions present when the cheese is made. More acid when the curds form causes proteins to relax when heated so they can slip and slide over each, unravelling as the cheese melts.

When you make Canadian Curd Cheese or Halloumi the proteins are so tightly wound up that when you bite down on them they literally squeak as they uncoil.

Mozzarella Italy



Burrata Italy

You will need...

- **Equipment:** saucepan, draining spoon, thermometer, long knife, cheese cloth, colander, microwavable bowl.
- **Ingredients:** 4 litres milk, 2 micro-spoons ($\frac{1}{4}$ sachet) rennet, 1 tsp cheese salt, 1 $\frac{1}{2}$ tsp citric acid

makes: 600g

Making mozzarella....

- 1. Prepare citric acid and rennet:** dissolve acid in 250ml water and separately stir rennet in 60ml of water until dissolved.
- 2. Warm milk:** add citric acid solution to milk and heat gently whilst stirring until it reaches 32°C. Immediately take off heat.
- 3. Making Curds:** add rennet solution to milk and stir for 30s then replace lid and leave undisturbed for five minutes. The curds should have formed. Check if they cut cleanly, if not wait and try again.
- 4. Cutting the Curds:** make parallel cuts 3cm apart then again in a perpendicular direction to form a grid. Ensure the knife touches the base of the pan. Next, use the knife to make horizontal cuts, you should now have fairly even "cubes" of curd.
- 5. Cooking the curds:** Heat gently to 41°C. Stir constantly and slowly, trying not to break up the curds. Immediately remove from the heat and continue to gently stir for a further five minutes.

6. Separating curds and whey: Scoop curds into muslin lined colander and let drip-dry for 5 minutes. (You can keep the whey for later use)

7. Finishing the cheese: use one of the two following methods.

(a) Microwave Method: place curds in a microwave-safe container. Heat on full power for 1 minute. Fold curds and drain any excess whey. Keep heating in 30 second bursts until internal temperature reaches 56°C. NB be careful not to overheat cheese. (Then step 8)

(b) Hot Water Method: place curds in a large bowl of very hot water (70°C). Leave until it resembles melted cheese and can easily be stretched. It should drip off a spoon when hot enough.

8. Shaping Mozzarella: add salt to taste then gently fold and stretch the curds until they are shiny. Form into balls. If the curds become too hard to work, reheat (in microwave or in hot water). Cool the balls as soon as they're formed.

Making Burrata....

A) Follow the mozzarella recipe as far as the end of stage six, "separating curds and whey"

B) Take approx 1/3 of the mozzarella curds. Mix with: 1/2 tsp salt and 2 tbsp heavy, full-fat cream. It should resemble a thick "cottage cheese" texture when mixed.

C) With the remaining 2/3 of the mozzarella curds, follow the instruction for "finishing the cheese" (Stage 7)

D) Instead of shaping the Mozzarella into a ball, stretch it out

into a flat sheet. This needs to be done whilst it is still warm, and it should be smooth and shiny.

E) Take the burrata mixture (from stage B above) and place it into the middle of the mozzarella sheet, then bundle it up by pulling the sheet up and around it, then pinch/twist the mozzarella to seal it over the Burrata mixture.

F) Once you've sealed and shaped the cheese then drop it into salted, ice cold water to set it (don't store it like this – take it out after 10 minutes)

Extra information...

● **Types of milk:** the best milk to use is whole-milk, however most types of milk will work (except UHT) ● **Melting**

Mozzarella: non-homogenised full-fat milk is best. If your cheese doesn't melt well, then you might have overworked it or overheated the curds forcing out too much fat. ● **Keeping your mozzarella:** it's best eaten fresh but can be kept in sealed box in fridge for 1-2 days or frozen. ● **Quantities:** recipes can be scaled up/down but be careful not to overheat small quantities in microwave.



Ricotta Italy



Ricotta Salata Italy

You will need...

● **Equipment:** saucepan, draining Spoon, thermometer, cheese cloth, strainer/colander ● **Ingredients:** 2L whole milk, 1 tsp citric acid, 1/2 tsp cheese salt

makes: 250g

Making Ricotta...

- 1. Acidify the milk:** dissolve citric acid in 125ml cold water. Combine half of this with the milk in a saucepan. Stir. Add salt.
- 2. Warm milk:** whilst constantly stirring, heat milk to 76°C. Small flakes of curd should begin to form. If not, add more citric acid solution one spoonfull at a time until they do. Use caution; adding excess acid could lead to a sour tasting cheese.
- 3. Continue heating:** whilst taking care not to scold the milk, heat to 90°C then turn off heat.
- 4. Forming curds:** as the curds rise to the surface, use the slotted spoon to move them to the centre of the pan. They should coalesce into a larger mass. Allow them to rest in the liquid for 10-15 minutes.
- 5. Draining the curds:** ladle/spoon the curds into a colander lined with the cheese cloth. Allow to drain for 10 minutes or until the whey ceases to drip freely. The longer you leave it the creamier the ricotta will become. Drain for several hours for a dense, spreadable cheese.
- 6. Chill and Eat!** ... or proceed with the next recipe...

Making Ricotta Salata...

Ricotta Salata is a salted ricotta that is firm enough to grate. It can be made from the ricotta you prepared in the first recipe. Ricotta salata is an aged cheese so ensure all equipment is sterile or very clean.

- 1. Drain:** tie your ricotta up in a cheese cloth and allow to drain for a few hours. Place the tied up cheese onto a dish and carefully balance weight on top (a full jam jar is about the right weight).
- 2. Press:** turn the cheese over after one hour. Replace the weight then press for a further 12 hours. Drain any whey that is released.
- 3. Salting:** lightly rub table salt over the surface of the cheese and place on a rack in your fridge. Every day for five days, re-salt and turn the cheese.
- 4. Maturing:** age the cheese for 2-4 weeks in your fridge. If any mould forms on the surface, remove with a clean cloth and salted water. Ricotta salata can be eaten at any point from the first pressing/salting but the longer you leave the harder and more flavourful it becomes.

Extra information...

- **Quantities:** if you want to make more/less cheese just adjust the ingredients proportionally.
- **Cleanliness:** keeping your cheesemaking equipment clean is important but especially so when making an aged cheese such as ricotta salata. Sterilise any equipment with boiling water or a chemical such as Miltons.
- **Salt:** with both cheeses; more salt will make a drier cheese.

Salting Cheese

Salt does different things to the cheese depending upon when it is added. ● **Drying:** Adding salt to curds extracts water giving a drier cheese. If you add it early then most of the salt will be washed away so it won't really affect the flavour. ● **Preserving:** towards the end of the process, salt sprinkled over the surface or used in brine will help to preserve the cheese. However in order to truly preserve cheese LOTS of salt is needed

Mascarpone Italy



You will need...

- **Equipment:** saucepan, thermometer, cheesecloth, colander
- **Ingredients:** 500ml double cream, 500ml full-fat milk, ¼ tsp citric acid

makes: 150g

Making Mascarpone...

- 1. Prepare acid:** dissolve citric acid in 60ml of cold water
- 2. Heat:** combine milk and cream and heat to 85°C. Be careful not to burn the mixture onto the bottom of the pan. Remove from the cooker when the temperature is reached
- 3. Curdle the milk:** drizzle the acid solution over the surface of the hot mixture and stir for a few seconds, making sure that the acid is thoroughly mixed with the milk and cream. The curds should start to form immediately but they won't be firm gelatinous curds like with other cheeses, instead expect a curdled flocculation of curds and whey.
- 4. Wait:** leave the curds and whey undisturbed for 30 minutes. This allows them to complete their coagulation.
- 5. Strain:** spoon or pour the mixture into a colander that has been lined with the cheese cloth and allow to drain.
- 6. Hang:** take the edges of the cheesecloth, gather and tie with string. Hang up the cheesecloth somewhere cool or in the fridge over a bowl. If you don't have somewhere suitable to hang it, you can tie it to a spoon over a bowl/jug. After 2 hours open up the

cloth and you will have a loose mascarpone, it can be used now, but to get thicker, creamier mascarpone do the following: use a spoon and scrape away the cheese from the edge of the cloth, mixing it with the looser mascarpone in the middle and tie up to continue draining. You can leave draining in a fridge for up to 12 hours for a thicker texture.

7. Eat: this is a fresh cheese and has no salt to preserve it so is best eaten straight away but it can be kept in the fridge for a few days.

Extra information...

- **Scalding:** to prevent scolding you can set up a double-boiler by placing a bowl large enough for the milk and cream over a pan of water. Then boil the pan of water and allow the steam to heat the milk and cream.

How to Serve...

- **Keep it simple:** sweeten the mascarpone with icing sugar and serve with mixed berries or spoon over ice cream
- **Posh Trifle:** whip mascarpone, liqueur, sugar and cream then smother over coffee-soaked biscuits. Dust with cocoa powder. Be very careful not to inhale cocoa powder when eating your tiramisu!



Halloumi Cyprus



You will need...

- **Equipment:** cheesecloth, large pan with lid, knife, slotted spoon, colander, thermometer, mixing bowl
- **Ingredients:** 4L Milk (full fat, homogenised), 2 micro-spoons ($\frac{1}{4}$ sachet) rennet, 2-3 tsp salt, mint

makes: 400g

Making Halloumi...

- 1. Dissolve rennet** in 60ml of cold water. (Make sure it is fully dissolved)
- 2. Heat milk** to 32°C. Stir occasional to stop it burning on base.
- 3. Water bath:** in your sink mix hot and cold water to achieve 32°C. When the milk has reached 32 degrees then place the pan into the water bath. If the milk has gone slightly over 32°C then allow it to cool before proceeding.
- 4. Forming curds:** Gently, but quickly stir the rennet into the milk. (Halloumi relies upon strong curds so make sure you've read the section on forming curds)
- 5. Wait:** leave the milk in the water bath for 45 minutes. Keep an eye on the temperature of the water bath, topping up with hot water if needed. Be careful not to disturb the milk.
- 6. Cutting:** after 45 minutes, check the curds, they should have set, if they haven't then just give them a bit more time. Cut the curds into 1.5cm cubes. With the pan still in the water bath. Leave the curds for 5 minutes to start firming up.

7. Cooking curds: transfer the pan to a stove and heat to 40°C. Using a low heat (this should take approx. 15 minutes) After 5 minutes of heating start to stir the curds, being very gentle and trying not to break them up. Make sure you reach the spoon all the way to the bottom of the pan. When the temperature is reached, switch off the heat and let the curds cook for another 10 minutes. They should contract as they cook.

8. Collect the whey: in this stage don't forget to collect the whey! Line a colander with a cheesecloth and place it in a large bowl to collect the whey, you'll need to use all of the whey you collect in the next stage. Gently lift the curds into the cheesecloth using a spoon or ladle.

9. Turn: let the curds drain for an hour, turning over half way through. During this time as well as the curds draining they will coalesce into a single mass.

10. Heat the whey to 93°C. Any remaining fragments of curd will float to the surface, skim and discard these.

11. Cut the single large curd into 10 equal sized pieces and gently lower them into the hot whey

12. Boil: Keep heating the whey until it boils, then turn off the heat and cook the curds in the whey for 20 minutes.

13. Cool: remove the curds and dunk for a few seconds into cold water to stop the cooking and speed up cooling. Then transfer to a cooling rack and pat dry.

14. Salt: sprinkle the pieces of cheese with the salt, trying to cover each piece of cheese equally on all sides

15. Eat: the cheese is ready to eat as soon as it is cooled but it will improve after a day because two things happen; firstly the salt will diffuse into the cheese and secondly, water will evaporate from the surface leaving it slightly drier so it will brown better when cooked. For a drier cheese then don't cover the cheese for the first day in the fridge. For for a moister halloumi use a covered container.

16. Keep: halloumi is a fresh cheese so it should be stored in an airtight container in the fridge and eaten within 5 days.

Extra information...

● **Be patient:** no acid is added to the milk and no starter is used to acidify the milk at the beginning, because of this then the rennet will work more slowly than with other cheeses. Be patient, it might take as long as an hour before curds fully form. For the same reason, the temperature is more important than with other cheese recipes, hence the waterbath.

Queso Fresco Spain



Fresh cheese with a soft, open texture – tastes great with honey or sweet fruits

You will need...

● **Equipment:** colander, thermometer, cheesecloth, saucepan, cheese mould ● **Ingredients:** 2L whole milk, 1L buttermilk, 2 micro-spoons ($\frac{1}{4}$ sachet) rennet, $\frac{1}{4}$ tsp citric acid

makes: 300g

Making Queso Fresco...

- 1. Rennet:** in a glass, dissolve $\frac{1}{4}$ sachet rennet in 60ml cold water
- 2. Acid:** dissolve $\frac{1}{4}$ tsp of citric acid in 50ml cold water
- 3. Combine** milk and buttermilk in a pan. Heat to 32°C
- 4. Acidify:** stir in the citric acid and allow to stand for 5 minutes
- 5. Drizzle** the rennet solution over the surface and stir gently for a few seconds
- 6. Wait:** leave to stand undisturbed for 30 minutes
- 7. Cut the curds** into 2.5cm cubes and leave for 5 minutes
- 8. Cook:** slowly bring the temperature of the curds and whey up to 40°C and keep at this heat without stirring for 20 minutes. Switch off the heat and allow the curds to settle
- 9. Drain:** tip into a colander lined with the cheesecloth and allow to drain for 10 minutes. Then gently squeeze the cheesecloth to speed up draining

10. Salt: break up the curds and sprinkle one teaspoon of salt over the curds. The salt will cause more whey to come out of the curds, twist the cheesecloth to squeeze out more whey.

11. More salt: if you're going to use this cheese with honey or fruit, then don't add any more salt, just go straight to the next step. However, if you intend to use with salad or as a savoury cheese; open up the cloth, break up the curds and sprinkle one or two teaspoons of salt onto the broken curds. Using one tsp salt is standard for a savoury Queso Fresco. If you add the second teaspoon of salt you'll get a very salty cheese which works well eaten as a snack with a cold beer.

12. Wrap the curds back in the cloth, place in the cheese mould and place a weight on top.

13. Press for an hour or two.

14. Eat: the cheese is best eaten immediately but will keep for a few days covered in the fridge.

Extra Information...

- **Flavour:** you can add chilli and fresh herbs when you add the second lot of salt.



Labneh Lebanon



You will need...

- **Equipment:** cheesecloth, colander, mixing bowl
- **Ingredients:** 500g of natural yoghurt (for best results you want a full-fat, live yoghurt that contains no thickening agents), 1tsp Salt, (optional: 1tsp mint)

makes: 150g

Making Labneh...

1. **Sterilize** the cheese cloth in boiling water for a few minutes.
2. **Line a colander** with the cloth and place it over a bowl to catch the whey.
3. **Combine:** put the salt and yogurt into the cloth (you can add mint or other flavours to the labneh – but we suggest trying it unflavoured the first time) Mix.
4. **Gather** the corners of the cheesecloth and tie together
5. **Hang the cloth** over a bowl at room temperature. The longer you hang the labneh, the firmer and more flavoursome it will become. After 24 hours you will have a fine spreadable labneh and after 48 hours it should be firm enough to shape into balls.
6. **Eat:** the labneh is ready to eat immediately but can be shaped into balls and then placed in a wide-necked jar. Then submerge in olive oil. This is the traditional way to keep labneh and as long as it is fully covered in oil and refrigerated, it will last for a few months like this. Alternatively just cover, refrigerate and consume within five days.

Extra Information...

- **Flavour:** Just about anything works as a flavour, we like using a touch of garlic!
- **Make a dip:** mix the labneh with avocado, dress with lemon juice, olive oil and cracked pepper. Serve with warm flatbreads.
- **Something fruity:** if you are feeling adventurous try serving fresh labneh with pomegranate and a few drops of rosewater.



Shanklish Syria



You will need...

- **Equipment:** cheesecloth, colander, mixing bowl
- **Ingredients:** 900g of natural yoghurt (for best results you want a full-fat, live yoghurt that contains no thickening agents), spices: 1tsp mint, 1tsp smoked paprika, 1tsp nigella seeds, pinch of chilli flakes, sesame seeds (or anything else you fancy)

Making Shanklish...

makes: 400g

1. **Sterilize** the cloth in boiling water
2. **Heat** the yoghurt until it separates, the temperature this happens at depends upon the yoghurt but can be anywhere from 40°- 70°C. Keep it at this temperature and stir for about 15 minutes
3. **Pour** the yoghurt into a cheesecloth-lined colander and allow to drain for a few minutes
4. **Hang:** gather up the corner of the cheesecloth, tie it up and hang the Shanklish over a bowl
5. **Wait** a couple of hours and then open up the cloth. The shanklish will be driest around the edges where it touches the cloth. Use a spoon to scrape the drier parts away from the cheesecloth so that it will dry evenly and hang it up again

6. Choose how long to hang the shanklish for. It will be ready in about one hour but the longer you leave it the firmer it will become. We like to leave it for about four hours

7. Mix all of the spices together and spread on a plate

8. Remove the shanklish from the cheesecloth and form into a ball, if it isn't dry enough to hold it's shape hang it a bit longer

9. Roll the ball of shanklish in the spices until it is fully coated

10. Eat: it tastes nice with a dressing of mint pesto (just mix fresh mint, lemon juice and olive oil and blend or pound in a mortar and pestle)



Goats Cheese Spain



You will need...

● **Equipment:** saucepan, draining spoon, thermometer, cheese cloth, strainer/colander ● **Ingredients:** 2L fresh goats' milk, 1 tsp citric acid, 1 tsp cheese salt, 1 tsp herbs de provence

Making Goats Cheese...

makes: 200g

- 1. Dissolve acid:** add citric acid to 125ml water. Stir to dissolve.
- 2. Heat milk:** add citric acid solution to the milk and heat gently. Keep constantly stirring to prevent the milk from catching on the bottom. Stop heating at 85°C and take off the heat.
- 3. Forming Curds:** take the pan off the heat and leave to stand for 10-15 minutes. You should see curds and whey forming. The curds will be much smaller than when making cheese with cow's milk.
- 4. Draining curds and whey:** line a colander with the cheese cloth and pour in the contents of the saucepan. Keep the whey as it drains. Draining can take over an hour. NB: if no curds are caught in the cloth; return the milk to the saucepan, add more citric acid (½ tsp), re-heat and then drain through a double layer of cheesecloth.
- 5. Salt and flavour:** when the whey has drained, sprinkle the salt over the curds and mix in. You can also add flavouring at this point. Many flavours work well with goats cheese; try chilli flakes, fennel, fresh chives- or whatever takes your fancy!

6. Shaping: place the cheese cloth onto a flat surface and spoon the cheese along the centre. Roll the cloth to form the cheese into a sausage shape. Carefully unwrap your cheese and sprinkle the herbs over the surface.

7. Eat: your fresh cheese is ready to eat straight away but will last for a few days in the fridge. The more salt you add the longer it lasts, up to one week.

Extra Information...

● **Curds** ● Don't panic if you can't see the curds, they should still be caught by the cloth. If not: reheat, add more acid, use a double layer of cheesecloth to drain ● **Milk** ● any type of goats' milk will work for this recipe except for UHT treated milk.

Goats' cheese can be used with a sweet or savoury ingredient (omit the salt for sweet dishes).

Some recipe ideas...

● **Marinated Goats Cheese** ● form the cheese into balls and smother with olive oil, fresh herbs (thyme, rosemary, crushed garlic) and spices (peppercorns, coriander) ● **Whipped** ● leave out the herbs when making the cheese. Combine the fresh cheese with two 2 tbsp olive oil. Whip. Serve on crackers/bruschetta with olives. ● **Cheesecake filling** ● combine unsalted goats cheese with cinnamon, nutmeg, honey. Beat with creme fraiche and eggs. ● **Rich Cheese Sauce** ● bring whipping cream to the boil, turn down the heat and whisk in goats cheese

We ain't nothing but mammals

The milk from any mammal can be used for making cheese. Goats' milk has different proteins to cows' milk which is why the curds will be smaller and weaker. The milk from water buffalos contains triple the fat of cows' milk... which is why it makes the best mozzarella cheese.

Kaçkavall Albania



You will need...

● **Equipment:** thermometer, cheesecloth, cheese mould, saucepan ● **Ingredients:** 1.5L Goats Milk, 500ml Cows Milk, 250ml natural yoghurt, 1 micro-spoon (1/8 sachet) rennet, 1tsp salt

makes: 175g

Making Kaçkavall...

1. **Dissolve** rennet in 60ml of cold water
2. **Warm** the milk and yoghurt to 32°C making sure it doesn't catch and burn on the bottom. Remove the pan from the heat
3. **Add half** of the rennet solution and stir briefly to fully distribute
4. **Insulate:** place a lid on the saucepan and wrap it in a thick towel to help keep it at a constant, warm temperature for as long as possible
5. **Wait:** leave the pan somewhere warm and undisturbed for 6 hours. The curds formed from goat's milk can be very fragile so it is important that you do not stir or disturb the pan while they form.
6. **Cut:** check the curds are ready, then cut into 1cm cubes
7. **Drain** the curds by pouring into a colander lined with the cheesecloth. Because these curds have not been "cooked" then they will be weak, so be careful not to break them up too much when you transfer them for draining. Allow to drain for 10 minutes
8. **Sprinkle** with the salt and mix well with your hands. Don't add the salt too early; if you add the salt before most of the whey has drained away, then a lot of the salt will also be drained.

9. Squeeze out as much of the whey as you can but don't apply too much pressure or the curds will squeeze through the cloth

10. Keep the curds in the cloth and place into the cheese mould

11. Press: keep the cheese at room temperature and add increasing weights to the top of the cheese for the next 6- 10 hours. You can do this by placing a jar on top and gradually adding more water to it.

12. Cool the cheese in the fridge. The cheese is ready to eat after the initial pressing but will continue to firm up if pressed for second day in the fridge.

13. Eat or mature: the Kaçkavall Cheese is ready to eat immediately. If you fancy making a firmer, more mature cheese and were scrupulous in your hygiene when following the recipe; the cheese can be aged for a few weeks.

14. Ageing: wrap the Kaçkavall Cheese in a square of clean cheesecloth and place inside a sealed plastic tub in the warmest part of your fridge. The plastic container should be twice as large as the cheese to allow sufficient air to surround the cheese. Turn and check the cheese every few days, if there is any sign of surface mould discard the cheese.

15. Frying: a traditional way to serve this cheese is by coating it in breadcrumbs and deep-frying. Alternatively, mix salt, pepper, cornflour and dry semolina in a bowl; gently toss in chunks of Kaçkavall until coated then shallow fry.

What's special about goats milk?

Goats are *browsers* as opposed to *grazers* which means that they don't eat grass - but eat a variety of leaves from lots of different sources. This means that a goat's milk can have very different properties at different times of the year - depending upon what foliage is available for them to browse. This is another reason why goats cheese is difficult to make, you might follow the recipe exactly and make yummy, creamy goats cheese - but then do exactly the same thing a week later and find that the curds don't form as easily.

Fats and Proteins....

There are four different casein proteins in milk but it is only one of these (α -casein) which forms strong curds. This is the protein that is almost absent in goat's milk. It is also this protein that also causes the cream to separate and rise to the top of cow's milk. Goat's milk typically contains more fat than cow's milk but it doesn't rise to the top. You could say that goats milk is naturally homogenized.

Greek Salad Cheese Greece



You will need...

- **Equipment:** thermometer, cheesecloth, colander, saucepan
- **Ingredients:** 2L cows milk (or 1.5L cows milk and 0.5L goats milk), 250ml natural yoghurt, 1tsp cheese salt, regular salt for brine, 1 micro-spoon (1/8 sachet) rennet, (optional: ¼ tsp vinegar)

makes: 250g

Making Greek Cheese...

1. **Dissolve** 1 micro-spoon of rennet in 30ml cold water
2. **Heat** the milk to 35°C then remove from heat
3. **Add the yoghurt** and stir. Leave for 2 hours
4. **Reheat** to 32°C then remove from heat
5. **Add the rennet** solution and stir gently
6. **Wait:** allow to stand undisturbed for 45 minutes
7. **Cut** the curds into 1cm cubes
8. **Wait:** allow to stand for 20 minutes
9. **Ladle the curds** into a cheesecloth-lined colander and allow to drain for 5 minutes. Then transfer curds and cloth to the cheese mould
10. **Leave** overnight in fridge to drain
11. **Remove** from the mould and cut the cheese into 4 pieces
12. **Sprinkle** salt on all sides of each piece
13. **Leave** at room temperature for 24 hours. Every few hours turn the pieces of Greek Cheese and sprinkle more salt on any areas where the moisture has removed previous salt.
14. **After 24 hours** at room temperature, place the cheese uncovered, on a plate in your fridge and leave for 3 days.

15. After three days cut the cheese into 1.5cm cubes and eat. Or alternatively it can be preserved by placing in a jar and covering with brine (the brine can be made using anything between 2 and 6 tsp of salt per litre of water)

16. Mature: the cheese will continue to improve for a few days. It can soften in the brine depending upon the strength of the curds that you created, this won't affect the flavour but you'll need to be careful when you lift it out of the brine.

Extra Information...

Traditionally Greek Cheese is made with ewes milk and has a very unique flavour. Our recipe gets very close to replicating the flavour but there is a way to get even closer. The distinct flavour of traditional Greek Cheese is due to high levels of fatty acids and acetic acid in the cheese. You can try and replicate this by sprinkling some vinegar over the cheese after the final draining, sometimes this method will give your cheese a more distinct flavour, sometimes it just makes it taste like vinegar-cheese!



Chechil Turkey



Chechil is from the same family of cheeses as mozzarella but when you work chechil you are stretching it into long, thin strings that give it a totally different texture.

makes: 400g

You will need...

- **Equipment:** saucepan, draining spoon, thermometer, long knife, cheese cloth, colander, microwavable bowl.
- **Ingredients:** 2 litres milk, 1 micro-spoons (1/8 sachet) rennet, 1tsp cheese salt, 3/4 tsp citric acid, 1/2 tsp smoked paprika

Making Chechil...

- 1. Prepare citric acid and rennet:** dissolve acid in 50ml water and separately stir rennet in 50ml of water until dissolved.
- 2. Warm milk:** add citric acid solution to milk and heat gently whilst stirring until it reaches 31°C. Immediately take off heat.
- 3. Making Curds:** add rennet solution to milk and stir briefly. Place lid on the pan and leave undisturbed for five minutes. The curds should have formed. Check if they cut cleanly, if not wait and try again it can take up to one hour for them to form.
- 4. Cutting the Curds:** make parallel vertical cuts 3cm apart then again in a perpendicular direction to form a grid. (For this cheese do not make the diagonal cuts)
- 5. Cooking the curds:** Heat gently to 41°C whilst stirring just enough to stop the curds clumping together but trying not to break up them up too small. When they get to temperature,

remove the pan from the heat and wait 5 minutes.

6. Separating curds and whey: Scoop curds into muslin lined colander and allow to drain until they have formed a single mass and most of the whey has stopped freely draining (usually 5-10 minutes)

7. Melting the curds: you need to heat the curds up so that they are hot enough work and shape. This is traditionally done in hot water but we find it much easier in the microwave.

A) Hot Water Method: place the block of cheese into a pan of hot water (70°- 80°C) until it is soft enough to easily stretch. You can test it by seeing if it will drip over a spoon handle

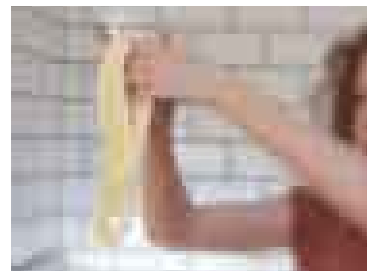
B) Microwave Method: cut the curds in half and place both halves in a microwaves-safe bowl. Microwave on full power for 30 seconds, take it out and see if it is workable, repeat until it is evenly softened

8. Working the curds: the curds will be very hot at first so be careful. Pull and stretch the curds into a long thin loop (approx.60cm long). Double it up lengthways, twist. Repeat the stretch-and-twist 10-20 times. If the curds get too cold to easily work, return them to the hot water or microwave to soften again. The final time you twist the Chechil try and form a nice, neat twisted bundle.

9. Leave the cheese for about two hours to cool and dry

10. Serve: traditionally Chechil can be smoked, to get a similar colour and flavour sprinkle with smoked paprika

11. Best eaten fresh but will store in fridge for 2-3 days





Majdouli is similar to mozzarella, but the curds are left overnight in brine to make them even stretchier when pulled into strings

makes: 400g

You will need...

- **Equipment:** saucepan, draining spoon, thermometer, long knife, cheese cloth, colander, microwavable bowl.
- **Ingredients:** 2L milk, 100ml Yoghurt, 1 micro-spoons (1/8 sachet) rennet, 1tsp salt, ½ tsp citric acid, 1 tsp nigella seeds, olive oil

Making Majdouli....

1. **Prepare citric acid:** dissolve acid in 50ml water
2. **Mix** citric acid solution, yoghurt and milk
3. **Warm** to 31°C and remove from the heat
4. **Dissolve rennet** in 50ml water, add to the milk and stir briefly
5. **Wait** for the curds to form, this could take from 5-30mins
6. **Cut curds** into 3cm cubes
7. **Heat curds and whey** to 40°C, stirring gently.
8. **Wait:** when the whey reaches 40°C remove from the heat and leave with lid on for 45 minutes
9. **Drain the whey** through a cloth-lined colander. **Keep the whey**
10. **Place** the curds and cloth into the cheese mould for 2 hours
11. **Make a brine** from the whey by adding 5 tsp of table salt
12. **Remove the curds** from the cloth and place in the brine
13. **Leave** overnight

Stretching the Curds...

14. Remove curds from the brine and use either the hot water or microwave method to melt them (**see Mozzarella method**)

15. When the curds are softened, mix in 1tsp nigella seeds and knead it until they're fully mixed.

16. Reheat the curds to soften again

17. Form the curds into a ball and coat the outside with olive oil

18. Push your thumbs into the ball the make a donut

19. Pull the soft curds out as far as they will stretch, (50cm- 1m)

20. Twist the loop of curds and fold in half lengthways, putting your thumbs through the double-loop. Stretch again.

21. Repeat this stretching and twisting 10-20 times. If curds become too cool to stretch, return them to the hot water or microwave to melt again. The more times you reheat and melt the curds, the drier the finished cheese will become.

23. Finish the Majdouli by twisting it into a neat, coiled hank.

24. Eat: pull apart the strands of Majdouli to serve



Oaxaca was introduced to Mexico by missionaries and is made using the same method as mozzarella until the stretching stage

Making Oaxaca....

1. Use the Mozzarella ingredients and method to stage #7:

Melt the curds using either the hot water or microwave method

2. Divide the curds: use half the curds for each Oaxaca ball if you used 4L of milk, **or** if you used 2L of milk make one ball

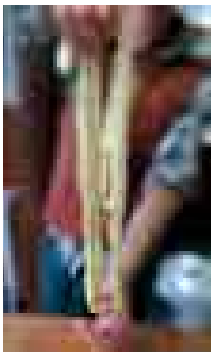
3. Pull the curds into a flat ribbon 30cm long

4. Fold it in half and stretch to 30cm again

5. Repeat 10 times then pull to make a 60-80cm ribbon

6. Roll up the ribbon of curd like it was a ball of wool

7. Eat or Brine: eat Oaxaca as soon as it is cool or float in brine for one hour (use 2tsp table salt per 100ml water/whey)





Domiaty differs from other cheeses because the salt is added to the milk at the start of the process, rather than to curds at the end. This means that the curd formation can take a long time and when they do form, the curds will be quite weak. Introducing salt inside the mass of curds also means that the cheese will be very moist because the salt is retaining moisture inside the cheese, rather than pulling it towards the outside.

You will need...

- **Equipment:** saucepan, draining spoon, thermometer, hand whisk, cheese cloth, colander, small cheese mould
- **Ingredients:** 1L milk, 1 micro-spoons (1/8 sachet) rennet, 2tsp cheese salt, 3tsp table salt, ½ tsp citric acid

makes: 400g

Making Domiaty....

1. **Prepare citric acid:** dissolve acid in 50ml water
2. **Add** 2tsp cheese salt and citric acid to milk
3. **Warm** to 31°C and remove from the heat
4. **Dissolve rennet** in 50ml water, add to the milk and stir briefly
5. **Leave** the pan covered for 30 minutes
6. **Warm milk to** 40°C and remove from the heat
7. **Leave** the pan covered for 30 minutes
8. **Break** up the curds gently into rice-sized pieces using a balloon whisk (or a fork if you don't have a whisk). If no curds have formed warm the milk and wait another 30 minutes

- 9. Warm** the pan slowly to 40°C while stirring the curds gently to stop them massing together at the bottom
- 10. Remove from heat** and leave pan covered for 30 minutes
- 11. Drain the whey** through a cloth line colander. **Keep the whey**
- 12. While they are still warm,** remove the curds from the cloth and pace into a small cheese mould. Leave for one hour to drain
- 13. Make a brine:** dissolve 3tsp of table salt in 200ml of whey
- 14. Float** the curds and cheese mould in a bowl of brine
- 15. Leave** overnight in the fridge
- 16. Eat:** traditionally the domiati would now be removed from the brine and sprinkled with salt to preserve it, before being returned to a fresh brine solution. However we think it tastes best now, so remove it from the brine and your Domiati is ready to eat.

Extra information...

The obvious thing to do with a salty cheese is to use it with a salad to add seasoning and texture. Another use for Domiati is to add a bit of tang to desserts; a simple method is to just mash Domiati with double cream and sugar, drizzle with lime juice and scatter with lime zest, pomegranate and pistachios.



Roulé Cheese France



You will need...

● **Equipment:** colander, cheese mould, saucepan, thermometer, cheesecloth, chopping board ● **Ingredients:** 4L whole milk, 2tsp citric acid, 1tsp salt, herbs (parsley, mint, chive or chill), garlic

Making Roulé Cheese...

makes: 350g

- 1. Chop** two cloves of garlic and fry to soften them. Finely chop the herbs and add to garlic. Add salt and pepper to taste (put this mixture aside to use when rolling the cheese later)
- 2. Dissolve** citric acid in 60ml of cold water
- 3. Heat** the milk to 82°C. Stir to prevent the milk from sticking and burning on the bottom
- 4. Acidify:** switch off the heat and add half of the citric acid. Stir gently for a few second
- 5. Wait** for 15 minutes. If no curds have formed add the remaining citric acid and leave for another 15 minutes
- 6. Drain:** tip out the curds and whey into a cloth lined colander. Allow to drain for 30 minutes then break up the curd and mix with the salt
- 7. Gather** the edges of the cheesecloth and squeeze the curds to release more whey
- 8. Press:** place cheese cloth over a chopping board and spread the curds over it. Spread curds to make a rectangle approx 1cm thick. Cover the curds with cloth, so it has cloth both above and below. Place a second board on top and weigh down with a 2 kg

weight (eg. 2 cartons of orange juice)

9. Wait: leave for 10 minutes (you are pressing the cheese in order to shape it rather than remove more whey, which is why it is pressed for a much shorter time than with other cheeses)

10. Divide: you might find it easier to roll the curds in smaller amounts so divide the curds in two smaller rectangles.

11. Sprinkle herbs and garlic over the surface of the cheese

12. Roll by pulling the far end of the cheesecloth towards you. Take it slowly and the cheese won't break up. When you've formed the cheese into a "swiss roll" of Roulé remove it from the cloth and use your hands to firm it into shape. Any extraneous bits of cheese can be moulded onto it. Then finish it off by sprinkling more herbs onto the board and rolling the your cheese log over it.

13. Cool: Place in the fridge. Eat as soon as it has cooled down.





You will need...

- **Equipment:** thermometer, cheesecloth, colander, saucepan
- **Ingredients:** 2L cows milk (or 1.5L cows milk and 0.5L goats milk), 250ml natural yoghurt, 1tsp cheese salt, 1/4 tsp citric acid, 1 micro-spoon (1/8 sachet) rennet, 20 green olives

makes: 300g

Making Belicino Cheese...

1. **Dissolve** citric acid in 50ml water and mix with milk
2. **Heat** the milk to 35°C then remove from heat
3. **Add the yoghurt** and stir. Leave for 2 hours
4. **Dissolve** 1 micro-spoon of rennet in 30ml cold water
5. **Reheat** milk to 32°C then remove from heat
6. **Add the rennet** solution to the milk and stir gently
7. **Wait:** allow to stand undisturbed for 45 minutes
8. **Cut** the curds into 1cm cubes
9. **Wait:** allow to stand for 20 minutes
10. **Cut the olives** into small pieces
11. **Ladle the curds** into a cheesecloth-lined colander, mixing with the olives as you do it. Allow to drain for 5 minutes. Gather up the corners of the cheesecloth, pick it up and give it a bit of a squeeze until the clear whey has stopped freely flowing. Keep the curds in the cloth and transfer to the cheese mould
12. **Leave** overnight in fridge to drain
13. **Remove** the cheese from the mould and cloth
14. **Sprinkle** salt on all sides

15. Leave at room temperature for 24 hours. Every few hours turn the cheese and sprinkle a tiny bit more salt on any areas where the moisture has removed previous salt.

16. After 24 hours at room temperature, place the cheese uncovered, on a plate in your fridge and leave for 1-3 days.

15. Taste the cheese every day. The cheese will mature, developing a stronger flavour over time, so decide when you like it best.

16. Eat: Fresh Belicino will last in the fridge for about a week. If you want to keep it longer, cut it into smaller cubes, sprinkle with salt and leave uncovered in the fridge to dry out a little. After preserving it this way it can become very salty, if it is not to your taste soak it in milk before serving.

Extra Information...

The type of olive you choose can make a big difference to the finished Belicino cheese. We like to use firm queen olives, but any variety will do. You can even use brown, olives but they can stain the cheesecloth. Olives that have a softer, oily texture give an interesting flavour but can cause the cheese to fall apart when you take it out of the mould.





You will need...

- **Equipment:** large heavy pan or double boiler
- **Ingredients:** 1L milk, 1L whey (keep from another cheese recipe), 400ml double cream

makes: 125g

Making Brunost...

To make Brunost cheese, you just need to combine all of the ingredients and evaporate a lot of the water. The tricky part is doing this without burning them.

The milk, whey and cream need to be boiled for about three hours whilst they thicken. This can be done carefully in a large, heavy bottomed pan with regular stirring. Alternatively you can make a double boiler by placing a round bottomed bowl over a large pan of water and then boil the water – this method takes a lot longer, but there is less chance of burning.

The Brunost is ready when it has turned brown and thickened. When it reaches the desired colour; take it out of the pan/boiler and put onto a flat dish and allow it to cool. If it isn't already firm enough to shape, it should set as it cools.

Extra Information...

● **Flavour** ● the flavour of the cheese will be affected by the cheese recipe used to create the whey (does it have salt, acid or yoghurt in it?) All types of whey will create the distinct caramel flavour of Brunost but it might be slightly sharp if there is more acid in it; either from the addition of citric acid or the use of yoghurt/buttermilk in forming the whey. ● **Texture** ● the Brunost will initially be soft but will firm up. If you want to make a spreadable Brunost stop heating when the cheese is still light brown. Dependent upon conditions, the lactose sugar can form crystals and the cheese can become slightly grainy over time.





Poutine is something of a national dish in Canada, you probably know it best as cheesy chips and gravy! This recipe is for the traditional cheese curds used in Canada.

You will need...

● **Equipment:** colander, thermometer, cheesecloth, saucepan, cheese mould ● **Ingredients:** 2L whole milk, 2tsp salt, 2tbs buttermilk, 2 micro-spoons ($\frac{1}{4}$ sachet) rennet.

makes: 300g

Making Curd Cheese...

- 1. Combine** milk and buttermilk in a pan. Heat to 32°C
- 2. Wait:** leave to stand for one hour
- 3. Rennet:** dissolve rennet in 60ml cold water and drizzle the rennet solution over the surface and stir gently for a few seconds
- 4. Wait:** leave to stand undisturbed for 30 minutes
- 5. Cut the curds** into 1.5cm cubes, allow to stand for 5 minutes
- 6. Cook:** slowly bring the temperature of the curds and whey up to 39°C over a period of 20-30 minutes, stirring gently. Switch off the heat and keep at this temperature without stirring for 45 minutes
- 7. Drain:** gently press the curds to the bottom of the pan with your hand or the back of a ladle. They should form into a single mass. Lift this mass into a cloth-lined colander
- 8. Cheddaring:** cut the curds into quarters and stack. Place back in the cloth and into the mould

9. Press: balance a jar or bottle on top of the curds. Press for two hours, taking out and inverting the cheese every 30 minutes

10. Cut: cut the cheese into 2cm wide slices, and then cut each slice into five pieces

11. Salt: place the pieces of cheese into the colander and sprinkle with $\frac{1}{4} - \frac{1}{2}$ tsp salt, stir with your hands to ensure even coverage, wait for 10 minutes for moisture to be drawn out of the curds. Repeat four times

12. Eat: the cheese is best eaten immediately but will keep for a few days covered in the fridge.

Extra Information...

- **Squeak:** curd cheese should squeak against your teeth when eaten cold
- **Melting:** ideally Curd Cheese will soften, but not melt when served on hot chips and smothered in gravy



Quick Cottage Cheese ^{USA}



You will need...

- **Equipment:** saucepan, thermometer, colander, cheesecloth
- **Ingredients:** 2L milk, ½ tsp citric acid, ½ tsp salt, 1 micro-spoon (1/8 sachet) rennet, (optional: 2 tbsp double cream)

Making Cottage Cheese...

makes: 250g

1. **Dissolve** citric acid in 50ml water
2. **Heat milk** to 32°C and remove from heat
3. **Add** the citric acid and stir
4. **Leave** for three minutes
5. **Dissolve** rennet in water. Drizzle this over the surface of the milk and stir gently for 2 seconds
6. **Return** the pan to the heat and warm to 40°C
7. **Remove** from the heat and leave undisturbed for 40 minutes
8. **Cut** the curd into 1cm cubes
9. **Leave** for 5 minutes
10. **Dilute whey:** use a ladle to remove as much whey as possible, whilst ***being careful not to break up the curds***. Replace the whey with water. Repeat taking away the liquid and replacing with water.
11. **Heat** the pan to 56°C.
12. **Remove** from heat and leave undisturbed for 20 minutes
13. **Spoon the curds** into a cloth-lined colander and allow to drain until most of the liquid has been removed

14. Sprinkle ½ tsp of salt over the surface of the curds, use a spoon to gently break up the curds and allow a few more minutes of draining

15. Transfer the cottage cheese into a bowl and break up the curds

16. Creamy Cottage Cheese: (optional) add two tablespoons of double cream

Extra Information...

● **Chives:** cottage cheese is not complete without an enthusiastic dose of fresh chives, just chop, sprinkle and mix. ● **A bit of history:** traditionally cottage cheese was a way of using up milk that was past its prime. When milk had started to spoil, it was placed next to a fire to collect more bacteria and encourage the process. As the milk goes “off” it becomes acidic causing the separation of the curds and whey. The curds would be kept, rinsed and dried to make a crumbly cottage cheese. Our Quick Cottage Cheese method should hopefully give a much creamier and more consistent results! ● **Fat or not:** this recipe works with both full-fat and low-fat milk so try both and see which you prefer. The cottage cheese will be drier if skimmed milk is used.



Scottish Crowdie Scotland



You will need...

- **Equipment:** thermometer, colander, cheese mould, slotted spoon, cheesecloth, saucepan
- **Ingredients: (FULL recipe)** 4L skimmed milk, 1tsp citric acid, 1tsp salt, 2 micro-spoons ($\frac{1}{4}$ sachet) rennet. **(HALF recipe** if pressing) 2L milk, $\frac{1}{2}$ tsp citric acid, $\frac{1}{2}$ tsp salt, 1 micro-spoon rennet

Full recipe
makes: 500g

Making Scottish Crowdie...

- 1. Rennet:** dissolve rennet in 60ml of cold water
- 2. Acid:** dissolve 1tsp of citric acid in 60ml of cold water
- 3. Heat** the milk to 32°C. Stir gently to prevent scalding on the bottom
- 4. Add** the citric acid solution to the warm milk. Take it off the heat and stir gently for a few seconds then allow to stand for half an hour
- 5. Add** the rennet solution and stir gently for a few seconds.
- 6. Reheat** the milk to 40°C and let it sit at that temperature for 4 minutes
- 7. Drain:** place a cheesecloth in a colander and place over the sink (or a bowl if you wish to retain the whey), ladle the curds into the colander and allow to drain for 20 minutes
- 8. Salt:** sprinkle the 1tsp salt over the curds. The salt serves two purposes firstly it enhances flavour and secondly it draws moisture from the cheese. The amount of salt you use

depends upon what you want to use the crowdie for... if it is for a sweet dish or you want a moister crowdie, then use less salt.

9. Decide: you now need to consider the texture you want from your crowdie. After 5 minutes it will have a spoonable texture or alternatively transfer it to the cheese mould and leave for 1-2 hours to achieve a firmer texture. If you intend to press all of your Crowdie then you'll need to half the quantities in order for it all to fit into the cheese mould.

Extra Information...

For a smoother, creamier crowdie then whisk it by hand. It can then be used for making cranachan.

Making Cranachan

Spread oats, on a baking tray. Liberally sprinkle sugar, butter, maple syrup over the oats (optional: dried cranberries, cinnamon, ginger). Cook in the oven until it just starts to colour. Cool. Layer the oats, with raspberries and Scottish Crowdie. Top with fresh mint. Eat!



Beyaz Peynir Turkey



Fresh cheese with a soft, open texture – tastes great with honey, figs, watermelon or any sweet fruits

You will need...

- **Equipment:** colander, saucepan, thermometer, cheesecloth
- **Ingredients:** 4L whole milk, 2tsp citric acid, 1tsp salt

Making Beyaz Peynir...

makes: 400g

- 1. Dissolve** citric acid in 60ml of cold water
- 2. Heat** the milk to 82°C. Stir to prevent the milk from sticking and burning on the bottom. Switch off the heat when it reaches the correct temperature
- 3. Add** half the citric acid. Stir gently for a few second
- 4. Wait:** leave for 15 minutes. If no curds have formed add the remaining citric acid
- 5. Drain:** tip out the curds and whey into a cloth lined colander and allow to drain for 30 minutes then gently stir in the salt
- 6. Gather** the edges of the cheesecloth, tie up and hang to drain
- 7. Wait:** the cheese will be ready to eat in one hour
- 8. Press:** if you want a harder, drier white cheese then remove half of the cheese from the cloth. Place the cloth with the remaining cheese into the cheese mould and place a weight on top.
- 9. Eat:** beyaz peynir is best eaten fresh but will last for 5 days if stored in an airtight container in a fridge



Panneer India



Chhena Bangladesh

You will need...

● **Equipment:** colander, saucepan, thermometer, cheesecloth, slotted spoon ● **Ingredients:** 4L whole milk, 2tsp citric acid, 2tsp salt

makes: 400g

Making Paneer...

1. **Dissolve** 2tsp citric acid in 60ml of cold water
2. **Heat** the milk to 88°C being careful not to burn it
3. **Add the citric acid** solution to the milk and stir gently
4. **Wait:** allow to cool and settle for 10 minutes. You should have distinct, coagulated curds and yellowish whey. If not, then heat the milk back up to temperature and add a little more citric acid
5. **Drain:** transfer the curds and whey into the cheesecloth placed inside a colander, allow to drain until the whey is no longer running out. Sprinkle on the salt and mix into the curds
6. **Gather** up the edges of the cheesecloth and give it a squeeze to remove some more whey then tie it up into a bundle
7. **Press:** place the cheesecloth bundle onto a chopping board and place another board or a plate on top of it. Place approx 1kg of weight onto the board and leave for one hour (at this point stop pressing the cheese if you're making chhena and skip to the **Making Chhena** instructions)
8. **For Paneer:** increase the weight gradually over a few hours until you have approx 3kg pressing the cheese. The cheese will

be best after 3-4 hours of pressing (for Chhena skip this stage)
9. Eat: this is a fresh cheese and is ready to eat immediately, it can be stored in a fridge for up to 5 days

Making Chhena...

Knead: follow the above recipe until the first pressing stage. Remove the cheese from the cloth and gently squeeze and knead the cheese until you get a pliable consistency. Roll the cheese into golf-ball sized balls. It is now ready to eat. Chhena is best eaten on the same day that it is made. We recommend making it into rasgulla as soon as it's finished.

Extra Information...

Chhena is great for making the traditional Indian sweet "rasgulla", in fact this is pretty much the best reason for making Chhena.

Making Rasgulla...

Firstly make a syrup with one cup sugar and two cups water. Add vanilla or cardamom and bring it to the boil. Switch off the heat. Lower the balls of Chhena into the syrup to warm them. Remove and sprinkle with coconut or chopped pistachios and eat.





Liptauer is a cheese spread from Hungary, Slovakia, Croatia and surrounding countries. It is a great way to use up some of the leftovers if you've followed one of the recipes in this book and have more cheese than you expected.

You will need...

● **Ingredients:** 100g soft cheese from one of the other recipes. (Quark, Greek Cheese, Goats Cheese or Cottage all work well. We like a 50:50 mixture of cottage cheese and quark), 50g butter, 1/4 tsp smoked paprika, (optional: finely chopped onions, capers, caraway seeds, mustard)

Making Liptauer...

1. **Soften** the butter and mix in with the cheese.
2. **Add** the smoked paprika
3. **Taste** and see if it needs any salt, this depends upon which cheese you are using.
4. **Mix** in any of the other optional ingredients to add flavour and texture to your Liptauer.
5. **Serve** with crusty bread or crackers. Garnish with pickles, salad, bacon or smoked salmon



You will need...

- **Equipment:** ovenproof dish, cheesecloth
- **Ingredients:** 1L milk, 500ml cultured buttermilk, (optional cream)

makes: 175g

Making Quark..

1. **Boil milk**
2. **Cool** the milk to room temperature
3. **Combine** milk with the buttermilk
4. **Heat:** place the mixture in an ovenproof dish and warm in the oven at 50°C for 5-8 hours
5. **Drain:** strain the quark through a cheesecloth and keep the curds. The quark is ready to eat as soon as the whey has finished draining freely. The longer you leave it the stiffer the quark will be. For the thickest quark tie up the cheesecloth and hang for a day.
6. **(optional)** add a few tablespoons of cream to the quark for a creamer, looser quark called sahnquark
7. **Eat**

You will need...

● **Equipment:** thermometer, cheesecloth, cheese mould, saucepan ● **Ingredients:** 1.5L Milk, 250ml natural yoghurt (or crème fraîche), 250ml cream, 1 micro-spoon (1/8 sachet) rennet, 1tsp salt

makes: 250g

Making Rich Cheshire..

- 1. Dissolve** 1 micro-spoon rennet sachet in 30ml of cold water
- 2. Warm** the milk, cream and yoghurt (or crème fraîche) to 32°C making sure it doesn't catch and burn on the bottom. Remove the pan from the heat
- 3. Add the rennet** solution and stir briefly to distribute
- 4. Insulate:** place a lid on the saucepan and wrap it in a towel to help it keep at the correct temperature
- 5. Wait:** leave the pan undisturbed for 30 minutes
- 6. Cut:** check the curds are ready, then cut into 1cm cubes
- 7. Drain** the curds by pouring into a colander lined with the cheesecloth. Because these curds have not been “cooked” then they will be weak, so be careful not to break them up too much when you transfer them for draining. Allow to drain for 10 minutes
- 8. Sprinkle** with the salt and mix well with your hands. Don't add the salt too early; if you add the salt before most of the whey has drained away, then a lot of the salt will also be drained.

9. Squeeze out as much of the whey as you can but don't apply too much pressure or the curds will squeeze through the cloth

10. Keep the curds in the cloth and place into the cheese mould

11. Press: keep the cheese at room temperature and add increasing weights to the top of the cheese for the next 6- 10 hours. You can do this by placing a jar on top and gradually adding more water to it.

12. Cool the cheese in the fridge. The cheese is ready to eat after the initial pressing but will continue to firm up if pressed for second day in the fridge.

13. Eat or mature: the Rich Cheshire cheese is ready to eat immediately. If you fancy making a more mature cheese and were scrupulous in your hygiene when following the recipe; the cheese can be aged for a few weeks.

14. Ageing: wrap the Cheshire in a square of clean cheesecloth and place inside a sealed plastic tub in the warmest part of your fridge. The plastic container should be twice as large as the cheese to allow sufficient air to surround the cheese. Turn and check the cheese every few days, if there is any sign of surface mould discard the cheese.





This cheese has a very distinctive flavour and marbled colouration. You can make porter cheese with any dark beer or stout. The darker the beer the more distinct the marbling affect will be. This nutty, sweet cheese tastes amazing on burgers.

makes: 200g

You will need...

● **Equipment:** saucepan, slotted spoon, cheesecloth, thermometer, cheese mould ● **Ingredients:** 250ml stout, 2L Milk, 1tsp citric acid, 1 micro-spoon (1/8 sachet) rennet, 1tsp salt

Making Marbled Porter..

1. **Dissolve** 1tsp of citric acid in 50ml of water
2. **Dissolve** the rennet in 50ml of water
3. **Heat** milk to 30°C
4. **Remove** the milk from the heat, add acid solution and stir.
5. **Wait** for 10 minutes then bring back up to 30°C
6. **Drizzle** the rennet solution over the milk and give it a quick stir
7. **Wait:** leave the milk undisturbed for 30 minutes
8. **Cut** the curds into 3cm cubes
9. **Warm:** slowly bring the temperature of the curds and whey to 40°C. Then remove from the heat
10. **Warm** the beer to 35°C
11. **Carefully** use a slotted spoon to lift the curds into the warm stout. The more complete you can keep the cubes of curd, the better the marbling colouration will be.