

HOMEMADE ORGANIC RICOTTA

By McIntosh & Bowman Cheesemongers

Ingredients Required:

4 cups organic milk
4 cups organic cream
3 tablespoons vinegar OR half cup lemon juice
Salt to taste

Equipment Required:

Saucepan for heating milk/cream
Spatula
Second saucepan or heat resistant mixing bowl
Colander
Muslin or cheese cloth (can be bought from any pharmacy alternatively an unused chux cloth that has been sterilised in boiling water)

Prior to Making Cheese:

Hygiene is of the utmost importance in the cheese making process and so it's important to ensure that all equipment and preparation surfaces be sterilised prior to cheese making in order to kill bacteria, viruses, fungi and spores and ultimately avoid spoilage of cheese and illness. This can be done in one of two ways;

- Boiling water sterilisation
- Milton sterilising solution in a large condominium that equipments can be submerged into for 3 minutes. Miltons or equivalent tablet/liquid steriliser available in chemists and supermarkets.
- to sterilise the cheese cloth that will be used for straining the ricotta through, simply boil the cloth in a pot of water to free it of washing detergent, dirt, dust etc.

Start:

Mix the milk with the cream in the saucepan and heat on high stove.
Add a generous pinch of salt and keep mixing until it is just about to come to the boil.
At this point add the vinegar or the lemon juice- which ever you prefer or have at hand and turn heat off
before your very eyes you will be seeing a dramatic change in milk nutrients clumping together
Once curdled, place the muslin or cheese cloth on top of the colander and strain the mixture through and into the second saucepan or bowl.
Eat whilst still warm on toast with honey on top or place in tuppaware and keep in fridge for up to 1 week.