

Making Soft Cheese

In groups, you will be making your own soft cheese by following the instructions below.

Discuss your findings as a group.

Ingredients:

250ml Whole Milk

½ Lemon

A pinch of Salt



Additional Flavourings: Select one

Chives

Chopped Pineapple

Peeled and Crushed Garlic

Peeled and Chopped Chilli



Equipment:

Large Bowl, Lemon Squeezer, Pan Stand, Piece of Muslin Cloth, Saucepan, Sharp Black Handled Knife, Sieve, White Plastic Spoon

Method:

1. Measure out the milk accurately.
2. Use the lemon squeezer to extract the lemon juice.
3. Pour the whole milk into a saucepan and stir in a pinch of salt.
4. Bring to the boil over a medium heat, stirring occasionally.
5. When the milk begins to boil, turn off the heat.
6. Move the saucepan to the pan stand.
7. Stir the lemon juice into the milk and the milk will curdle (turns into curds and whey).
8. Line a sieve with the muslin cloth. Place this over the large bowl. Pour the milk through the cloth to catch the curds. What is left in the muslin cloth is the curd. The liquid in the large bowl is the whey.
9. Gather the muslin cloth around the cheese and squeeze out as much of the whey as you can.
10. Open the cloth and add flavouring to the soft cheese.
11. Shape the cheese into a round ball and cover and store it in a refrigerator.



Key Terminology:

Curds: Dairy product obtained by coagulating milk in a process called curdling.

Whey: The liquid remaining after milk has been curdled and strained. It is a by-product of the manufacture of cheese.