

CRUNCH TIME

Cheese Making



INGREDIENTS:

- 2 ltrs milk
- 1 heaped teaspoon salt
- 1 heaped teaspoon citric acid
- 30ml water
- 1 curds and whey already formed in pot

EQUIPMENT:

- Pot for curds and whey already formed
- Curd knife
- Large spoon
- Cheesecloth
- Colander
- Maturation container

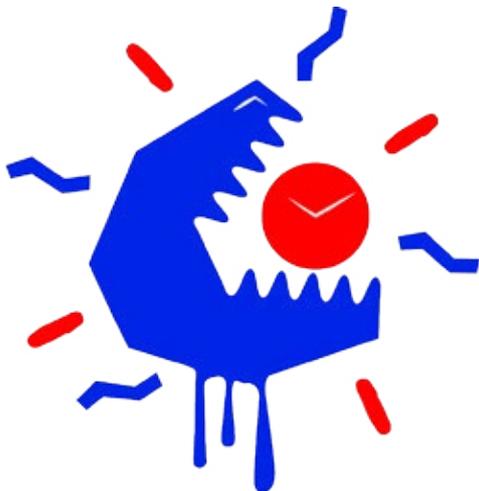


METHOD:

1. The first stage in cheese making is to change the milk into curds and whey. Start with fresh, whole milk and salt and warm it on the stove. Heat to 93°C, stirring constantly
2. Once at 93°C, remove from the heat. Then you need to acidify the milk. You can either add acid, like vinegar or citric acid. Or add cultures, or living bacteria
3. Cheese cultures and starters can be found at natural foods stores and specialty suppliers
4. Selected bacteria or moulds are added to the milk to assist in developing the flavour and texture of the cheese. The type and quantity of each starter culture varies with each style of cheese
5. Dilute the citric acid in the water
6. Stir in the citric acid quickly and stop stirring immediately as the milk begins to curdle and set into a solid "curd"
7. Leave the curds untouched in the saucepan for a minimum of 25 minutes. Take "prepared earlier" curds and cut into smaller cubes
8. The set curd is cut into cubes to release moisture, which is whey. The finer the curd is cut, the drier the texture of the final cheese.
9. Finally, it's time to separate the curds from the whey. Strain the curds through a cheesecloth in a colander in a bowl
10. Press the cheese into it's final form
11. Salting is important in cheesemaking for flavour, texture and maturation, and to assist in preserving the cheese
12. Cheese curds are hooped into moulds to form the shape of the cheese
13. The last stage is where the cheese is ripened.

ADDITIONAL NOTES:

- 1 curds and whey already formed in pot



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