



FIELD TO SCHOOL



SOFT CHEESE MADE SIMPLE

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A simple activity to make soft cheese from milk in an hour.

Equipment:

electric/gas hob, large saucepan, stirring spoon, teaspoon, sharp knife, lemon squeezer, thermometer, sieve, muslin cloth



Ingredients:

4 litres of milk (non-homogenised), fresh or dried herbs, a handful of lemons, salt, calcium chloride (if using homogenised milk)





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Heat the non-homogenised milk slowly in the pan until the temperature reaches around 75 degrees. Stir to prevent it burning at the base.

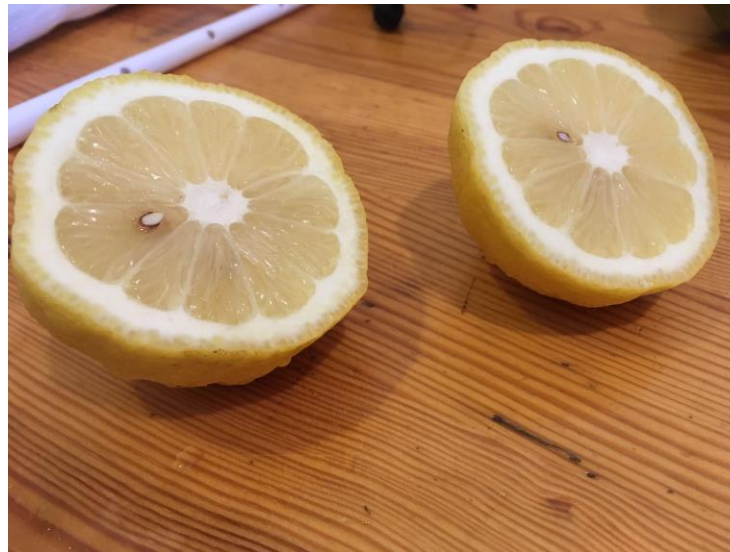
If using homogenised milk, add calcium chloride as per the instructions.





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Juice the lemon and add to the milk in small quantities to enable the proteins to separate





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Keep the milk warm and stir to help separate the curds from the whey.

Add salt to taste





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Strain the whey through a
muslin cloth and sieve



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Cut fresh herbs or add dried herbs to the cheese





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Press into shape and decorate.

Taste the cheese (and also
taste the whey if you like!)

