

How to make your own soft cheese

Ingredients

500ml Whole milk 180ml Whole milk
1 lemon 45ml White wine vinegar
Pinch of salt

Flavouring - Any of the following - Chives, chopped pineapple, crushed garlic

Equipment - Saucepan, large bowl, knife, lemon squeezer, piece of muslin cloth, sieve

Method

- 1 Pour the milk into the saucepan - add a pinch of salt. Bring to the boil over a medium heat, stirring occasionally
- 2 Squeeze the lemon
- 3 When the milk boils turn off the heat, stir in the lemon juice - this will 'curdle' the milk
- 4 Line a sieve with the muslin cloth and pour the milk through it, catching the liquid in a bowl beneath it .
What is left inside the cloth is the **CURD** and the liquid in the bowl is the **WHEY**
- 5 Gather the cloth together and squeeze out as much of the whey as possible
- 6 Open the cloth and add the flavouring, shape the cheese into a round flat shape, like a thick burger, wrap it up and chill in the fridge overnight



Homework

- ✓ Outline the difference between a pathogenic and a non pathogenic micro-organism (2 marks)
- ✓ Name 2 foods produced where micro-organisms are used in their manufacture (2 marks)
- ✓ Explain why micro-organisms are used in the manufacture of the following foods:
 1. Stilton blue veined cheese (3 marks)
 2. Bread (3 marks)
 3. Yogurt (3 marks)

