

How to make your own **Italian Cheese**

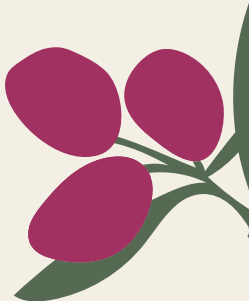
Serving suggestion



Available online at
www.madmillie.com

Mad Millie
AS FRESH AS CAN BE

Let's make some cheese!



TO GET STARTED YOU WILL NEED

Milk or cream

A good quality pot to hold 4 L (4 US qt) of milk

Draining spoon or serving spoon

Colander

Long blade knife

Measuring spoons

BEFORE YOU START

Clean your bench

Spray your bench with antibacterial cleaning spray and wipe down with paper towels.

Clean your equipment

Clean your equipment thoroughly with hot, soapy water. Scrubbing hard will remove unwanted additional bacteria.

Dry your equipment with paper towels.



TYPES OF MILK - UNHOMOGENISED, HOMOGENISED OR UHT?

Unhomogenised - This is the best milk for cheese making as it is the least processed. The fat globules haven't been broken up and may form a layer of cream at the top of the bottle. This milk is always found in the refrigerator and is common in gourmet or organic supermarkets. If the recipe requires unhomogenised milk, it will only work with unhomogenised milk.

Homogenised - This milk is great for most cheese but not those that specify unhomogenised milk. The fat globules in the milk are broken up and evenly distributed so there is no separation. This milk is readily available in supermarkets and found in the refrigerator. It will have a relatively short shelf life, a maximum of 2 weeks due to the minimal pasteurisation treatment that keeps it 'fresh'. Make sure you go for the full fat version for best results.

UHT - Ultra High Temperature (UHT) milk has been heated very quickly to high temperatures, for a short period of time. Due to the high temperatures during processing this milk is not very good for cheese making as all the proteins have been denatured (broken up). This is usually found at room temperature in the supermarket and has a shelf life of greater than 1 month. Be careful when choosing your milk, sometimes they store UHT milk in the refrigerator. Double check the shelf life to ensure you have the right one. If a recipe requires UHT milk it will be specified.

For more info on types of milk go to www.madmillie.com

MASCARPONE

Prep time: 30 mins Ready in: 1 hour

Makes approx. 700 g (1.5 lb)

Ingredients

1 L (1 US qt) of cream (at least 40% fat)

1/2 tsp of citric acid dissolved in 2 Tbsp water

For recipes using your fresh mascarpone
go to www.madmillie.com



Serving suggestion



Pour cream into the pot and slowly heat to 85°C (185°F).



Add the citric acid solution and stir constantly for 5 minutes at 85°C (185°F).



Take the pot off the stove and leave to cool.



Pour the mascarpone into a cheese cloth lined colander. Drain until it has reached your desired thickness.

Store your mascarpone for up to **4 days** in the **refrigerator**. It will thicken more as it is chilled.

WHOLE MILK RICOTTA

Prep time: 30 mins Ready in: 1 hour

Makes approx. 400 g (14 oz)

Ingredients

2 L (2 US qt) full fat, homogenised milk

1 tsp of salt

1 tsp citric acid dissolved in 1/4 cup (62 mL) water



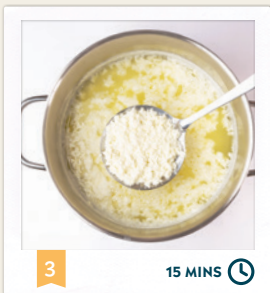
Serving suggestion



Heat milk and salt to 95°C (203°F) while stirring constantly.



Remove from heat and stir in your citric acid solution. Ricotta should start to curdle immediately.



Leave to cool for 15 minutes or until firm enough to scoop out.



Layer the curds in the ricotta basket. Leave to drain until it reaches the desired consistency.

Store your ricotta for up to **1 week** in the **refrigerator**.

RICOTTA SALATA

Prep time: 30 mins Ready in: 4 weeks
Makes approx. 100 g (3.5 oz)

Ingredients

Mad Millie Whole Milk Ricotta ingredients

1/2 tsp salt (for each day)

Method

1. Follow the Whole Milk Ricotta guide to step 3.
2. Sterilise the ricotta basket with boiling water.
3. Layer the curds into the basket and place a full glass of water on top as a weight. Leave for 1 hour.
4. Take the ricotta out of the mould, turn over and press again with the glass for 12 hours.
5. Place the ricotta on a rack and store in a sealed container in the refrigerator. Lightly rub the surface of the cheese with salt every day for 1 week.
6. Age the cheese for a further 2 - 4 weeks in the refrigerator. If mould appears, rub it off with a clean cheese cloth dampened with salt water.



WHEY RICOTTA

Prep time: 30 mins Ready in: 40 mins

Makes approx. 600 g (21 oz)

Ingredients

5 L (1.3 US Gal) whey from your cheese making


2 cups (500 mL) full fat, homogenised milk

1/2 - 1 tsp salt

2 Tbsp white vinegar

Method

1. Heat 5 L (1.3 US Gal) of whey to 60°C (140°F). Stir frequently.
2. Add 2 cups (500 mL) of full fat, homogenised milk and salt if you like a salty ricotta.
3. Continue to heat the milky whey to 90°C (194°F) while stirring.
4. At 90°C (194°F) slowly start adding the white vinegar while stirring. At the first sign of small specks appearing in the whey, stop adding vinegar.
5. Leave to stand on a low heat for 5 - 10 minutes to let the ricotta firm up. Gently scoop off the layer of ricotta that has risen to the surface into a cheese cloth lined ricotta mould. Eat straight away or store in the fridge and use within 1 week.



Serving suggestion

MOZZARELLA/BOCCONCINI

Prep time: 50 mins Ready in: 1.5 hours

Makes approx. 600 g (1.3 lb)

Ingredients

Cheese

4 L (1 US Gal) full fat, unhomogenised milk

2 mL calcium chloride

2 tsp of citric acid dissolved in 1/4 cup (62 mL) water

1 tablet of rennet diluted in 1/4 cup (62 mL) of non-chlorinated water or cooled boiled water.


Salt to taste

Solution (for storing in refrigerator)

2 cups (500 mL) of left-over whey

1/8 tsp of citric acid.

Serving suggestion





Pour milk into a pot, add calcium chloride and diluted citric acid.



Heat the milk to 32°C (90°F) while stirring. Remove from heat and stir in the diluted rennet.



Allow milk to set into a gel consistency before cutting the curd into 3 cm (1 inch) cubes.



Slowly heat curds to 42°C (108°F) while stirring. When firm to touch, transfer them to a cheese cloth lined colander to drain. Keep the whey for storage.



5

Heat a pot of water to 70°C (158°F) and prepare a bowl of ice cold water + 250 g (9 oz) of salt.



6

Submerge a handful of curd into the hot water and leave until the curds visibly melt.



7

Carefully pick up the curd, it will be very hot! Rubber gloves are recommended.



8

Stretch the curd. If it is not stretching well, submerge on the spoon again and increase the heat of your water.




9
Fold the stretched curd and stretch again. If you're unsure watch our YouTube video first for tips.



10
Stretch and fold until the curd is smooth then mould the mozzarella into balls by pinching at the base to seal them.



11
10 MINS 
Plunge the mozzarella ball into the cold salty bowl for 10 minutes.

Store for up to **1 week in the refrigerator** in a solution of 2 cups (500 mL) of left-over whey & 1/8 tsp of citric acid or **1 month in the freezer.**

But it's best when fresh!

Mozzarella or Bocconcini you ask?
Mozzarella are big balls and Bocconcini small ones.

TIPS

Mozzarella is a tricky cheese to master and requires some gentle coaxing. Helpful tips below; if you're still having trouble get in touch with us for extra support.

- Don't cut the curd too small in step 3, smaller curds will release more moisture and create a harder mozzarella.
- Make sure the curd is REALLY hot in step 6 before you stretch it, this will melt down most of the little lumps and bumps and help you get a smooth texture faster.
- If it's looking grainy on the first stretch, place it back on your spoon and submerge until the curds are melted. You can do this a few times to avoid over-stretching.
- The key word is gently. Vigorous stretching will give hard, chewy mozzarella. Your curd must be treated gently.



BURRATA

Prep time: 60 mins Ready in: 1.5 hours

Makes approx. 600 g (1.3 lb)

Ingredients

Mad Millie Mozzarella ingredients

1/2 tsp salt plus some to taste

2 Tbsp cream (at least 40% fat)

Method

1. Follow the Mozzarella guide to step 5.
2. Remove 250g (9 oz) of the curd from the colander and break up into very fine pieces in a bowl.
3. Add the cream and salt until you have a thick, wet filling resembling ricotta.
This is your burrata filling.
4. Continue to follow the Mozzarella guide but instead of folding the curd into a ball, stretch it into a flat sheet.
5. Spoon the desired amount of burrata filling onto the sheet. Pinch the edges of the sheet into a knot at the top. Work quickly so the curd is hot enough to seal around the burrata filling.
6. Plunge the burrata ball into the cold salty bowl for 10 minutes.

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www.madmillie.com

