

Home-made Cheese



This cheese is very easy and fast to prepare. It does not matter if you do not have domestic milk, as you can make extremely tasty cheese with purchased milk, as well.

INGREDIENTS :

2 l of milk (at least 3.8 % fat)

400 g of sour cream (at least 20 % fat)

2 tea spoons of salt

4 eggs

PROCEDURE :

1 . stir sour cream and eggs well ...

2 . put the milk and salt to boil ...

3 . as soon as the milk boils, add mixture of eggs and sour cream with constant stirring and continue stirring for ca. 30 seconds ...

4 . when the milk boils again, reduce the temperature (on my cooker the highest temperature is on number 9, so I reduce it to number 6) ...

5 . now you have to be careful that the milk does not boil over, but it should be boiling all the time ...

6 . stir the milk surface from time to time with a spoon, and continue cooking for ca . 15 – 20 minutes ...

7 . while the milk is boiling you can see that milk proteins separate from the whey, and lumps are made ...

8 . while the milk is cooking put a colander in the sink, and a moist gauze over the colander ...

9 . strain the mixture from the pot through the gauze, press the cheese with a spoon, and tighten up the gauze with your hands as strong as possible to make all the whey come out of the cheese (BE CAREFUL, IT IS VERY HOT) ...

10 . leave the cheese in the gauze for ca. 3 hours to let it cool down ...

NOTES AND ADVICE :

You do not have to throw the whey away, you can salt it, cool it down and leave the cheese in the whey, in this way the cheese will stay fresh for a longer time.

If you do not want to keep it in the whey, you can boil some water, salt it and let it cool down, so you can keep the cheese in salty water.

For 1 l of liquid you need 60 g of salt, prepare as much liquid as needed – depending on your bowl and the size of the cheese.

It is not obligatory to keep the cheese in salty water or in whey.

If you want flavoured cheese, put the spice you want immediately in the milk, together with salt, so that cheese can get taste of spices.

You can use smoked pepper, chilli, curcuma, pepper, chive, oregano etc. ...

If you want to make cheese with tiny chopped nuts, put the nuts into the pot 3 – 5 minutes before the end of cooking.

If you want cheese with olives, add olives at the very end of cooking and strain the cheese through the gauze immediately.

It is important that the gauze is clean, sterile and that it does smell like fabric softener or laundry detergent.



If you like recipes from my blog, you can subscribe to my YouTube channel for free

... thank you for trusting me your Meri