Recipe For Health | JUNE 2016

HOMEMADE RICOTTA CHEESE

Making cheese at home is magical and delicious. A fresh cheese such as ricotta is a good place to start.

by Corporate Chef Kurt Kwiatkowski

Featured Food: cheese
Yield: Makes about 2 cups

Ingredients

8 c. whole milk 1½ t. kosher salt

1 1/4 c. heavy cream 1/4 t. fresh cracked black pepper

5 T. freshly squeezed lemon juice

Preparation

Combine milk, cream, and 1 teaspoon salt in a heavy bottomed pot. Bring to a simmer over medium heat making sure to stir frequently so you don't burn the milk.

Reduce heat to medium-low. Add 4 tablespoons of lemon juice. Let simmer, stirring constantly until the mixture begins to curdle, about 3 to 5 minutes

Remove from heat and let stand undisturbed for about 5 minutes. Line a strainer with 3 layers of cheesecloth and set it in the sink. Carefully scoop the large chunks or curds into the strainer, and then gently pour the liquid into the strainer.

Set strainer with cheese curds in a bowl and move to refrigerator; let drain for $1\frac{1}{2}$ hours. Transfer cheese to a clean, large bowl. Gently fold in 1 tablespoon lemon juice, $\frac{1}{2}$ teaspoon salt, and black pepper to finish seasoning the cheese.