

Home-made Ricotta

Source: modified from shelovesbiscotti.com/creamy-homemade-fresh-ricotta-cheese/

From the garden limes or lemons

<u>Equipment</u>	<u>Ingredients</u>
Large heavy-based saucepan with lid Wooden spoon Tablespoon, teaspoons and measuring cups Bowl Colander and cheese cloth or recycled ricotta basket Soup ladle Bowl	<ul style="list-style-type: none"> • 8 cups whole milk (2litres) (we used UHT) • ½ teaspoon salt • 4 tablespoons lime/lemon juice freshly squeezed or white vinegar

What to do

- Line a colander with a large piece of lightly dampened cheesecloth that has been folded over itself at least 3-4 times.
- Place the colander over a bowl. Make sure to use non-reactive materials. (Alternatively, you can use a recycled ricotta basket placed on a bowl).
- In a large heavy based saucepan, over medium heat, heat the milk.
- Add the salt and stir occasionally with a wooden spoon. Make sure the milk does not scorch.
- If you have a thermometer, heat to 85 C. If you do not have a thermometer, you need to reach a stage where there is a lot of steam, little bubbles close to the edge of the pot and the formation of a slight film. It should take about 20 minutes to get to this stage.
- Lower the heat to low.
- Add the lemon/lime juice (or vinegar).
- Slowly agitate the mixture for 2 minutes. You will notice the **curds** (the ricotta) separating from the **whey** (yellowish liquid).
- Remove from heat.
- Cover pot and let stand for about 20 minutes.
- Carefully ladle your ricotta into the cheesecloth lined colander or ricotta basket.
- **Note:** The consistency of the final product will depend on the amount of time you leave the ricotta to drain. For a creamy ricotta, let it sit for 3-5 minutes; for a dryer ricotta, it can sit up to 20 minutes.
- Use immediately or cover and refrigerate any leftovers. Can be frozen.
- Use in ricotta based dish. Enjoy!

Uses of whey (liquid left over)

Soup stock: Whey adds a deep flavor as a base in soups and stews, much like a stock. Replace part of the stock or water in a soup recipe with whey.

Bake with it: The acidity of whey has a softening effect on glutenous bread and pizza dough. Some recipes even call for whey in the ingredient list. Adjust your salt in the recipe accordingly.

Soak nuts or grains: Why use water when you can soak nuts and grains in whey? It adds flavor and probiotics to the nuts or grains. Or replace some of the liquid with whey when cooking grains.