

HOW TO MAKE Cheese

Ingredients

½ cup whole milk
¼ cup lemon juice or vinegar
¼ to ½ teaspoon salt



Supplies

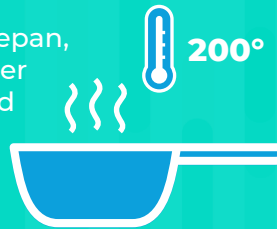
4-quart saucepan
strainer or colander
mixing bowl
large coffee filters



Step 1

HEAT IT!

Pour the milk into a saucepan, and bring to a bare simmer—just below a boil, around 200°F.



Step 2

STIR IT!

Remove the milk from heat, and stir in the lemon juice or vinegar. The milk should begin to curdle immediately.



Step 3

STRAIN IT!

Cover the milk, and let it stand for 10 minutes. This gives time to allow the acid to totally separate the curds and whey. Strain the curds into a bowl using a colander lined with a coffee filter.



Step 4

SHAPE IT!

Squeeze the curds with the coffee filter in your hand, and gently press to remove the excess liquid (whey). Add salt to taste. Shape into a rectangular package by pressing the curds together.

