

MAKE MORE CHEESE

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Making cheese is a good way to use surplus milk. It's time-consuming and tricky, but the results can be worth the effort.

Generally, a gallon of milk yields about a pound of cheese.

Cheese should NOT be made in galvanized or aluminum pans.

Different cheeses are made from different cultures, the curd is cut in different ways, and they are handled differently during processing.

Temperature during processing is vital and must be watched closely. From room temperature, it should take about half an hour to heat milk to 100° F—it should be done that slowly.

Some cheeses can be successfully frozen for later use.

Whey, the byproduct of cheese, can also be used to make Ricotta. Whey is rich in B vitamins, but it can be highly laxative. If you raise hogs, they love it. Other animals will, too.

Limburger is made from putrefied milk.

Different cheeses use different starters. Buttermilk is *Streptococcus lactis*. Yogurt comes from *Lactobacillus bulgaris* and *leuconia*. Blue cheese is made with *Penicillin roquerforti*, and Camembert is from *Penicillin camemberti*. These and other starters may be purchased from dairy supply companies online.

Many cheese recipes call for rennin or rennet. This is an extract from a calf's stomach and is a natural milk curdler. Junket tablets contain rennet, but much larger dosages of junket must be used to get the same results as rennin.

And there are some simple cheeses that any goat owner can make without fancy starters or rennet. See the single page publication on Goat Milk for my favorite cottage cheese recipe.

BASIC CHEESE

Heat one gallon of milk to 86° F. Add ¼ rennet tablet (follow instructions on package) and reheat.

Cut the curd by running a knife through it to make one-inch cubes and stir it to break it into smaller pieces and reheat.

Drain the curd into a cheese cloth-lined colander. Let whey drain from curds—save if you want to try to use it or feed it to animals.

Let the curd drain until no more whey drips from the curds.

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Place in cheese press. If you don't have a cheese press, wrap the curds in cheese cloth, place between two flat plates or cutting boards, and pile a stack of books on top or a two-gallon pot of water—15 pounds works.

DUNKARD CHEESE

(From Mrs. Ira Peel of Chevonshire Toggenburgs)

1 gallon milk
6 eggs
1 quart thick, sour milk or cream

Heat milk to boiling point. Add mixture of eggs and sour cream.
Boil and stir until it curdles. Strain off the whey and salt the curds.
Shape and press for 24 hours. Eat fresh.

JALAPENO OR PEPPER CHEESE

(From Roger McAdoo)

1 gallon milk
¼ cup vinegar
1 tablespoon salt
2 ounces canned diced Jalapeno peppers or green chilies or chopped, cooked Bell peppers
1 ½ ounces diced olives
1 ounce chopped pimentos
1 clove chopped garlic

Slowly heat milk to boiling. Add vinegar. Let stand until curd forms.
Strain and drain off whey.
To curd add all other ingredients.
Press. It's so good it's not usually around long enough to age.

STARTER

Pasteurize 1.5 cups milk (heat to 145° F and cool quickly)
Add 2 tablespoons of yogurt and incubate at 72-85° F for 4-8 hours.

UNHEATED COTTAGE CHEESE

1 gallon fresh milk

¼ cup Starter (see above) or buttermilk

¼ rennet tablet

Add starter to milk and let stand one-half to one hour at 72° F.

Dissolve rennet in warm water and add to milk.

Let stand until curd forms enough to cut—up to 24 hours.

Cut curd into half-inch cubes.

Heat slowly to 100° F and hold there for half an hour.

Dip whey off top. Drain for three minutes in cheese cloth.

Wash in cold water and salt to taste. If it seems dry, add up to six tablespoon cream.

Refrigerate. Eat fresh

JACK CHEESE

Follow the same procedure as the unheated cottage cheese except heat the milk to 86° F.

Use whole milk only and do not wash or add cream to the cheese.

Cut and drain.

Press one day in a cheese cloth mold. Use 15 pounds for 10 minutes, 30 pounds for ten more minutes, and 60 pounds for rest of the time.

Eat fresh.

CHEDDAR CHEESE

Follow the same ingredients and instructions as for unheated cottage cheese.

Add coloring for yellow cheese.

Cut curd in ¼-3/4 inch cubes.

Let whey run off.

Cheddar it by packing and matting the curd—that is handle it and compress it before you let it hang.

Cut it fine and salt it. Do not wash.

Put in mold with cheese cloth. Press as for Jack Cheese, but stop after 30 minutes at 60 pounds.

Dress cheese—that is remove cloth, smooth with warm water or vegetable oil. Leave no cracks.

Replace cheese cloth.

Press at 60 pounds for 12-24 hours.

To make rind, store at 55° for five days. Rub with dry towel. Use vinegar if mold forms.

Coat with paraffin at 210° for ten seconds, one side at a time.

Store two months at 60° F for mild cheddar and up to two years for sharp. Seal in plastic if there is no rind.

BLUE CHEESE

Add blue cheese culture to one gallon milk and let stand for 30 minutes.
Add rennet and follow unheated cottage cheese directions.
Cut and drain—do not mat.
Press like cheddar in blocks or cylinders.
Poke holes through cheese with wire to allow oxygen in to get blue veining and avoid external mold.
Wipe occasionally to keep excess mold off surface.
Age several months.

PARMESAN CHEESE

Use a copper kettle for brittle texture.
Heat one gallon of milk to 90° F.
Add Starter.
Follow unheated cottage cheese directions.
Cut curd small and heat to 110° F for 25 minutes.
Press in hoops for 20 hours with 30-40 pounds of pressure.
Make a brine of one cup salt per gallon water.
Soak cheese in brine for two weeks to start drying.
Store in 50-60° room for two weeks or until sweating stops.
Turn every day and oil every two days.
Coat with combination vegetable oil, lamp black, and Fuller's earth.
Age 14-24 months.

Actually, after learning about the uses for milk, a surplus isn't too bad!