



DIY Fresh Ricotta

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2B Ethical

Ingredients

3.86 litres of whole milk – preferably non-homogenised and organic

Half milk and half cream – makes a very creamy rich ricotta

(You can make it as creamy as you like it by adjusting the portion of cream you mix in with the milk)

1/3 cup and 1 tspn of vinegar (house-hold normal white vinegar)

A pinch of macrobiotic salt if you like a savoury cheese (salt will help with shelf life)

Method

Bring milk and cream to boil in heavy bottom pan, stirring bottom of the pan with a wide paddle to prevent burning and sticking.

As the dairy reaches boil add vinegar.

The dairy will start to curdle and the curds will float to the surface.

Continue to heat to just under boil and remove from heat.

Curds will rise; scoop them GENTLY with a sieve into a muslin cloth.

Let strain over night.

Note

Save the whey liquid for baking or use to make your next batch of ricotta.

Use for tarts, on crusty bread, with deserts, baked in cakes, pancakes, through pasta, with salads, etc.