

# MakeCHEESE

## PROUD POUTINE

**'PROUD POUTINE' RECIPE** - Yields 3 to 4 cups of fresh curds

### SUPPLIES:

1/8 tsp	Mesophilic starter culture (approx. 30 – 40 small flecks)
¼ tablet	Rennet (divide one tablet into quarters)
¼ cup (60 ml)	Non-chlorinated water (bottled or filtered)
½ tsp (2 ml)	Salt
4 L (1 gallon)	Your choice of whole, skim, 1%, 2% milk (store bought)

\*'water' - Remember, use non-chlorinated water. Use bottled or distilled water.

'stir' – You don't want to over stir because your rennet wants to start to form the curd.

'test' - Test it by pulling the curd away from the pot with the back of your hand and you should see the 'whey', the watery substance.

### EQUIPMENT:

1 Large Pot, Measuring Cups & Spoons, 1 Slotted Spoon, 1 Thermometer (range from 80°F to 120°F), 1 Large Colander, Cheese Cloth, 1 Cutting Board, 1 Knife, 1 Large Bowl, 1 Baking Sheet, 1 Timer

### INSTRUCTIONS: Steps 1 to 4

1. In a large pot, gently heat milk to 30°C (85°F). Remove from heat.
2. Sprinkle 1/8 tsp of mesophilic culture on the surface of the milk. Let float for 2 minutes as the culture absorbs the milk. Then stir gently for 1 minute. Cover pot and let sit for 1 hour at room temperature. Reseal and freeze the remaining mesophilic starter culture.
3. When 40 minutes have passed, prepare your rennet by dissolving ¼ rennet tablet in ¼ cup of non-chlorinated **water\***. Let sit for 20 minutes in water. Then add to milk solution that has now been sitting for 1 hour and **stir** rennet solution in milk solution for no more than 30 seconds. Cover for 1 hour. Curd will begin to form.
4. After an hour, **test** for a "clean break" in the newly formed curd. The curd should somewhat hold its shape when a knife cuts into it. If the curd is not holding its shape, let curd set for another 10 -20 minutes.



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## INSTRUCTIONS: Steps 5 to 8

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5. When the curd is ready, slowly heat curd to 38°C (100°F). Aim to raise the temperature by 2 degrees every 5 minutes (takes approx. 30 mins). The milk is fairly forgiving if you are slightly off on raising the temperature. As you heat the curd, periodically stir gently to form chunks of curd.
6. When the temperature reaches 38°C (100°F), hold it there for 30 minutes with occasional stirring.
7. Pour curd chunks into a cheesecloth lined colander with a bowl underneath to collect the liquid (whey). Drain the collected curd mass for 30 minutes. Reposition the curd a couple of times to drain off any visible whey.
8. Place the solid curd mass onto a cutting board. Cut the curd mass into 3/4 inch x 1/2 inch pieces.



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## INSTRUCTIONS: Steps 9 to 11

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9. Place the curd pieces in a large bowl surrounded by 2 inches of hot tap water in the sink. The warmth will cause more whey to be expelled from the curds. Periodically drain off excess whey and gently move the curds around to keep them from sticking together.
10. Add salt to the curds and mix well.
11. Disperse the curds onto a parchment lined baking tray. Refrigerate for 12-24 hours to allow the curd to set and dry.



# CONGRATULATIONS!

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