



Hey! What is whey?

Whey or **milk serum** is the liquid remaining after milk has been made into cheese and or yogurt. *Sweet whey* is manufactured during the making of rennet types of hard cheese like cheddar or gouda . *Acid whey* is obtained during the making of acid types of cheese such as our recipe of mozzarella.

Making Whey Ricotta:

We caution people that the yield of ricotta from the volume from one batch of quick mozzarella (i.e acid whey) would be tiny and probably is not worth the effort. Different recipes for mozzarella, the longer ones, the ones that use cultures and no citric acid, would produce more. It really would be best to use acid whey in some of ways in the list below.

Recipe: Take the whey and heat it to 200F degrees. Little specs of the albumen will start to precipitate out once it gets to around 200F. If this does not happen, add 1tsp or 2tps of citric acid dissolved in 1/2cup of water OR 1 - 2 Tbsp of vinegar. Once the albumen starts to separate, maintain the heat for a few minutes so it all has time to set up. Pour the cheese through a very fine cheese cloth (a tea towel will work too). It usually takes several hours, if not overnight, to drain completely.

Salt if you like, then use it however you like. **Yield: ? it could be anywhere from 1Tbsp to 1 cup** of finished ricotta from the whey produced by 4L of milk after mozzarella making. If you would like to make milk ricotta see our milk ricotta recipe.

Yay for whey! Other fun and healthy things to do with your whey:

(Warning most of these tips would be using a whey that has not been salted.)

- Soak oats & grains in it. Use it to boil rice and quinoa with it like a pilaf.
- Add it to a meat marinade, the enzymes in it help flavours get deep into the meat.
- To thin out gravies, sauces or dips like hummus
- Make stock, use it in place of water when boiling stock bones. You can also just put it in whole to make soup and stew.
- Your morning smoothie. Freeze ice cube trays with whey and pop a couple in your morning shake. It's like adding protein powder.
- Baking, use it to replace milk or water in recipes. Think of it as clear buttermilk.
- Ferment food. Use it to speed up fermentation in recipes like sauerkraut or kombucha etc.
- Give it to your pets/livestock as a healthy drink
- It makes a great mildew spray
- Pour it on soil where acid loving plants grow. Feed it to tomato plants, they love calcium. (Dilute it first with water 1:1)
- Skin care- some people use it as a skin wash, some drink it and say it clears up facial redness. You don't even have to drink it straight up, add some sparkling water or soda and a flavor syrup or honey- ginger would be a nice pairing with whey's tanginess.
- Cocktails- there are many drink recipes using whey alcoholic and non-alcoholic concoctions.

Whey to go! Please email us if you have any new and interesting ways to use your whey.