

Make CHEESE

FETA

Yields approximately .5 - 1 pound

SUPPLIES:

| | |
|-------------|---|
| 1/3 cup | Coarse Salt |
| ¼ tsp. | Calcium Chloride |
| 1/8 tsp. | Feta Culture (Choozit Feta B or Feta A) |
| ¼ tablet | Rennet (divide one tablet into quarters) |
| 1 gal (4 L) | Water (non-chlorinated) |
| 1 gal (4 L) | Milk (choice of: whole, skim, 1%, 2%, 3.25% or raw) |

To make 2 lbs of Feta

(Supplies remain the same, except milk)

SUPPLIES:

| | |
|----------------|-------------------------|
| 1/3 cup | Coarse Salt |
| ¼ tsp. | Calcium Chloride |
| 1/8 tsp. | Feta Culture |
| ¼ tablet | Rennet |
| 1 gal (4 L) | Water (non-chlorinated) |
| 8 L (1 gallon) | Milk |

EQUIPMENT: 1 large pot, 1 slotted spoon, 1 large knife, 1 thermometer, 2 yards – Cheese cloth, 1 or 2 cheese molds, 1 mesh draining mat, 1 brining container

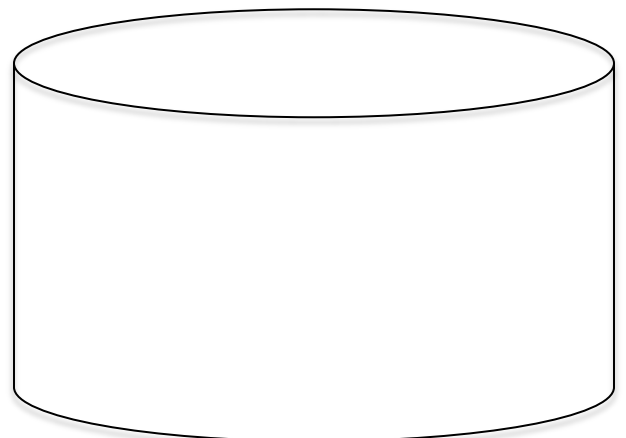
afadf

OPTION(S):

You can use goat's milk, cow's milk or sheep's milk.

When using goat or sheep milk, your yield will be higher.

Measuring culture can be difficult, you can use a 'pinch' of the culture to approximate a 1/8 tsp.



STEP 1: Adding Cultures and Calcium Chloride

Warm 4L (1 gal) of milk 93°F (33 °C) and stir in a pinch (1/8 tsp.) of Feta culture gently. Then mix ¼ tsp. of calcium chloride into ¼ cup of water. Add the calcium chloride mixture to the milk. Stir. Cover and keep milk at 93°F (33 °C) for 60 minutes while the culture ripens the milk.



WARM



STIR



COVER

‘Calcium Chloride’ – You will not need to use any calcium chloride is using unpasteurized milk.

‘Ripens’ – The ripening period is when the culture multiplies to create the flavor profile of the feta

‘Water’ – Chlorine gets in the way of cheese making. Try using distilled, bottled or you can boil tap water and let it cool to remove chlorine.

STEP 2: Prepare and Add the Rennet

Prepare rennet solution: Dissolve **1/4 tablet** in **¼ cup** cool non-chlorinated water. The rennet tablet will not fully dissolve and will remain a ‘grainy’ mixture.

Add the rennet and allowing milk to set: Add all of the rennet, making sure all it gets mixed in and doesn’t stay stuck inside the measuring cup. Stir gently into milk for 1 minute. After the rennet has been added, remove pot from heat source. Cover the pot and leave the milk to set for 1 hour at room temperature.

‘Tablet’ – Rennet tablets can be hard to cut. A sharp knife or pill cutters can be used.

‘Water’ – Remember, the water needs to be chlorine free water.

STEP 3:

Now cut the curd into 1/2 inch grid over a period of 5 minutes. For example, cut the length of the curd then wait 1 minute, then cut another cut. Make your knife cuts reach to the bottom of the pot. Then stir the curd for 20 minutes. After stirring let the curd sink and settle to the bottom of the pot for 5 minutes.



CUT



STIR



SETTLE



Make me.

STEP 4:

Prepare the mold(s) by sanitizing it with hot water then place on top of mesh draining mat.
Line the mold with clean cheese cloth.

Begin to transfer the curds to the mold(s) with a slotted spoon.

Once the curd has been transferred, pile the Cheese cloth on top of the cheese.

Allow the curds to drain overnight keeping them at room temperature.

Turn/Flip the mold(s) several times for the first 2 hours.

Depending on how you would like the final texture to be, you can add no weight or up to 1 pound of pressure. More pressure will make a closed/drier cheese.

By the next day (12 – 24 hours later) the cheese should be quite firm. If the cheese is still too moist, extend the draining time.

The curd mass can now be cut into smaller pieces (1/2 lb pieces) to facilitate salt absorption in brining.

STEP 5:

Sprinkle the cubes with 4 tablespoons of coarse flake salt. Store loosely covered for 4 – 5 days in the refrigerator. Turn several times a day to allow each piece to dry uniformly.

STEP 6:

If a stronger flavored feta is your goal, float the cheese in brine for 30 days or up to a year.



TRANSFER



LINE MOLD



WRAP & FLIP



PRESSURE



CUT

Prepare the brine: If you want a stronger flavored Feta

Add 1/3 cup of non-iodized, coarse salt to ½ gal (2L) of water.

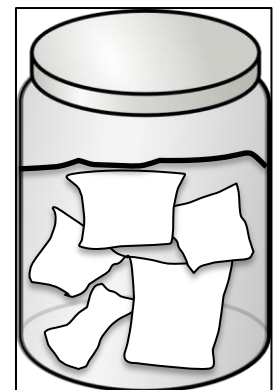
All of the salt will not dissolve.

Add ½ tsp of calcium chloride to the brine.

Keep the brine at 50 -52 F.

KEEP YOUR BRINE – it can be filtered, stored and reused for more batches of cheese.

EXAMPLE OF TOO MUCH AIR-SPACE. USE A SMALLER CONTAINER OR FILL UP WITH MORE WATER OR FETA



CONTAINER – Find a container that is not corrosive. Examples, glass or stainless steel

Make sure your container is the right size. If you have too much air space above the feta it will promote mould growth.