

ITALIAN CHEESE

MAKING KIT



Instructions

Plus Tips for Best Results



PopCultures.Co

PREPARATION



Store the rennet tablets in the freezer until ready to use them. We recommend using whole fat cow's milk, but you can substitute reduced fat milk, if you prefer.

CLEANING EQUIPMENT

To create a sterile environment, you'll want to make sure you thoroughly clean all of your equipment prior to first use.

MOZZARELLA CHEESE INSTRUCTIONS



Pop on over to the back cover to see a complete list of ingredients

PART-1 CURD FORMATION

- 1 Mix $\frac{3}{4}$ teaspoon of citric acid into $\frac{1}{4}$ cup of filtered water in a small bowl or cup. Reserve for later.

- 2** In a separate bowl, place $\frac{1}{4}$ of a rennet tablet in $\frac{1}{4}$ cup of filtered water. Mix until the tablet has dissolved. Reserve for later.
- 3** Pour $\frac{1}{2}$ gallon of whole milk into your saucepan, then add the mixture of citric acid. Stir to completely incorporate the citric acid mixture into the milk. Turn your heat on to medium-low and heat the milk until it is between 85-90°F. Stir periodically during this heating process to reduce the risk of the milk scorching the pan.
- 4** Once the milk is between 85-90°F, add in the mixture of rennet and water, and stir to combine for about 15 seconds. Then, remove the pan from the heat, and let it sit for about 10-15 minutes as the milk starts to firm.
- 5** After 10-15 minutes, check the firmness of the milk to determine if it is ready. Run a butter knife gently through it to confirm that it begins separating into curds. If it separates, then you are ready to move on. If the knife does not form a clear lasting line, let the milk sit for another 5-10 minutes before trying again.



- 6 Once the milk is firm enough, cut the curds into 1" cubes by first cutting front to back several times, then left to right, and lastly at a diagonal. Place the pan back onto the stove, and turn on the heat to medium-low. Heat until it reaches between 100-105°F, then begin gently stirring for 3-5 minutes. You will notice the curds separating and a large amount of whey forming.
- 7 Use your cheesecloth to line your cheese basket, then place the basket over a bowl or large pitcher where it will be able to drain. Carefully pour the curds along with the whey into the lined cheese basket. Allow the curds to drain and sit for about 10-15 minutes, before carefully pressing down to help remove any additional whey.

PART-2 STRETCHING AND FORMING

- 1 Transfer the strained whey back into your saucepan and turn the heat on high until it reaches 140°F, then turn off the heat.
- 2 Remove your curds from the basket and cheesecloth and form into a ball. Use your slotted spoon to gently lower the ball into the whey for about 3 minutes to bring it up to temperature. After 3 minutes, use your spoon to remove the curds and move to a separate bowl or work area.

- 3 Add 1 teaspoon of salt to the cheese curds and use your hands to mix the salt into the curds. **Tip: We recommend using gloves during this process.**
- 4 Begin working the ball by stretching and kneading until it becomes smooth and elastic. This part can be difficult, but remain patient, because the more you work it, the more firm it will become. If you are having trouble getting the ball to form or if the cheese isn't feeling pliable, carefully transfer it back into the heated whey for another couple of minutes before stretching and kneading more.
- 5 Once you have shaped your mozzarella cheese into a ball or whatever shape you choose, immediately transfer to a bowl of ice water to help it drop temperature and lock in the shape. After about 10 minutes in the ice water, you are ready to enjoy your mozzarella cheese, or transfer it to the refrigerator wrapped in plastic where it should keep for about a week.



RICOTTA CHEESE INSTRUCTIONS



1 Pour $\frac{1}{2}$ gallon of whole milk and $\frac{1}{4}$ cup of heavy cream (if desired) into your saucepan. Turn your heat on to medium-low and heat until it is between 185-190°F. Stir periodically during this heating process to reduce the risk of the milk scorching the pan.

2 Once the milk is between 185-190°F, turn off the heat and remove the pan. Add in 1 teaspoon of citric acid and stir to combine for about 15 seconds. Then, let it sit for about 15 minutes as the milk starts to firm, and separate into curds and whey.

Pop on
over to the back
cover to see a
complete list of
ingredients

- 3 After 15 minutes, use your cheesecloth to line your cheese basket, then place the basket over a bowl or large pitcher where it will be able to drain. Carefully pour the curds along with the whey into the lined cheese basket. Add $\frac{1}{2}$ teaspoon of salt over the curds, and carefully mix to evenly distribute. Allow the curds to drain and sit for about 20 minutes.
- 4 After about 20 minutes, check the firmness of your ricotta to confirm that it has drained enough for your liking. Once it has, you are ready to enjoy it! Enjoy right away, or cover and transfer to the refrigerator, where it should keep for about a week.



To watch an instructional video for this kit visit PopCultures.Co



INGREDIENTS



Vegetarian
Rennet Tablets

Pocket Thermometer

Cheese Cloth

Citric Acid

Sea Salt

Cheese Basket

YOU WILL NEED:

Whole Milk

Heavy Cream
(optional for Ricotta)

Filtered Water

Saucepan

Slotted Spoon,
rubber spatula, knife



Scan to
Watch
Pop Cultures
Instructional
videos!