

## Soft Curd Cottage Cheese

Makes approx. 2 cups cottage cheese

In modern day America we have become accustomed to the consistent soft curd and creamy texture of commercially produced cottage cheese. Added emulsifiers and stabilizers ensure commercial products are consistent. Even brands with just two or three ingredients listed may still be using stabilizers and additives. They're often simply included in smaller quantities that don't require disclosure on the label. In our home kitchens where we are using milk from one or two cows, that milk changes with the seasons and stage of lactation and we aren't using additives, we must have different expectations of our cottage cheese.

In this recipe I am intentional about creating a soft curd and a creamy texture for fresh eating cottage cheese. The best way to make soft curd cottage cheese is by naturally culturing (acidifying) raw milk. However, since many folks are not comfortable with naturally culturing raw milk and even more of us don't have the time to wait for our milk to naturally culture, I am using an acidifier in this recipe to speed it up and use a method that many people are more comfortable with.

In a heavy bottom stock pot over low heat, slowly warm

**1 gallon whole milk** (skim milk creates a rubbery curd) raw or pasteurized milk is ok, just not ultra pasteurized.

to 185°F.

the slow heating is one of the biggest keys to a soft curd.

Heating too rapidly causes the proteins to bind too rapidly and squeeze out excessive amounts of moisture.

### INGREDIENTS

1 gallon whole milk

½ -1 cup lemon juice or white vinegar

1 tsp. salt

½-1 cup cream

1-2 T. plain yogurt

Add:

**½ cup lemon juice or white vinegar**

Stir briefly to incorporate the lemon juice then let rest for 3-5 minutes. (if the curd hasn't separated, stir in another ¼ cup lemon juice)

Line a strainer with a cheese cloth and gently ladle the curds into the strainer. The more you handle the curds the tougher they will become.

While your curds are in the strainer rinse them with cold water to stop the cooking process. The longer your curds stay hot the tougher they will become.

After the curds are cooled down gently stir in:

**1 tsp. salt**

Then use a fresh cheesecloth and hang them to finish draining or put them in a cheese cloth lined strainer with something heavy on top (or a cheese press with light weight if you have one) I like to do this in the refrigerator to help the curds continue to cool.

After 2-3 hours the whey should be done dripping, and you can crumble your curds and add the cream sauce.

**Cream sauce**

Mix:

**½-1 cup cream**

**1 T. plain yogurt**

Gentle fold this into the curds, make and add more cream sauce if you prefer a creamier cottage cheese. (The yogurt helps the cream sauce coat the curds instead of soaking into the curds.)

Store In refrigerator for 7-10 days.

Use this to make Boursin style cheese.. [recipe link here](#)