

RICOTTA CHEESE

IT'S SO COOL TO BE CHEESY!

SUPPLIES:



1 cup heavy cream



4 cups whole milk



1/2 teaspoon salt



3 tablespoons lemon juice or
white vinegar



saucepan



strainer



large bowl



paper towels or cheesecloth

INSTRUCTIONS:

1. LINE IT!

Line a strainer with a couple layers of damp paper towels or cheesecloth, and set inside a large bowl.

2. HEAT IT!

In a saucepan, combine heavy cream, milk and salt. Bring to a boil over medium-high heat.

3. STRAIN IT!

Once boiling, shut off heat, and stir in the lemon juice or vinegar. Remove from heat, and let sit for 10 minutes. Put it in the strainer, and drain for 20 minutes. Enjoy!



Distributed by Maine Dairy & Nutrition Council,
courtesy of Dairy Council of Florida.



EXPLAIN IT!

RICOTTA IS MADE BY MIXING CREAM, MILK AND ACID TOGETHER. THIS MIXTURE IS THEN HEATED TO VERY HIGH TEMPERATURES. THE COMBINATION OF HEAT AND ACID CAUSE THE PROTEINS IN THE WHEY MIXTURE TO COAGULATE. THE HIGH HEAT CAUSES THE PROTEIN TO UNFOLD, STICK TO EACH OTHER AND STICK TO ANY CASEIN THAT MIGHT BE PRESENT. THE ACID THAT IS ADDED CAUSES FURTHER PROTEIN TO UNFOLD AS WELL AS THE CASEINS TO BEGIN TO COAGULATE. THESE PROCESSES CREATE THE SOFT MIXTURE WE KNOW AS RICOTTA.

1. WHAT ARE THE MAIN PROTEINS IN MILK?

- A. CASEIN**
- B. WHEY**
- C. BOTH A & B**

2. WHAT MAKES THE CHEESE CURD CLUMP TOGETHER?

- A. HEAT ONLY**
- B. ACID ONLY**
- C. BOTH A & B**

3. TRUE OR FALSE: THE CHEESE CURD IS THE CASEIN. THE LIQUID LEFT BEHIND IS THE WHEY.

Answers: 1. C, 2. C, 3. True