

HOW TO MAKE RICOTTA CHEESE

Prep: 5 Min Cook: 10 Min Total: 35 Min

INGREDIENTS and MATERIALS

1 C heavy cream
4 C whole milk
½ tsp salt
2 T white vinegar or
lemon juice

Saucepan
Strainer
Large bowl
Paper towels or
cheesecloth

DIRECTIONS

1

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



2

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

3

Once boiling, shut off heat, and stir in the vinegar or lemon juice. Let sit for 2 minutes. Put it in the strainer, and drain for 20 minutes.

FOR ADDITIONAL RESOURCES, VISIT:



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SCIENCE BREAK

Cheesy Chemistry

What are the main proteins in milk?



- A. Casein
- B. Whey
- C. Both A & B

What makes the cheese curd clump together?

- A. Heat only
- B. Acid only
- C. Both A & B

TRUE or FALSE?

The cheese curd is the casein.
The liquid left behind is the whey.

Did You Know?

Whey is full of healthy bacteria called probiotics! Save it, and add to smoothies.



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