

# HOW TO MAKE CHEESE & COTTAGE CHEESE

PREP TIME: 10 MINS, TOTAL TIME: 60 MINS.  
MAKES ABOUT 10 OUNCES OR 2 CUPS OF CHEESE CUBES

Ingredients:  
1/2 gallon whole milk  
1/4 cup lemon juice or vinegar  
1/4 to 1/2 teaspoon salt

Equipment:  
4-quart saucepan  
Strainer or colander  
Mixing bowl  
Large coffee filters

## DIRECTIONS

### STEP 1

Heat the milk, and pour the milk into the saucepan over medium heat. Bring the milk to a bare simmer – just below the boil at around 200°F.



### STEP 2

Remove the milk from heat, and stir in the lemon juice or vinegar. The milk should begin to curdle immediately.

### STEP 3

Cover the milk, and let stand for 10 minutes to give the acid time to completely separate the curds and whey. Set a strainer or colander over a mixing bowl, line it with a coffee filter and strain the curds.



### STEP 4

Squeeze the curds with the coffee filter in your hand, and gently press to remove the excess liquid (whey). Shape into a square, and fold the coffee filter tightly around the curds to form a neat rectangular package. Press the curds together.

### FOR COTTAGE CHEESE....

1. Follow first 3 steps.
2. Strain the curds from the whey.
3. After strained, do not squeeze (just spoon) into a container, and refrigerate.



FOR ADDITIONAL RESOURCES VISIT

[www.floridamilk.com](http://www.floridamilk.com)

# SCIENCE BREAK: LIQUID TO SOLID

As the milk is heating up, do you notice small bubbles and milk foam?  
a) Yes  
b) No



Is milk important when making cheese?  
a) Yes  
b) No



After milk is heated and vinegar added, what does the milk separate into?  
a) White Solid Curds  
b) Clear Liquid  
c) White Solid Curds and Clear Liquid

How did the solid curds feel when squeezing out the liquid?  
a) Hard  
b) Soft



How did it feel once all the liquid was removed?  
a) Hard  
b) Soft

Which one of these products below is made like cheese and has calcium and protein like milk?  
a) Goat cheese  
b) Cottage cheese



**DAIRY COUNCIL  
OF FLORIDA**