



**SANDY LEAF**  
— farm —

# CHEESE MAKING RECIPE BOOK

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Includes recipes for Ricotta, Burrata,  
Mozzarella, Creamy Goat Cheese and  
Mascarpone



# SAY CHEESE!

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Five delicious cheeses, with obsessively tested and easy to follow recipes.



At Sandy Leaf Farm, we want making your own amazing food and drinks at home to be easy and enjoyable. We've written this guidebook to allow you to make delicious homemade cheese, as well as to understand a little about the process of cheesemaking. We've been putting together cheese kits since 2011 and have sold tens of thousands to countless happy customers.

We hope you enjoy making your cheese as much as we enjoyed developing the recipes. If you ever need any help, we're just a message away via our help centre on our website.



## LET'S GET STARTED

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This cheesemaking kit contains all the essential ingredients you need to make homemade cheese in less than an hour. Just add regular store-bought milk and you'll be on your way in no time.

We recommend beginning with ricotta or mozzarella, as they're the simplest recipes to start with. Mascarpone is also really straightforward and produces a deliciously creamy cheese. The burrata recipe is a little trickier, but the creamy centre you end up with is well worth the effort. The goat cheese recipe is the one where most people slip up, as the curds in goat milk will be much smaller than those in cow's milk cheeses. We recommend having patience, and if your cheese isn't forming, check out the hints and tips section of this booklet or get in touch with us directly via our help centre.

## EQUIPMENT NEEDED

**Large pan** – You should make your cheese in a non-reactive pan. This means a pan made from stainless steel or tin, not aluminium, cast iron, or unlined copper.

**Thermometer** – The recipes require the use of a kitchen thermometer. We don't include one in the kit, as we assume most people already have one in their kitchen. If you don't, an instant-read digital probe thermometer or a glass kitchen thermometer are the best types to use.

**Cheese cloth** – The kit contains a raw, unbleached cotton cheese cloth. Rinse with warm water before first use to remove any loose fibres. Hand wash and leave to air dry after each use.

**Microwave** – The mozzarella recipe involves using a microwave, which is the easiest and simplest way to make the cheese. If you don't have a microwave, there is a section at the end of the recipe with an alternative method, but it is a little trickier. The burrata recipe also requires a microwave, and we have not included an alternative method as it is difficult to use hot water alone.

## WHAT MILK TO USE?

When making mozzarella, ricotta, or burrata, we recommend using whole pasteurised store-bought milk. When making chèvre, you should use fresh store-bought goat milk. You should not use ultra-high temperature (UHT) milk, ultra-pasteurised milk (which is common in the USA), milk alternatives (such as soya or other nut milks), or powdered milk.



# RICOTTA

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Ricotta is a fantastic cheese to get started with as the recipe is really easy to follow. The end result tastes absolutely delicious and makes a great pizza filling or is great just spread on toast with a little crushed pepper and a few flakes of maldon salt.

Traditionally ricotta, which literally means “recooked” is made with the whey left over from making another cheese. Our recipe uses fresh milk instead as it’s a bit easier and gives you a larger yield. The end result is quite similar to a cottage cheese, but a bit lighter and quite a bit more delicious.

## YOU WILL NEED

- 4l (1 gal) fresh milk
- Large saucepan
- 1 tsp citric acid
- Slotted spoon
- ½ tsp cheese salt
- Colander
- Thermometer
- Cheese cloth

## METHOD

1. Measure out 125ml (½ cup) of water and stir in 1 tsp citric acid until dissolved.
2. Pour the milk into the saucepan and stir in the citric acid solution. Stir briskly for 5-10 seconds and add in ½ tsp of salt.
3. Set the saucepan over a low heat, stir gently and warm to 76°C (169°F). At this stage, curds should be starting to form. If after 2-3 minutes nothing happens, repeat step 1 and add more citric acid solution a little at a time.
4. As the curds begin to form, they will rise to the top of the saucepan. Using a slotted spoon, gently move these away from the sides of the saucepan to ensure they do not burn. Once the curds have consolidated together, remove the pan from the heat, cover and leave to rest for 10-15 minutes.
5. Using a slotted spoon, ladle the curds into a cheese cloth lined colander and drain. For a fresh, light Ricotta, drain it for a short while (until the free whey drainage slows). For a rich, dense and buttery texture, drain it for 2-3 hours.
6. Place in the refrigerator and consume within 3 days.



# MASCARPONE

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The method for making mascarpone is very similar to ricotta, only we're using cream instead of milk. The curds are much smaller than in ricotta so you will end up with a deliciously creamy cheese that's perfect in sweet deserts.

Make sure to buy real double cream (heavy cream or whipping cream if you're in the USA) and not an artificially thickened substitute like Elmlea. As with the milk in all the recipes, the cream can't have been Ultra Heat Treated.

## YOU WILL NEED

- 1L (2 pints) fresh double cream
- Large saucepan
- 1 tsp citric acid
- Ladle
- ½ tsp cheese salt
- Colander
- Thermometer
- Cheese cloth

## METHOD

1. Measure out 125ml (½ cup) of water and stir in 1 tsp citric acid until dissolved.
2. Pour the cream into a saucepan and stir in the citric acid solution. Stir briskly for 5-10 seconds and add in ½ tsp of salt.
3. Set the saucepan over a low heat, stir gently and warm to 85°C (185°F). At this stage, curds should be starting to form, but they will be very small so they may not be that noticeable.
4. Remove the saucepan from the heat, cover and leave to rest for 10-15 minutes.
5. Ladle the curds into a cheese cloth lined colander and leave to drain. The cheese may take quite a long time to drain, so you may be best to place the curds in a cheese cloth lined colander or sieve with a bowl underneath and leave it to drain in the refrigerator overnight. You may only end up with a couple of tablespoons of whey, but that's enough to leave the cheese deliciously creamy.
6. Place in the refrigerator and consume within 3 days.



# MOZZARELLA

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Mozzarella is our favourite type of cheese to make, the end process of stretching the curds to magically transform them into silky mozzarella is quite magical. You should bear in mind that your home made mozzarella won't melt as easy as the mozzarella you buy in a supermarket, but it's still pretty delicious on a pizza.

**If you have any problems making your mozzarella please visit our help center for additional support articles.**

## YOU WILL NEED

- 4l (1 gal) fresh whole milk
- Large saucepan
- 1 ½ tsp citric acid
- Colander and ladle
- ½ sachet rennet
- 50ml cool, dechlorinated water (for the rennet, see hints & tips)
- Knife
- Thermometer
- 1 tsp cheese salt
- Microwave- safe bowl
- Rubber gloves (optional)
- Pipette
- 250ml dechlorinated water (for the citric acid, see hints & tips)

## METHOD

1. Measure 250ml of dechlorinated water and stir in 1½ tsp citric acid until fully dissolved. Set aside.
2. Pour the milk into a large saucepan and stir in the citric acid solution. Heat gently, stirring slowly, until the milk reaches 38°C (100°F).
3. In a small container, dissolve ½ sachet of powdered rennet in 50ml of cool, dechlorinated water, stirring gently until fully dissolved.
4. Using the pipette, add 4ml of the diluted rennet solution to the milk. Stir gently using an up-and-down motion for 30 seconds.
5. Remove the saucepan from the heat, cover, and leave to rest for 10 minutes, or until the milk has set and has the texture of soft-set jelly.
6. Cut the curd into a grid pattern, making sure to cut all the way to the bottom of the pan.
7. Return the saucepan to a medium heat and slowly warm to 41°C (106°F), stirring very gently. The curds will begin to clump together and separate from the whey.

8. Remove from the heat and continue stirring gently for 5 minutes.
9. Scoop the curds into a cheesecloth-lined colander, then transfer them to a microwave-safe bowl. Reserve the whey if you plan to store the mozzarella later.
10. Microwave the curds for 1 minute. Drain off any excess whey, then fold the curds over themselves several times.
11. Continue microwaving in 30-second bursts, draining whey as needed, until the curds reach 57°C (135°F). Be careful, as the curds will become very hot.
12. Sprinkle 1tsp cheese salt over the curds. Stretch and fold repeatedly until the mozzarella becomes smooth, glossy, and elastic. Rubber gloves can be helpful at this stage.
13. Shape the mozzarella as desired — one large ball, two smaller balls, or several bite-sized pieces.
14. Serve immediately, or store in the refrigerator for up to 1 week. To store, dissolve 1 tsp salt in 250ml cool whey, pour over the mozzarella, cover, and refrigerate.

To make mozzarella without a microwave, just follow the steps above until step 7 then move onto the instructions below.

1. Fill another pot with water and heat it to 80°C (175°F).
2. Using a ladle, scoop the curds into a cheesecloth lined colander. Put the remaining whey to one side, you'll need this if you wish to store the Mozzarella in your refrigerator.
3. Remove the pot from the heat and slowly place the curds into the hot water. Work the curds using a spoon to press and fold them together in the hot water so they heat evenly.
4. As the curds begin to melt together pull them from the hot water and begin kneading. If the curds won't stretch, check and adjust your water temperature and re-heat the curds. The curds will be very hot as they are stretched, so you will need to use thick rubber gloves or a spoon to stretch them.
5. As you stretch the curds they will turn from lumpy to smooth. If it cools too much you may notice it tearing, in which case it should be placed back in the hot water to reheat.
6. Sprinkle 1 tsp of cheese salt over the curds. Stretch and fold the curds repeatedly until they start to become a single firm ball and take on a glossy sheen.
7. Continue on to steps 13 and 14 above.



# BURRATA

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We're obsessed with burrata, which is amazing to enjoy with a generous amount of good-quality olive oil and a pinch of Maldon salt. If you're not familiar with it, burrata is essentially mozzarella stuffed with a mixture of double cream and cheese curds. The technique of making the little parcels takes a bit of practice, but we promise it's worth the effort.

## YOU WILL NEED

- 4l (1 gal) fresh milk
- Large saucepan
- 1 ½ tsp citric acid
- Colander and ladle
- 50ml cool, dechlorinated water (for the rennet, see hints & tips)
- ½ sachet rennet
- Thermometer
- 1tsp cheese salt
- Microwave-safe bowl
- Pipette
- 250ml dechlorinated water (for the citric acid, see hints & tips)
- 4 tbsp double cream
- Rubber gloves (optional)
- Bowl of salted iced water
- Knife

## METHOD

1. Measure 250ml of dechlorinated water and stir in 1½ tsp citric acid until fully dissolved. Set aside.
2. Pour the milk into a large saucepan and stir in the citric acid solution. Heat gently, stirring slowly, until the milk reaches 38°C (100°F).
3. In a small container, dissolve ½ sachet of powdered rennet in 50ml of cool, dechlorinated water, stirring gently until fully dissolved.
4. Using the pipette, add 4ml of the diluted rennet solution to the milk. Stir gently using an up-and-down motion for 30 seconds.
5. Remove the saucepan from the heat, cover, and leave to rest for 10 minutes, or until the milk has set and has the texture of soft-set jelly.
6. Cut the curd into a grid pattern, making sure to cut all the way to the bottom of the pan.
7. Return the saucepan to a medium heat and slowly warm to 41°C (106°F), stirring very gently. The curds will begin to clump together and separate from the whey.

8. Remove from the heat and continue stirring gently for 5 minutes.
9. Scoop the curds into a cheesecloth-lined colander, then transfer them to a microwave-safe bowl. Reserve the whey in the saucepan, as you will need it later.
10. Microwave the curds for 1 minute. Drain off any excess whey and fold the curds over themselves a few times.
11. For the filling, remove 25% of the curds and tear them into small pieces by hand. Place in a bowl, fold in 4 tbsp double cream, and add salt to taste. Refrigerate until needed.
12. Microwave the remaining curds in 15–30 second bursts, warming them to 57°C (135°F).
13. Sprinkle 1 tsp cheese salt over the curds. Stretch and fold repeatedly until smooth, glossy, and elastic.
14. Divide the curds into 3 equal balls and stretch each one into a disc approximately 15 cm (6 inches) wide.
15. Place each disc into a small bowl, spoon ⅓ of the filling into the centre, then gather and pinch the edges together to seal. If needed, tie gently with baker's twine.
16. Dip the sealed top of each burrata briefly into the hot whey to seal, then place into the salted iced water until firm.
17. Serve immediately.





# GOAT CHEESE

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Creamy goat cheese is quite a different type of cheese from the other recipes in this booklet. The curds are far smaller, so you may not see them form in the pan. It is these small curds that give the cheese its uniquely creamy texture.

## YOU WILL NEED

- 2L (½ gal) fresh goat milk
- Large saucepan
- 1 ½ tsp citric acid
- ½ tsp cheese salt
- Thermometer
- Colander
- Cheese cloth

## METHOD

1. Measure out 125ml (½ cup) of water and stir in 1 ½ tsp citric acid until dissolved.
2. Pour the milk into the saucepan and stir in the citric acid solution. Set the saucepan over a medium heat, stir gently and warm to 85°C (185°F). Do not allow the milk to boil.
3. Remove the saucepan from the heat, cover and leave it to rest for 10-15 minutes.
4. Pour the milk into a cheese cloth lined colander and leave to drain over a bowl or pot. This process can take up to 1 hour to complete, so if nothing happens quickly, don't panic! If no curds are left in the cloth, simply dissolve another half teaspoon of citric acid in 60ml (¼ cup) water and add to the milk then repeat step 2 to 4.
5. Sprinkle ½ tsp of cheese salt over the curds. At this stage you can also add in other flavourings such as herbs or chillies - don't be afraid to experiment.
6. To shape into a log, place the cheese cloth onto a flat surface and shape the curds into a line along the centre. Roll the cheese cloth into a sausage shape, being careful when removing the cloth from the log. Sprinkle with herbs, black pepper or chilli flakes to finish.
7. As the cheese has been salted, it will last for one week in the refrigerator.



## HINTS & TIPS

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If you wish to make a smaller amount of cheese, simply scale down the quantity of ingredients and reduce microwave timings.

If you have made cheese from cow milk before, and are surprised at the lack of coagulation in the goat cheese, don't panic! The curds in goat milk are far smaller so may not be even visible, but they will still be left in the cheese cloth. If the curds are very slow to drain through the cheese cloth it's not a problem, just give them time or leave for a few hours or overnight in the fridge suspended above a bowl.

The rennet in this kit is vegetarian. It is a coagulating agent and forms thick curds. Rennet begins working from 30-50°C (85-105°F), and will stop working if heated above 60°C (140°F). Opened packets of rennet should be stored in the fridge between batches.

### **Dechlorinated water:**

In some areas chlorine is added to the water, which while perfectly safe to drink, can inhibit the action of the yeast. You can either boil a pot of water for 15-20 minutes and allow it to cool, or you can use bottled water.



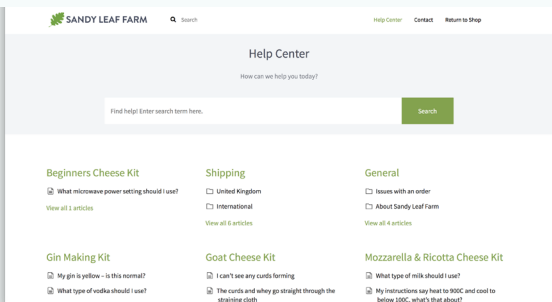
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## NEED SOME HELP?

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We have recipe ideas, answers to commonly asked questions, and much more on our brand new help centre at

[WWW.SANDYLEAFFARM.COM](http://WWW.SANDYLEAFFARM.COM)



## SHARE YOUR CHEESE

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