

cheese

of the world

making kit



INSTRUCTION BOOKLET

say cheese!

Ten delicious cheeses with obsessively tested
and easy to follow recipes.



chèvre



mascarpone



cottage
cheese



cheese
curds



ricotta



queso
blanco



mozzarella



paneer



halloumi



burrata

At Sandy Leaf Farm we want making your own amazing food and drinks at home to be easy and enjoyable. We've written this guide book to allow you to make delicious home made cheese as well as to understand a little about the process of cheese making. 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 center on our website.

let's get started

This cheese making kit contains all the essential ingredients you need to make home made cheese in only a few hours. Just add regular store bought milk and you'll be on your way in no time.

We've structured the recipe book so it goes roughly from the easiest to the most complex and builds up your skills as you progress. Ricotta is a great place to start, and the chevre recipe is probably one of the last to tackle.

contents

Cheese Making 101	4
Pressing	7
Hints & Tips	8
Ricotta	10
Mascarpone	12
Mozzarella	14
Queso Blanco	17
Cottage Cheese	19
Paneer	21
Burrata	23
Halloumi	26
Cheese Curds	28
Chèvre	30

cheese making 101

Cheeses have been made across the world for thousands of years. They have allowed fresh milk to be preserved and used when fresh produce is scarce. The cheeses made using this kit are all fresh cheeses, as they are not aged. Aged cheeses, such as cheddar, are much more complex to make and often require specialist equipment to mature the cheeses.

We aim for this kit to be an introduction to cheese making. Once you have mastered all the recipes, and if you find cheese making as enthralling as we do, then you might want to look into making aged or cultured cheeses.

There are three active ingredients included in the kit that, when used in combination, transform normal milk into delicious fresh cheese:

Rennet - 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.

Citric acid - This acid splits the milk into curds (the white solids) and whey (the yellow liquid). If you were using a starter culture, the acid would be formed naturally, as lactose is transformed into lactic acid. Compared to rennet, the curds produced by citric acid are much smaller and more solid.

Cheese salt - The kit contains Himalayan pink salt, which is perfect for cheese making and is packed with natural minerals. The salt has two jobs. The first is to improve the taste of the cheese. The second is to extend its shelf life, which would be just closer to 2-3 days if no salt was used.

dechlorinated water

In some areas, chlorine is added to the water. While perfectly safe to drink, it 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.

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** aluminum, cast iron, or unlined copper.

Cheese moulds - The little cheese moulds included in the kit are really useful for forming your finished cheese into more presentable shapes. One recipe (queso blanco) also uses the moulds to press the cheese, by placing tin cans as weights on top.

Thermometer - The kit contains a thermometer, which is a very accurate way to measure the temperature of your milk. Submerge the thermometer into the centre to get the most accurate reading, but be sure not to touch the bottom or side of the pan. The thermometer is in Celsius, but don't worry if you are only familiar with Fahrenheit. The temperatures in all the recipes are in both Celsius and Fahrenheit.

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 recipe on the next page with an alternative method, but it is also a bit trickier. The burrata recipe also requires a microwave, but we have not included an alternative as it's tricky to use just the hot water.

Measuring Scoop - The kit includes a ½ teaspoon scoop to help you add just the right amount of ingredients like citric acid and cheese salt. It's a small but useful tool, especially if you don't already have measuring spoons at home.

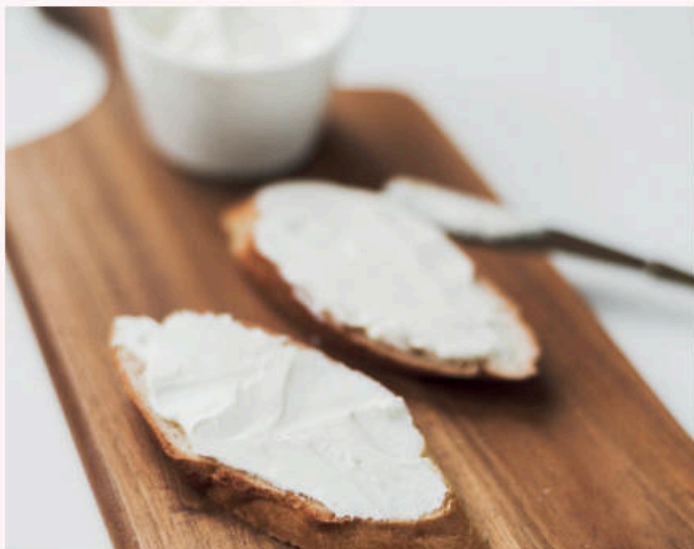
what milk to buy

We would 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-pasteurized milk (which is common in the USA), milk alternatives (such as soya or other nut milks), or powdered milks.

using your whey

The whey left over from cheese making is not only tasty, it's also pretty healthy too. You should always read to the end of the recipe to see if it's needed later before using it for anything else or discarding it. Bear in mind when considering how to use your whey that the recipes with citric acid will produce a whey which is slightly acidic. Here are a few of our favourite uses for it:

- It makes a great nutritional addition to smoothies
- Use in place of water in baking
- Use it as the cooking water for rice, couscous, potatoes, or grains



pressing

There are many factors which affect length of time that cheese needs to be pressed for, such as the original moisture content of the curds, humidity and temperature of the environment, and the texture you're aiming for. Because of that we recommend keeping an eye on the firmness of your cheese as it presses and adjusting the times if necessary.

you will need

- Two chopping boards
- Baking tray or tea towel
- Weights adding up to 1kg (two tin cans)
- Weights adding up to 4kg (we used a heavy mortar and pestle and a couple of tin cans in our testing)

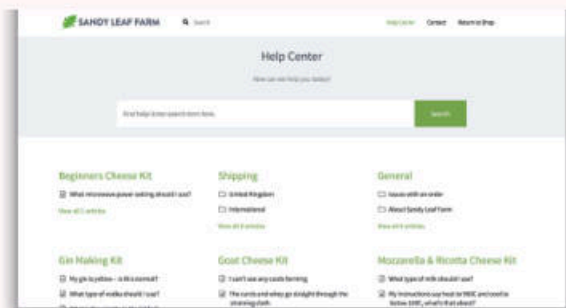
method

1. Place a chopping board onto a baking tray or tea towel, so that any whey which is pressed out doesn't spill onto your counter.
2. Place the unfolded cheese cloth over the chopping board. (If you have been using the cheese cloth, wash it and squeeze out as much water as you can.)
3. Place the curds onto the cheese cloth and arrange into a rectangle.
4. Fold each side of the cheese cloth over the curds so you're left with a neatly wrapped parcel.
5. Place the second chopping board on top and add 1kg of weights on top. Leave to press for 30 minutes.
6. After 30 minutes, remove the 1kg weights. Pour away any whey and add the 4kg weights. Leave for a further 30 minutes.

hints & tips

- If you wish to make a smaller amount of cheese, simply scale down the quantity of ingredients and reduce any microwave timings.
- If you have made cheese from cow milk before and you're 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.

need some help?



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

www.sandyleaffarm.com





ricotta

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 saucepan 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. To make your cheese more presentable, press it into the cheese moulds included in the kit and turn out onto a plate.
7. Place in the refrigerator and consume within 3 days.





mascarpone

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 desserts.

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 shouldn't be 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

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 gallon) fresh whole milk
- Large saucepan
- 1 ½ tsp citric acid
- Colander and ladle
- ½ sachet rennet
- Thermometer
- 50ml cool, dechlorinated water (for the rennet, see cheese making 101)
- Knife
- 1 tsp cheese salt
- Microwave-safe bowl
- Rubber gloves (optional)
- Pipette
- 250ml, dechlorinated water (for the citric acid, see cheese making 101)

method

1. Measure 250 ml of dechlorinated water and stir in 1 ½ tsp citric acid until fully dissolved. Set aside.
2. Pour the milk into the saucepan and stir in the citric acid solution. Set over a medium heat, stirring gently, and warm to 38°C (100°F).
3. In a small container, dissolve ½ sachet of powdered rennet in 50 ml of cool, dechlorinated water, stirring gently until fully dissolved.

4. Using the graduated pipette, add 4 ml 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. Set the remaining whey aside if you wish to store the mozzarella later.
10. Microwave the curds for 1 minute. Drain off any excess whey and 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 be very hot.
12. Sprinkle 1 tsp 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 bocconcini.
14. Serve immediately, or store in the refrigerator for up to 1 week. To store, dissolve 1 tsp salt in 250 ml cool whey, pour over the mozzarella, cover, and refrigerate.



mozzarella

(no microwave)

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 onto steps 11 and 12 above.



queso blanco

Queso blanco, literally meaning 'white cheese' in Spanish, is widely used in Mexican and South American cooking. It adds texture and creaminess to dishes. It also doesn't melt when heated, so it works amazingly when used to top hot dishes. Rather than melting, it just becomes soft and doesn't lose its shape. It's best when eaten straight away.

you will need

- 2L (½ gal) fresh milk
- Large saucepan
- 1 tsp citric acid
- Slotted spoon
- ½ tsp cheese salt
- Colander
- Thermometer
- Cheese cloth
- Two full tins (e.g. baked beans), with the bases wrapped in cling film

method

1. Measure out 125ml (½ cup) of water and stir in 1 tsp citric acid until dissolved.
2. Pour 2L of milk into a large saucepan and place on a medium heat, allowing the milk to heat slowly (you don't want it to burn). Stir frequently to stop the bottom from catching and use the thermometer to regularly check the temperature of the milk. Once the milk reaches 88°C (190°F), remove from the heat.
3. Stir the milk and at the same time slowly pour in the citric acid solution. Continue to stir for 1 minute, until the curds begin to separate from the whey.

4. Line a colander with cheese cloth and pour the curds into it, keeping a pan below to collect the whey. Wait for five minutes for the majority of the whey to drain through. Gather the corners and edges of the cloth to make a draining bag and gently squeeze from the top, until it is just occasionally dripping out. Be careful while squeezing as the curds will still be hot.
5. Pour the cheese into a small bowl, add the salt, and stir. Wash the cheese cloth and squeeze out as much water as you can.
6. Fold the cheese cloth and lay it on a plate. Pour the curds into the cheese moulds included in the kit and place them on top of the cheese cloth. Put a tin into each mould and leave to drain until the cheese has reached the consistency you prefer.
7. Enjoy your cheese immediately or store in the refrigerator up to 7 days.





cottage cheese

Cottage cheese is a fresh curd cheese, with a texture that's a lot wetter than the other fresh cheeses made using this kit. It makes a great addition to sandwiches, crackers, canapés, or anywhere you would typically use cream cheese. In order to maintain the moist texture of the cheese, you should be careful not to let it drain for too long.

you will need

- 2L (½ gal) fresh milk
- Large saucepan
- ½ sachet rennet
- Pipette
- Slotted spoon
- Colander
- 50ml dechlorinated water (see cheese making 101)
- ½ tsp cheese salt
- Thermometer
- Cheese cloth
- Knife

method

1. In a small container, dissolve ½ sachet of powdered rennet in 50 ml of cool, dechlorinated water, stirring gently until fully dissolved.
2. Pour the milk into a large saucepan and place over a medium heat. Warm the milk slowly to 38°C (100°F), then remove from the heat.
3. Using the graduated pipette, add 2 ml of the diluted rennet solution to the milk. Stir gently for 30 seconds.
4. Cover the saucepan and leave to rest for 10 minutes, or until the milk has set. It should look and feel like soft silken tofu. If it is still liquid, cover and leave to rest for a further 5–10 minutes.
5. Once the milk has set, cut the curd into a uniform grid pattern, making sure to cut all the way to the bottom of the pan.

6. Line a colander with cheese cloth and use a slotted spoon to gently scoop the curds into the cloth in as large pieces as possible. Leave to drain for 1 hour.
7. Transfer the curds to a small bowl, pouring away any excess whey as you go. Add $\frac{1}{2}$ tsp cheese salt and stir gently.
8. Enjoy immediately, or transfer to an airtight container and store in the refrigerator for up to 1 week. The flavour will become tangier over time.





paneer

Paneer is an Indian cheese which forms the basis of amazing dishes like Saag Paneer (paneer with spinach) and Matar Paneer (with peas and tomato). It also is a great addition to veggie burgers as it adds richness and helps to bind the other ingredients together. It is a simple and rewarding cheese to make, and is quite similar to ricotta.

you will need

- 2L (½ 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 2L of milk into a large saucepan and place on a medium heat, allowing the milk to heat slowly (you don't want it to burn). Stir frequently to stop the bottom from catching and use the thermometer to regularly check the temperature of the milk. Once the milk reaches 85°C (185°F), remove from the heat.
3. Stir the milk and at the same time, slowly pour in the citric acid solution. Continue to stir for 1 minute. At this stage, curds should be starting to form and separate from the whey.
4. Allow the curds to cool for 30 minutes.

5. Line a colander with cheese cloth and pour the curds through, collecting the whey in a pan below. Leave to drain for 5 minutes. Gather the edges of the cloth to make a draining bag and gently squeeze from the top until it is just occasionally dripping out.
6. Press the cheese for 1 hour, following the instructions on page 7.
7. Cut into 1 inch (2.5cm) cubes and sprinkle the salt over.
8. You can now cook with your cheese right away. It can be stored in an airtight container in the fridge, where it will keep for three days. You can also freeze it in an airtight container. Defrost thoroughly before use.





burrata

We're obsessed with burrata, which is amazing enjoyed with a generous drizzle of good-quality olive oil and a pinch of Maldon salt. Burrata is essentially mozzarella filled with a rich mixture of cream and soft curds. Shaping the little parcels takes a bit of practice, but the creamy centre makes the effort well worth it.

you will need

- 4L (1 gal) fresh milk
- Large saucepan
- ½ sachet rennet
- Colander and ladle
- 1½ tsp citric acid
- Pipette
- Thermometer
- 1tsp cheese salt
- 4 tbsp double cream
- 250ml, dechlorinated water (for the citric acid, see cheese making 101)
- Rubber gloves (optional)
- Bowl of salted iced water
- Knife
- 50ml cool, dechlorinated water (for the rennet; see cheese making 101)
- Microwave-safe bowl

method

1. Measure 250 ml 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. Set over a medium heat, stirring gently, and warm to 38°C (100°F).

3. In a small container, dissolve $\frac{1}{2}$ sachet of powdered rennet in 50 ml of cool, dechlorinated water, stirring gently until fully dissolved.
4. Using the graduated pipette, add 4 ml 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. Keep the remaining whey in the saucepan, as you will need it later.
10. To make 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.
11. Microwave the remaining curds in 15–30 second bursts, warming them to 57°C (135°F).
12. Sprinkle 1 tsp cheese salt over the curds. Stretch and fold repeatedly until smooth, glossy, and elastic. Rubber gloves can be helpful at this stage.
13. Divide the curds into 3 equal balls and stretch each one into discs approximately 15 cm (6 inches) wide.
14. Place each disc into a small bowl and spoon $\frac{1}{3}$ of the filling into the centre. Gather the edges and pinch together to seal. If needed, tie gently with baker's twine.

15. Dip the sealed top of each burrata briefly into the hot whey to seal, then place into the salted iced water until firm.
16. Serve immediately.





halloumi

There is nothing more satisfying than making your own deliciously salty halloumi at home. It's amazing in burgers, fried, or grilled. At the end of the recipe, you can optionally add dried mint or other herbs and spices to give the finished cheese an extra dimension. The cheese can be eaten as soon as it has cooled through, but it's best if left for 24 hours in the fridge.

you will need

- 4L (1 gal) fresh milk
- Large saucepan
- ½ sachet rennet
- Pipette
- Slotted spoon
- 1 tsp cheese salt
- Colander
- Thermometer
- Cheese cloth
- Long knife for cutting the curds
- 50ml dechlorinated water (see cheese making 101)

method

1. In a small container, dissolve ½ sachet of powdered rennet in 50 ml of cool, dechlorinated water, stirring gently until fully dissolved.
2. Pour the milk into a large saucepan and heat over a medium heat, stirring regularly, until it reaches 38°C (100°F).
3. Remove the saucepan from the heat. Using the graduated pipette, add 4 ml of the diluted rennet solution to the milk. Stir gently for 30 seconds.
4. Cover the saucepan and leave to rest for 40 minutes, or until the milk has set into a firm, jelly-like consistency.

5. Once set, cut the curd into a uniform grid pattern, making sure to cut all the way to the bottom of the pan.
6. Return the saucepan to a low heat and slowly warm the curds to 40°C (104°F), stirring very gently to avoid breaking them up too much.
7. Line a colander with cheese cloth and place a pan underneath to collect the whey. Use a slotted spoon to transfer the curds into the colander and leave to drain for 1 hour, turning the cheese every 15 minutes. Keep the whey, as you will need it later.
8. Gather the corners of the cheese cloth to form a tight parcel around the curds and tie securely with string.
9. Heat the reserved whey to 95°C (203°F). Do not allow it to boil.
10. Place the wrapped curds into the hot whey and cook for 20 minutes.
11. Remove the parcel from the whey and immediately submerge it in iced water for 30 seconds to stop the cooking process.
12. Unwrap the cheese and place it on a chopping board or wire rack. Leave to dry for 15 minutes.
13. Sprinkle 1 tsp cheese salt evenly over the cheese. You may also add dried mint or other herbs at this stage.
14. Enjoy straight away, or store in an airtight container in the refrigerator. The halloumi will keep for up to 5 days and tastes best after resting for 24 hours.



cheese curds

Cheese curds are one of our favourite cheeses to make. You're looking to produce small individual curds. They are an essential part of Canadian poutine (which is pretty much just cheesy chips with gravy).

The only difference between our recipe and commercial cheese curds is that we use citric acid rather than a cheese culture. After extensive testing, we found this way to be easier and more reliable without any noticeable impact on the taste of the cheese curds.

you will need

- 4L (1 gal) fresh milk
- Large saucepan
- 1 ½ tsp citric acid
- Slotted spoon
- ½ sachet rennet
- Pipette
- Thermometer
- 1 tsp cheese salt
- Knife
- Microwave-safe bowl
- 50ml cool, dechlorinated water (for the rennet, see cheese making 101)

method

1. In a small container, dissolve ½ sachet of powdered rennet in 50 ml of cool, dechlorinated water, stirring gently until fully dissolved.
2. Pour the milk into a large saucepan and stir in the citric acid solution. Set over a medium heat, stirring gently, and warm to 38°C (100°F)
3. Remove the saucepan from the heat. Using the graduated pipette, add 4 ml of the diluted rennet solution to the milk. Stir gently for 30 seconds.

4. Cover the saucepan and leave to rest for 10 minutes, or until the milk has set. It should look and feel like soft silken tofu. If it is still liquid, cover and leave to rest for a further 5–10 minutes.
5. Once set, cut the curd into a uniform grid pattern, making sure to cut all the way to the bottom of the pan.
6. Stir the curds gently using a slotted spoon, breaking any large pieces into smaller chunks.
7. Slowly raise the temperature over a low heat to 46°C (116°F). Hold this temperature for 60 minutes, stirring gently from time to time. Then allow the curds to settle for 5 minutes.
8. Line a colander with cheese cloth and pour the curds into it, keeping a pan below to collect the whey. Gather the corners of the cloth and twist to drain until the whey is just occasionally dripping.
9. Press the cheese for 1 hour, following the pressing instructions earlier in the booklet.
10. After pressing, taste the curds. If you'd like them to be more 'squeaky', microwave them for 15 seconds (or more if needed) in a microwave-safe bowl. Allow to cool slightly.
11. Break the curds into 2.5 cm (1 inch) pieces. Sprinkle 1 tsp cheese salt over the curds, mix gently by hand, and allow to sit for 5–10 minutes so the salt can absorb.
12. Serve straight away or store in a sealed container in the refrigerator for up to 7 days. The curds may lose some of their squeak after a couple of days.



chèvre

Creamy chèvre (goat cheese) is quite a different type of cheese to the other recipes in this booklet. The curds are far smaller, so you may not see them form in the pan, but it is the 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 steps 2-4.

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.



share your cheese



instagram your cheese

#sandyleaffarm



follow us on facebook

/sandyleaffarm

enjoyed your kit?

We are constantly developing new kits, so you can make more of your favourite food and drinks at home. If you love this kit, you might also enjoy our Gin Making and Bacon Curing kits.

www.sandyleaffarm.com

Copyright © 2025 Sandy Leaf Farm Ltd

All rights reserved. No part of this publication or the included recipes may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law.