



FRESH MOZZARELLA

MISE EN PLACE

- Have cold milk in double boiler set up ready to go
- Have citric acid and yogurt ready
- Read the instructions on the rennet you have purchased. We will help you decipher how to use it during the class.
- Make sure you have salt and 1 kg of ice at hand.

FRESH MOZZARELLA

Recipe by ADITYA RAGHAVAN

4 litres organic, non-homogenized milk (Vital Greens in Alberta)

1 teaspoon citric acid

1 tablespoon organic whole milk yogurt, with live cultures

Rennet of your choice, do not use Junket Rennet

40 g salt and 1 kg ice (for brine)

Curds and whey:

- Start by creating a double boiler setup. Place a larger pot (8-10 quart pot) on the outside and a smaller pot (4-6 quart pot) on the inside. The inner pot is filled with milk whereas the outer pot is filled with water.
- Dissolve citric acid in $\frac{1}{4}$ cup of cool tap water.
- Add cold milk into the inner (smaller) pot and stir in the citric acid solution. Mix well.
- Add 1 tablespoon yogurt and mix well.
- Now, on a medium-low heat, gently heat the milk to 35°C, checking that the water in the double boiler is never more than 5°C hotter than your milk. It should take about 15 minutes. Do not heat your milk too quickly, and do not let it get warmer than 35°C. *If your milk gets warmer than 40°C it is likely to curdle because of the*

*addition of citric acid. The temperature of your milk is key to making cheese successfully. *NOTE: If you do overheat and coagulate your milk before adding the rennet, you cannot use it to make mozzarella but you can instead make a simple Farmer's Cheese, see the recipe below.*

- In the meantime, prepare your rennet solution. This will be elaborated in the class. Depending on the type of rennet you use, prepare the solution required for 4 litres of milk.
- Once the milk hits a temperature of 35°C (95°F), add the rennet and mix in an up-and-down fashion until it is well mixed (about 20 times in and up-and-down motion). Still the milk.
- Let the milk sit for about 30 minutes.
- The milk should be set into a custard-like solid with whey coming out of the sides. Cut the curds in a 1-inch vertical grid.
- Wait five minutes.
- Using a whisk, very gently submerge and fold the curds over, to cut them into small 1-inch cubes.
- Rest for five minutes. During this time, turn the heat on and gently warm up the mixture of curds and whey up to a temperature of 40°C.
- Now, tilting the pot, or using a small cup, remove excess whey slowly. We will keep draining out whey every five to ten minutes, firming up the curds along the way. In total, we should be removing at least 2.5 litres of whey in a total of thirty minutes or so. Make sure the curd is maintaining a temperature of about 40°C, but does not go beyond 43°C or below 38°C.

Making the brine:

- Heat 4 litres of tap water in a medium sized pot (6 quart) and bring to a boil. Measure out 40 g of salt and place in a bowl large enough for 2 litres of water. Now using a scale, pour 1 kg of boiling water over the salt to dissolve it completely. Then, add 1 kg of ice to this water. By the time all the ice dissolves, you will have 2 kg of cold, 2% brine. Refrigerate immediately.
- Keep the remaining water hot, on a medium heat, for stretching the curd and making your mozzarella balls. We want the water temperature to be about 90°C

Stretch test:

- Tear off a small piece of curd about the size of a 1-inch cube. Using a slotted spoon, insert it in the hot water. Swirl it around until it becomes nice and hot. Then remove it and try and stretch the piece of curd. If it is at the right acidity, it will stretch into about a 1-foot long string. If it does, we are ready to make balls of mozzarella. If it is not ready to stretch, try again in 30 minutes.
- Once ready to stretch, cut the curd mass into four pieces. Taking once piece at a time, submerge it in the hot water and swirl it around using the slotted spoon. If

your curds have not set into a solid mass, do it this way: Instead of adding curds to hot water, cut the curds up and add them to an empty bowl. Pour hot water over them and stir them around until they melt. Once they begin to melt, they will stick back together and form a large, congealed mass of melted curds.

- Manipulate your melted curds the way you would work with dough. Shape into a ball shape. Once you have a smooth surface formed on the ball, do not work it too much and immediately dunk it in the cold 2% brine.
- Work with the three remaining pieces to make 3 balls of mozzarella. Each ball will be about 100 gm.
- Keep it in brine for 20-30 minutes, or less. Use immediately. If looking to store for a longer period of time, consider cling wrapping and keeping in the fridge. The quick brine made above is not good for storing your balls of mozzarella. They will dissolve into the brine.

FARMER'S CHEESE

If you overheat your milk, and it curdles before the addition of the rennet, you can still use it to make a simple Farmer's Cheese instead of wasting the milk:

- Immediately take your curdled milk off the heat, and leave it to cool to room temperature.
- Leave it at room temperature overnight (at least 12 hours).
- Using a slotted spoon, gently scoop the curds into a sieve or a colander, set over a bowl and lined with cheesecloth.
- Leave to drain, at room temperature, for about 4 hours.
- Transfer to a bowl, and season with salt to taste. Add herbs if you wish.
- Refrigerate and use within a week.

EQUIPMENT

4-6 quart pot

8-10 quart larger pot for double boiler setup

Digital thermometer (essential equipment)

Digital kitchen scale (essential equipment)

Mixing bowls

Colander

Slotted spoon

Knife & cutting board

Spatulas and stirring spoons