



FROMAGE BLANC (Cream Cheese)

MISE EN PLACE

- Previous night (about 18 hours before the class) warm up milk (and cream, if using) with the buttermilk to 20°C. Once it reaches the temperature. Take off the heat and keep it on the kitchen counter at room temperature. Add the rennet and mix in.

FROMAGE BLANC *(makes about 800 - 1000 grams of cheese)*

Recipe by ADITYA RAGHAVAN

4 litres whole, unhomogenized milk (example: Vital Greens milk in Alberta)

500 ml whipping cream (optional, for richer cheese)

¼ cup buttermilk

3-4 drops liquid rennet (very little rennet is needed)

Kosher salt or Sea salt

1 bunch dill

1 bunch green onions

Cooking oil of choice (canola, grapeseed, light olive oil)

Day 1:

- Warm up milk and cream mixture along with buttermilk, to 20°C (around room temperature).
- Once it reaches temperature, add the rennet. The key here is that we need to add very little rennet. Typically, if a cheese recipe calls for ¼ teaspoon of liquid rennet, use just a few drops – 3 or 4 drops. If the recipe calls for ¼ tablet of rennet, pound the quarter tablet into a powder and use a quarter of that powder.
- Cover the milk with a lid and let it set for 18 hours. Place in a portion of your kitchen counter where it will not be disturbed. Avoid moving it for those 18 hours.

Day 2:

- Check for a clean break using a palette knife or any straight edge knife. (this will be demonstrated in class).
- Scoop the curds and place in a colander lined with fine mesh cheesecloth. The finer the better. A great substitute would be a clean, white pillow case.
- Let it drain for six hours.
- At this point, you have a fairly smooth looking “cheese” but you still need to drain more liquid.
- Weigh the cheese and add 1.5% salt by weight. Mix in.
- Put the cheese back into the cheesecloth or pillowcase.
- Now tie it, maybe around a ladle over a bucket or large pot, or around a faucet by a clean sink, and drain overnight. The salt will release more moisture.

Day 3:

- Preheat the oven to 400F.
- Toss the green onions in some oil.
- Place the green onions on a parchment lined baking tray. Bake for 10-15 minutes, until the greens turn a nice brown. If you want more colour, you can bake them a little longer, up to 20 minutes.
- Remove the green onions. Once cooled, chop green onions and fresh dill.
- Unravel the cheesecloth and remove the cheese. Place in a mixing bowl. Add herbs and mix well.

EQUIPMENT

Heavy bottomed 6-quart pot with lid

Digital weighing Scale

Digital (instant read) thermometer

Fine-mesh cheesecloth. Available at fabric stores. Ask for muslin cloth. Or use a clean, white pillowcase

Baking tray

Mixing bowls

Ladles

Measuring cups and spoons