

## Shopping List

### **Bulk**

Citric Acid (1 1/2 t)

### **Grocery**

Junket Rennet Tablets

(or preferably liquid rennet,  
which is not available at the Co-  
op...yet!0

### **Dairy**

One gallon of milk (NOT ultra-  
pasteurized)



Check out our food blog  
"Sassy Sampler" at  
[www.communityfoodcoop.  
wordpress.com](http://www.communityfoodcoop.wordpress.com)

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*Community*  
**FOOD CO OP**

Est. 1970—Celebrating 40 years!

Fresh  
Mozzarella



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Source: *Animal, Vegetable,  
Miracle* by Barbara Kingslover

# Fresh Mozzarella

## INGREDIENTS

1 gallon pasteurized milk (NOT ultra-pasteurized)

1 1/2 t citric acid, dissolved in 1/4 c cool water

1/2 tablet rennet, diluted in 1/4 c cool water (or 1/4 t liquid rennet diluted in 1/4 cool water)

Salt to taste

You will also need:

Stainless steel kettle/heavy bottomed pot (don't use aluminum—the acid in the cheese can dissolve the pot!)

Slotted spoon

Clean rubber gloves (optional—the cheese is hot when you knead it and gloves help)

2 quart microwave safe bowl

Instant read thermometer

Metal sieve/cheese cloth (optional)

## INSTRUCTIONS

1. Measure additives before you start, in clean glass or ceramic cups. Use unchlorinated water.
2. Stir the milk on the stove in a stainless steel kettle, heating very gently (I recommend taking the starting temperature of the milk so you know how much it needs to heat). At 55 degrees (this will happen quickly), add the citric acid solution and mix thoroughly. At 88 degrees it should begin to slightly curdle.
3. Gently stir in diluted rennet with up-and-down motion, and continue heating the milk to just over 100 degrees, then turn off heat. Let pot sit for 1–2 hours until curds have formed if you are using Junket rennet. If you use liquid, curds should be pulling away from sides of pot, ready to scoop out relatively quickly. The whey should be clear—if it is still milky, wait a few minutes.
4. Use a slotted spoon (or sieve) to move curds from pot to a 2 quart microwaveable bowl. Press curds gently with hands to remove as much whey as possible.
5. Microwave curds on high for one minute, then knead the cheese again with hands or a spoon to remove more whey

(this is where the rubber gloves can be helpful!).

6. Microwave two more times (about 35 seconds each) kneading between each heating.
7. Salt the cheese to taste, then knead and pull until it's smooth and elastic. When you can stretch it into ropes like taffy you are done! If the curds break instead, they need to be reheated a bit. Once cheese is smooth and shiny, roll it into small balls to eat warm or store for later in the refrigerator.
8. You can store the cheese in the refrigerator for about a week. You can store it dry in an airtight container, or store it wet in salted water (1/3 c salt per quart of water).

Lacking a microwave, you can use the pot of hot whey on the stove for the heating-and-kneading steps. Put the ball of curd back in with a slotted spoon, and heat until it's almost too hot to touch. Good stretching temperature is 175 degrees.

Check out our blog for photos of the process!

[www.communityfoodcoop.wordpress.com](http://www.communityfoodcoop.wordpress.com)



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