

# Making Mozzarella Cheese



*Presented as a Continuing Education Session in February 2021*

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# Step by Step... Master Food Preserver Mozzarella Lab:

<http://www.cheesemaking.com/howtomakemozzarellacheese.html>

Reference: Cooperative Extension document: Making fresh mozzarella, University of Alaska Fairbanks, FNH-00063.

## Equipment

1. Stove
2. Microwave oven
3. 8 qt. stainless steel pot with lid
4. Slotted spoon/ladle
5. 2 qt microwave-safe bowl (Pyrex)
6. Measuring devices: ½ t, 1 t, ¼ C, 1 C, 2 C
7. Colander to drain whey
8. 4 qt. pot to collect whey
9. Thermometer
10. Long knife
11. Timer
12. Extra spoon
13. Extra bowl
14. Pot holders

## Materials

1. 1 gal whole milk (not UHT)
2. 1 ½ t Citric acid
3. ¼ t liquid rennet
4. 2 - 500 mL bottled water (Non-chlorinated water)
5. Salt (1/2 to 1 t non-iodized salt)
6. Ice
7. Plastic wrap
8. Heat-insulating gloves
9. Plastic bags (to take samples away from lab)



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# First of all

## Preparation:

1. Preparer wear clean clothes, apron, wash hands and tie back hair.
2. Clean and sanitize your work surfaces
3. Clean and sanitize utensils in a dishwasher or by steaming utensils in a pot with 1 inch of boiling water for 5 minutes
4. Recommendation: Cover work surface with paper towel to minimize cross contamination.



# Gather ingredients



- Use milk that is NOT ultrahigh pasteurized.
- Citric acid can be found in grocery stores or cheesemaking supply stores.
- Animal rennet can be found in some grocery stores or cheesemaking supply stores.
- Heat resistant gloves.
- Butter Muslin.
- Slotted spoon to gather curds is useful.



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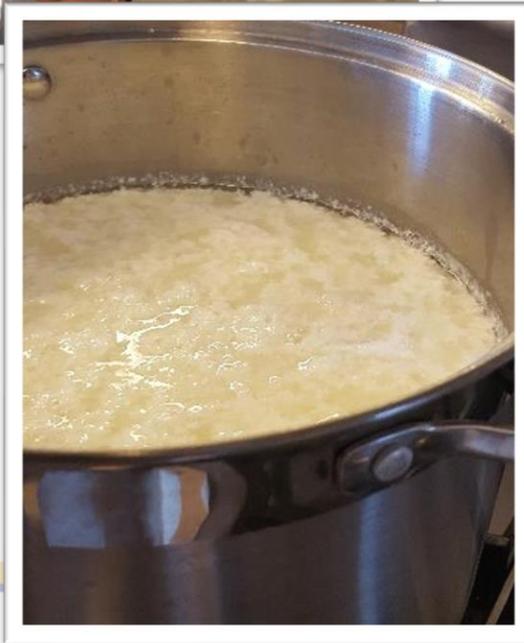
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# Begin the process

- Combine  $\frac{1}{4}$  teaspoon liquid rennet and  $\frac{1}{4}$  cup cool, non-chlorinated water. Set aside (1/4 teaspoon is about 20 drops of liquid rennet).
- Mix 1  $\frac{1}{2}$  teaspoons citric acid into 1 cup cool, non-chlorinated water. Stir well. Ensure that citric acid is fully dissolved.
- Pour the citric acid mixture into a large (8 quart) saucepan.
- Quickly pour 1 gallon milk into the saucepan to mix with the citric acid.
- Heat milk slowly to 90° F using a thermometer. Do NOT stir.



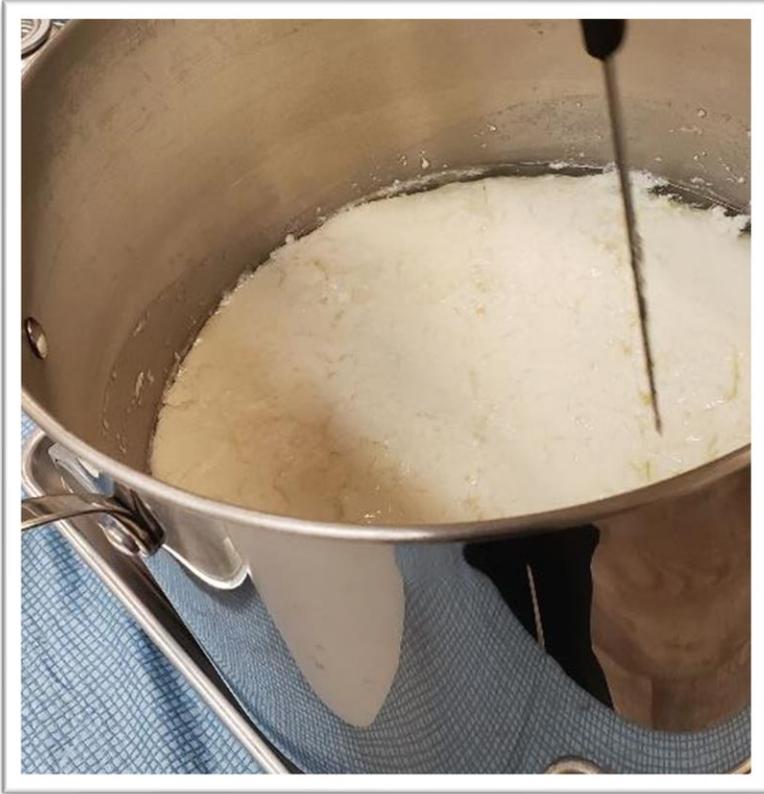
# Adding the rennet



- Turn off the heat and remove pot from the burner. Add the rennet solution slowly while stirring slowly from top to bottom for approximately 30 seconds.
- Cover the pot with lid and leave undisturbed for 5 to 10 minutes.
- Check the curd. It should look like custard with a clear separation between curds and whey. If the curd is too soft, or the whey is milky, allow to set a few more minutes.



# Curd development:



- Cut the curds in a 1-inch checkerboard pattern with a long knife.
- Place saucepan back on the stove and heat slowly to 105° F. While stirring slowly and gently. Use thermometer to check temperature.
- Take the pot off the burner and continue stirring slowly for 2-5 minutes (more time will make a firmer cheese).

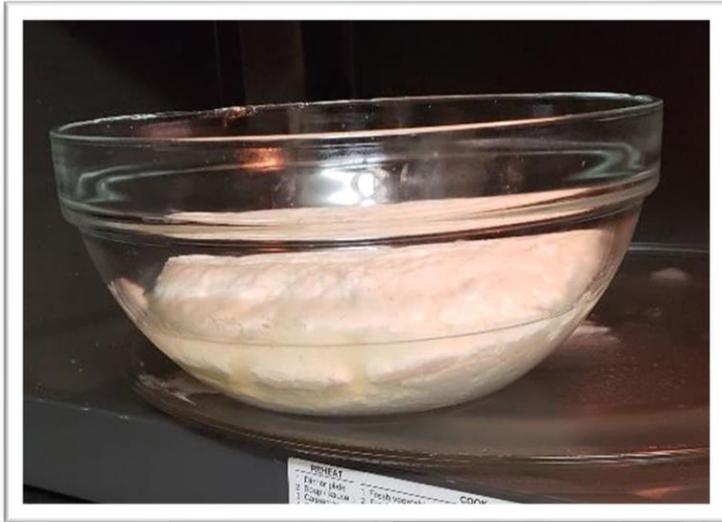


# Separating Curds from Whey

- Place the colander over the 4-quart pot that will catch the whey.
- Scoop curds from the large saucepan into the colander lined with cheese cloth.
- Very gently press the curds to drain more whey.



# Microwave Step:



- Put the resulting curd into a microwave safe bowl (heat resistant glass for example). Microwave the curd on full power for **1 minute**. Drain any more whey into pot with other whey.
- Knead the cheese with a spoon or glove-covered hands.
- **REPEAT** heating in microwave at 30 second intervals until curd is **135° F** which is almost too hot to handle.



# Begin to form the cheese



- The cheese should be soft and pliable enough to stretch like taffy. Stop heating at this point.
- Stretch and knead a bit.
- The cheese should be smooth and shiny. Add salt (cheese salt if possible).
- Form into a ball or several balls to share.

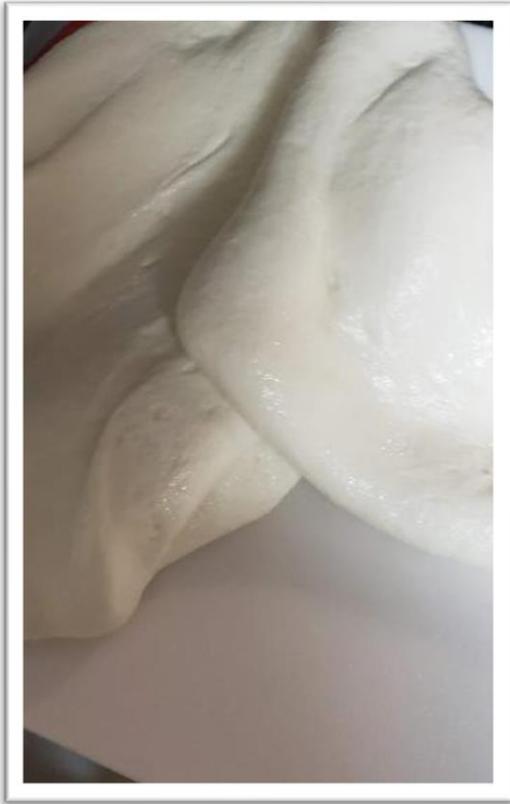


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# Make Cheese Balls



- The cheese should be smooth and shiny. Add salt (cheese salt if possible).
- Form into a ball or several balls to share.
- Drop ball(s) into a bowl of ice water.



# Cool and ready to eat



- When cheese is cool, place in a refrigerator container or the plastic bag filled with ice water.
- Eat or refrigerate within two hours.



# Enjoy or Shape or Season

- Photo shows braided cheese
- Cheese can be stored in refrigerator in marinating liquid if desired.
- Season with herbs as desired.



# More photos

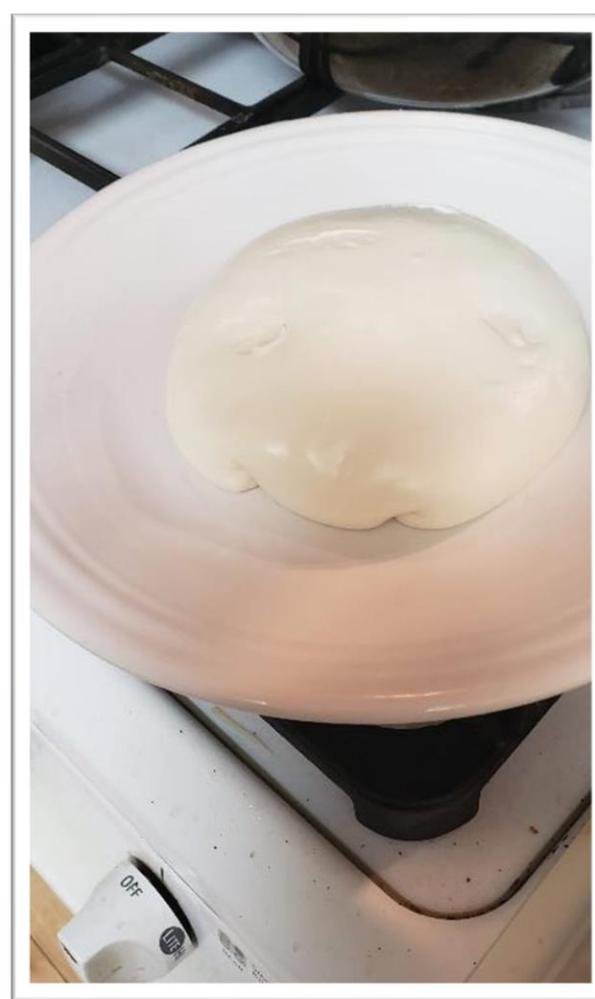


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# More photos



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# Your instructors



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# Whoa! The Whey!

## Whey Ricotta

Here's a fun way to use 2 gallons of your fresh whey (no more than two hours old)! If you add a quart of whole milk to it, you will increase your yield.

### Directions:

1. Pour two gallons of fresh whey into a pot and heat to 195-200 degrees F. Do not boil.
2. As soon as your curds separate, take the pot and its contents off the heat and let the mixture sit for 10 minutes.
3. Carefully ladle your curds into a colander lined with butter muslin and allow it to drain for 20 minutes.
4. Add salt and/or herbs if desired. Refrigerate and use within a week.

Reference: New England Cheesemaking Supply Company, Ricki Carroll.

<https://cheesemaking.com/collections/recipes/products/ricotta-cheese-making-recipe>

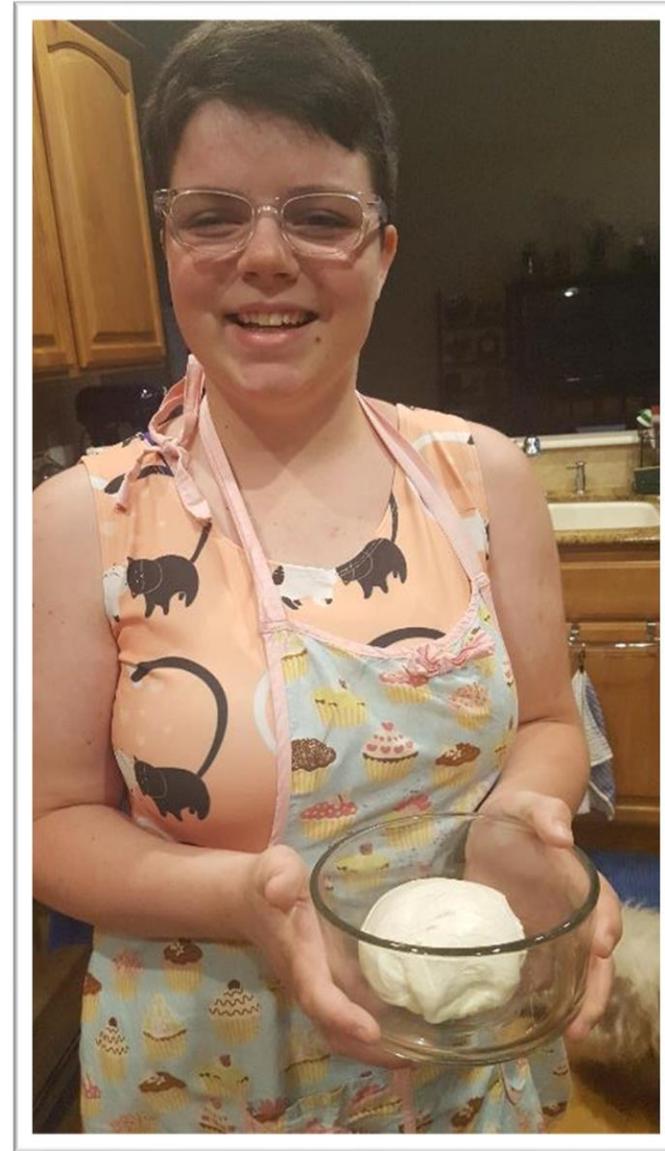


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# Enjoy! Easy and Good!



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