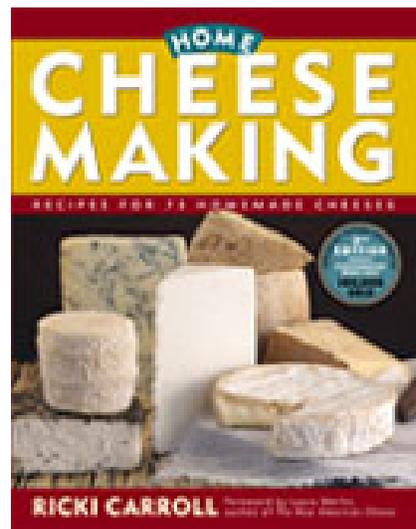


Home Cheese Making from Goat Milk

Jane Kerstetter

Single best reference for the beginning cheesemaker is “Home Cheese Making” Ricki Carroll, 3rd Edition. 2002 Available at <http://www.cheesemaking.com/> or Amazon.com



Places to purchase cheese making supplies:

1. Dairy Connection at <http://www.dairyconnection.com/>
2. Glengarry Cheese Supply at <http://glengarrycheesemaking.on.ca/>
3. New England Cheese Making Supply Company at <http://www.cheesemaking.com/>
4. Hoegger Goat Supply at <http://hoeggergoatsupply.com/xcart/home.php>

More excellent goat cheese recipes and instructions can be found at Fias Co Farm at <http://fiascofarm.com/>

Fias Co Farm has the best recipes for goat cheeses (particularly their goat milk feta and cottage cheese are superb). Fias Co makes all of their cheese from raw milk. For beginners, I recommend that you use pasteurized milk.

Other cheese making links:

- <http://www.vtcheese.com/index.htm>
- <http://users.rcn.com/erice.ma.ultranet/farm/cheese.html>
- <http://www.cowgirlcreamery.com/aboutus.asp>
- <http://purelucktexas.com/index.htm>
- <http://www.thecheeseweb.com/>

Making your first batch of chèvre from fresh goat milk

1. Equipment needed

- Stainless steel pot large enough to hold 1 gallon of milk & lid. You may use a double boiler. Do not use aluminum or cast iron.
- Large stainless steel spoon and ladle for stirring and scooping.
- Standard kitchen thermometer (reads 0-220 degrees F)
- Colander for draining curd

2. Special things that you need go to New England Cheese Making Supply Company (address above) and order up a 5 pack of chevre culture/rennet (both contained in 1 pkg) & butter muslin. If you want to get Ricki’s book, I am sure she would be happy to sell it to you.

Qty.	Model	Product	Total
<input type="text" value="1"/>	C20G	Chevre(DS)-5pack	\$5.95
<input type="text" value="1"/>	U2	Butter Muslin-for Draining Soft Cheese	\$4.95
<input type="text" value="1"/>	B1	Home Cheese Making	\$16.95
Sub-Total:			\$27.85

3. Now you need one gallon of fresh raw goat milk to yield 16 -20 oz plus of fresh cheese. Each of the culture/rennet packages above will culture 1 gallon of milk. Your 5-pack will do 5 batches of 1 gallon each. Where to get fresh goat milk in CT?

Beltane Farm

59 Taylor Bridge Road, Lebanon, CT 06249, (860) 887-4709 www.Beltanefarm.com
Seasonally (April-Dec.), Beltane Farm makes goat milk cheese, raw & pasteurized milk. Sold at Farmers' Markets during summer & fall. Products available at several retail outlets.

Bush Meadow Farm, Barry Kapplin

738 Buckley Highway, Union, CT 06076, (860) 684-3089
Rt 190 close to I-84, Goat milk and cheese, country store & café. Call for special hours.

All illustrations below are from the Ricki Carroll book.

STEPS

1. Clean clean clean

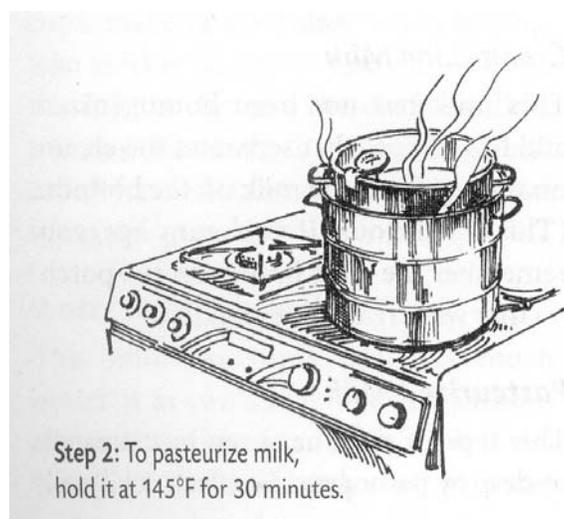
First wash and thoroughly rinse your hands, the pot, lid and utensils. Next you should sterilize the pot and utensils by one of 2 methods. Your choice. Both are equally effective.

- a. Mix up a very gentle ‘sterilizing solution’ of 1 tablespoon bleach to 1 gallon of water. Let the pot and utensils sit in this solution for a few minutes. No need to rinse if your bleaching solution is 1 Tablespoon/gallon. If you use more than 1 tablespoon bleach per gallon, you should rinse with water.
- b. Put ½-1” of water in your pot, add the spoon, cover, and boil for 10 minutes so that the steam sterilizes the pot and utensils. Cool.

2. Pasteurize the milk

I recommend that the beginning cheese maker work with pasteurized milk because it will yield a safe and reliable cheese. The purpose is to remove the unwanted bacteria. To pasteurize milk:

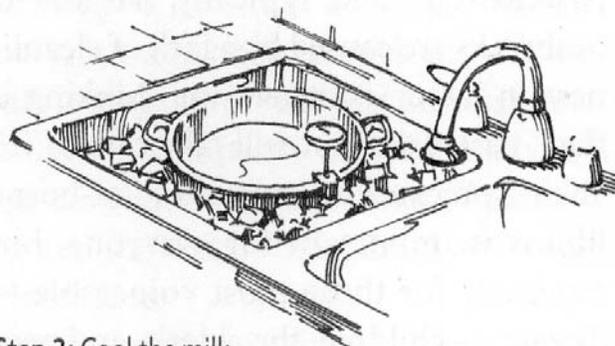
- a. pour raw milk into the sterilized stainless steel pot.
- b. heat the milk to 145 degrees F. Use a double boiler or you can heat on the direct heat very slowly. Stir occasionally.
- c. hold the milk at 145 degrees F for 30 minutes (the exact time and temp are important). How to hold this temp? Wrap the pot in old clean towels, blanket or put it in a ‘cooler’, or use some other method of insulating the pot. The lid should be on the pot to preserve heat.



Note: There is a second way to pasteurize milk and that is to bring it all the way up to 165 degrees, hold it there for 10-15 seconds than drop the heat quickly down to 86 degrees. The first method (145° F for 30 min) is considered more gentle on the milk proteins and generally better for chèvre making, although the second method is OK.

3. Cool the milk

Drop the temperature of the milk to 86 degrees F. Do this quickly by using a cold water bath in your kitchen sink. Stir. The illustration shows ice. I would not bother with the ice, it will drop temp nicely with very cold tap water.



Step 3: Cool the milk as rapidly as possible in ice water.

4. Culture the milk

Once you have reached 86 degrees, gently stir in the package of rennet/culture provided to you. (This package contains enough rennet and mesophilic culture for 1 gallon of milk. To make more cheese you will need to purchase more of these packages or the mesophilic culture and the rennet separately). Note, you can culture your cheese between 80-86 degrees, but do not culture above 86 degrees.

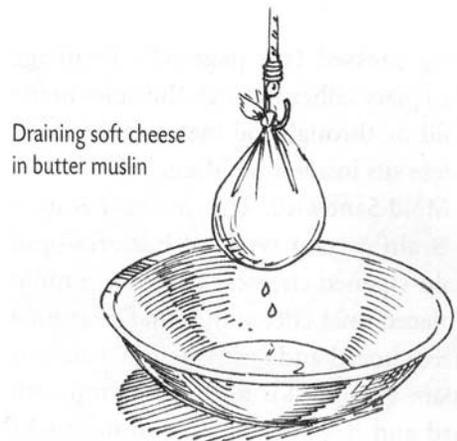
5. Let it work

Cover and let sit at room temperature for 12-24 hours. When the milk proteins have coagulated (it will look like thick yogurt), you will notice the clear whey has separated & floating on top. The cheese is ready and your next step is to separate the whey from the curd.

6. Drain the curd

Sterilize the cheese cloth, a spoon or ladle, a colander by either steaming or the diluted bleaching method described above. Line the colander with the damp cheesecloth.

Gently ladle the curds into a cheesecloth lined colander. Tie up the 4 corners of the cheesecloth and hang the bag using a simple string or bungie as shown. Let drain 6-12 hours. Catch the whey in a bowl. A short draining period will produce a creamy cheese spread, where longer hang times will give you a more dry cheese. What to do with the whey? Some farm animals like it (pigs, chickens) and I've heard it is good for making bread. You can make ricotta from it (the yield is low). I usually throw the whey away.



After the 6-12 hour hang time, the bag should feel 'firm' not squishy. The cheese stops dripping. Take the cheese down and transfer into a large mixing bowl.

7. Briskly blend and salt

Using a slotted spoon, or a stiff wire whisk, vigorously blend the cheese to remove the lumps. Lumps are natural. The more lumps, the more energetically you stir. Salt the cheese to taste while stirring. Regular salt is fine for fresh chèvre, start low, perhaps ¼ teaspoon per pound of cheese & increase gradually. The cheese is then refrigerated until ready for use. It will keep up to two weeks under refrigeration.

8. Serving

Always serve cheese at room temperature. It will bring out the beautiful flavors. That means remove it from the refrigerator about ½ hour before eating.

Seasoning suggestions: Fresh or dried herbs in any combination that you like. Favorite combinations: Wasabi powder & chive, fresh garlic and chive, black pepper, boursin herb mix, garlic chive, raspberry jam, pineapple, truffle oil.

Once you have mastered fresh chèvre, the next types of cheeses to master are the intermediate ones (e.g. feta, cottage cheese, yogurt, aged chèvre aka bloomy rinds, and ricotta cheeses) all made from goat milk.