

Homemade Quick and Easy: Mozzarella
An Albion District Library Workshop
April 16, 2013

Supplies

- 1 gallon pasteurized milk, whole or 2% (not ultra-pasteurized)
 - A note: 2% is my “go-to” milk for both yogurt and fresh mozzarella. It has enough fat to cushion the proteins, but not so many that it’s difficult to work with or work into a healthy diet. It’s my recommended “starting out” milk for this use.
- 1 tsp citric acid
- 1/4 rennet tablet
- 1 tsp cheese salt
- 1 ¼ cup non-chlorinated water (spring or distilled)
- Large (4+ quart) pot
- Thermometer (with at least a range of 80-120 degrees)
- Large slotted spoon
- Medium microwavable bowl
- Long knife
- Large bowl of iced water
- Gloves (clean dishwashing gloves are best)

1. Mix the citric acid into 1 cup of water. Add to pot with the gallon of milk. Stir well to combine.
2. Bring milk/citric acid mixture to 90 degrees over medium heat, stirring often. Check the thermometer often to make sure you don’t exceed 90 degrees.



3. Dissolve the rennet into ¼ cup of water. Stir well and set aside.
4. When the milk mixture hits 90 degrees, remove it from the heat.
5. Add rennet solution to the milk. Stir in a gentle up-and-down motion for no more than 30 seconds.
6. Let milk mixture sit undisturbed for 10-20 minutes.



7. Check the curd. You should see a separation between the curd and the whey (the yellow-green liquid). It should seem like thick gelatin or pudding. If the curds are too soft or the whey is milky, let the curd sit for a few more minutes.
8. Using the knife, use the curd into a grid pattern all the way to the bottom.
9. Heat the curd and whey mixture to 105 degrees over medium-low heat, stirring the curd cubes very gently.
10. When the whey reaches 105 degrees, take the pot off the heat and continue to stir gently for 1 minute.
11. Gently spoon the curds into your microwavable bowl, leaving as much whey behind as possible. You could also gently pour the contents of the pot through butter muslin into another container or the sink. The whey is great for smoothies, bread, and pizza dough recipes.

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12. MICROWAVE METHOD

Heat the curd in the microwave for one minute. Stir gently and pour off any whey that is released. Return to microwave for another 30 seconds. Stir gently and pour off any whey. The curd should begin to stick together and look stringy. Temp it – it should be 135 degrees. If not, continue to microwave in 15 second increments – stirring, draining, and temping after each.

13. HOT WATER BATH METHOD



Heat your whey or a pot of water up to 175 degrees. Place a colander with your curd into it for 1 minute, fully submerging the curd. Use your gloves or dip your hands into cold water and begin shaping and stretching the curd. If it doesn't stretch properly, dip it again and try again. You'll be able to feel it take shape in your hand.

14. At 135 degrees (not over!), put on your gloves, add your cheese salt and begin stretching the curd mass like taffy. I find that twist at the end is helpful to keep the stretch from breaking. Continue to stretch until the cheese is smooth and shiny. The more you work the cheese, the firmer it will become, which is not always a good thing!
15. Shape the cheese into a log and put it in the cold water bath to firm up.

Online Sources

<http://heart-hands-home.blogspot.com/2011/01/homemade-mozzarella-cheese.html>

<http://supperinstereo.wordpress.com/2008/11/14/fresh-mozzarella/>

<http://manmadediy.com/users/makecheeseinc/posts/1366-how-to-make-homemade-fresh-mozzarella-in-30-minutes>

Favorite Fresh Mozzarella Uses

- Smooth off individual golf ball-sized balls and drop into olive oil seasoned with oregano, parsley, garlic, and red pepper flakes (optional). Or you can store it, refrigerated, in its own whey, seasoned with salt. It should taste like sea water.
- Serve with fresh tomato and either basil, basil pesto, or good quality balsamic vinegar.
- Stretch it into long, thin ropes and cut it into 6 inch lengths for string cheese.
- Melt it on a lightly-topped, Italian-style pizza for a taste of Italy.