

Ricotta Cheese

I found this recipe for homemade ricotta on the La Cucina Italiana Magazine website in the Forum section. Erica De Mane shared it and it sounded great! I've made it several times now and it works very well. Erica claims the buttermilk results in a moister cheese. If you don't have buttermilk, you can use lemon juice as the curdling agent. 3 Tablespoons to a ½ gallon of milk. You can also skip the heavy cream, which will simply make the ricotta lighter.

1 gallon whole milk
1 pint heavy cream

1 quart buttermilk
1 tsp salt

- 1 Line a large strainer with two layers of cheesecloth and place over a large bowl.
- 2 In a large pot, slowly bring the milk, cream, buttermilk and salt to a gentle simmer over medium-low heat, stirring occasionally to prevent scorching until bubbles form on the surface. Let the mixture bubble until curds begin to form (about 5 minutes). Remove from heat and let sit without stirring for 10 minutes. The pale green whey will begin to separate from the curds.
- 3 Gently pour the mixture into the lined strainer. Discard the liquid in the bowl and leave strainer over the bowl to continue draining as it chills in the refrigerator. After about one hour, you can discard the remaining liquid in the bowl. You can use the ricotta at this point in your recipes or even at the beginning of the chilling process.
- 4 Ricotta can be stored in an airtight container for a few days.

Servings: 16

Yield: 1 quart

Preparation Time: 30 minutes

Total Time: 30 minutes

Nutrition Facts

Nutrition (per serving): 271 calories, 171 calories from fat, 19.4g total fat, 67.2mg cholesterol, 317mg sodium, 458mg potassium, 14.6g carbohydrates, 0g fiber, 15.6g sugar, 10.4g protein.

Source

Author: Erica de Mane

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