



MILK, IT DOES A BODY GOOD

RECIPE | LEMON RICOTTA

Makes 2 cups

Ingredients:

1/2 gallon of whole milk

1/3 cup lemon juice

1 teaspoon salt

Directions:

Pour the milk into a 4-quart pot and set it over medium heat. Let it warm gradually to 200°F, monitoring the temperature with an instant read thermometer. The milk will get foamy and start to steam; remove it from heat if it starts to boil.

Remove the milk from heat. Pour in the lemon juice and the salt.

Let the pot of milk sit undisturbed for 15 minutes. The milk should have separated into clumps of milky white curds and thin, watery, yellow-colored whey. Add another tablespoon of lemon juice if it looks like there are still milk that hasn't separated.

Set a fine strainer lined with cheesecloth over a bowl and pour the curds through the strainer. Let the curds drain about 20 to 40 minutes depending on how wet or dry you prefer your ricotta. You have now made ricotta cheese!



CHEF TIP

Fresh ricotta can be used right away or refrigerated in an airtight container for up to a week.

You can flavor your ricotta before serving with chopped fresh herbs and spices. They go really well with toast and salads.

When serving creamy brie, let the cheese sit for 20 minutes or until it is at room temperature before serving to allow the cheese to soften a little bit and the flavors to bloom.

