



Queso Fresco

Recipe by the San Francisco Milk Maid

INGREDIENTS

2 gallons whole milk – unhomogenized. not ultra pasteurized
¼ tsp. mesophilic direct set cheese cultures or 4 T. fresh, plain yogurt
¼ tsp. liquid single strength rennet diluted in ¼ cup unchlorinated water
3-5 tbs. sea salt

DIRECTIONS

Heat milk to 90°F. Add cultures. Allow crystals to moisten for 2 minutes then stir with up-and-down motion. Cover and allow to ripen for 10 minutes.

Add the diluted rennet and stir for 30 seconds. Then counter-stir to stop the motion of the liquid.

Allow rennet to set for 30 minutes. Check for a clean break. If there isn't one, let sit for 10 more minutes. Make sure temperature is near 90°F.

Now cut curd into black bean sized cubes. Allow curd to sit for 2 minutes before starting to stir.

Turn on heat and start to stir very gently. Over the course of 20 minutes, gradually increase the temperature to 95 F, stirring slowly to prevent curds from clumping.

When temperature and time is reached, let curds set undisturbed for 5 minutes.

Drain off the whey.

Add 1 tbs. of salt three times. After each addition of salt, reach into the vat and mix salt while breaking up the curds with your hands. Crumble until the curds look roughly like fluffy, cooked rice. Now allow to sit for 30 minutes, covered. Taste and see if more salt is needed (slightly saltier is better than less salty as you will lose salt as the cheese continues to drain).

Line a colander with cheesecloth and pour in the curds.

If desired, press lightly for 10 minutes to 1 hour. Pressing is not necessary if you prefer a softer, more crumbly cheese.

Be sure to flip cheese at 5 minutes then 15 minutes after draining from the vat.



This recipe is supported by a grant from
the **James Irvine** foundation



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