

## How to make your own Feta Cheese

Ingredients: This recipe yields approximately 225 – 450g of Feta cheese	
4 litres full cream pasteurized milk <i>NB: it should not be ultra-pasteurised (UHT)</i>	¼ teaspoon Feta Culture (or mesophilic culture)
1 litre Water (non-chlorinated)	¼ teaspoon Calcium Chloride
¼ Rennet tablet (or ¼ teaspoon of liquid Rennet)	½ cup (60g) Coarse Salt
Equipment:	
Big stainless steel stove top pot to hold the milk <i>NB: Avoid aluminium POTS when making cheese</i>	Cooking thermometer <i>Capable of reading 0 - 100°C</i>
Slotted stirring spoon ( <i>Preferably stainless steel</i> )	Cheese cloth
Big pot/mixing bowl (to catch the whey)	Measuring spoons/cups
Strainer	Large knife / curd cutter
Cheese mould	Brining container
Mesh draining mat	
Preparations before you start:	
1) Place a clean kitchen towel right next to your work station. Put your utensils on it.	
2) Sterilize all equipment to be used as well as your work station. Spray the Iodophor solution over all your utensils & workstation. Leave it for ± 2 minutes to naturally dry.	
3) Place jug with hot boiling water next to the work station and put your spoon & thermometer in there.	
4) Mix the ¼ teaspoon of Calcium Chloride with a ¼ cup of water.	
Method:	
Step 1 Acidification: Adding cultures & Calcium Chloride	
1) Pour milk into the stove pot.	
2) With medium heat, heat up milk gradually to 33°C.	
3) Gently stir in the Feta culture.	
4) Stir in the Calcium Chloride solution.	
5) Cover the pot and keep the milk at 33°C for 60 minutes.	
Step 2 Coagulation: Rennet addition	
6) Dissolve the ¼ Rennet tablet in a ¼ cup of the non-chlorinated water.	
7) Add the Rennet solution to the milk. Stir in gently for 1 minute. Remove the pot from the heat. Cover the pot & leave to set for 1 hour.	
Step 3 Separation: Cut & stir curds	
8) Cut the curds into 1.5 cm cubes over a period of 5 minutes.	
9) Stir the curds gently for 20 minutes.	
10) Let the curds settle for 5 minutes.	

<b>Step 4: Shaping</b>
11) Sanitise moulds & cheese cloth.
12) Line moulds with cheese cloth.
13) Ladle the curds into the lined mould.
14) Wrap the cheese cloth over the top part of the mould. You can add a weight on top of the cheese depending on the moisture content you desire for your cheese. Any weight between 0 and 500g.
15) Let the curds drain over night at room temperature.
16) 12 – 24 hours later your cheese will have its desired form. If it is still too moist you can lengthen the draining time.
<b>Step 5 &amp; 6: Salting &amp; Ripening</b>
17) Cut the curd mass into smaller wheels/pieces to facilitate salt absorption.
18) Sprinkle your feta pieces with 4 tablespoons of coarse flake salt. Store loosely covered for 4 – 5 days in the refrigerator. Turn several times a day to allow each piece to dry uniformly.
19) If you like a saltier, stronger flavoured feta cheese, put your Feta in brine for 30 days. It can be kept in this brine for up to a year.
<b>Preparing the Feta Brine</b>
Mix the following together for a feta brine:
1) 1 Litre of water
2) 80g non-iodised salt (8% salt solution)
3) 20ml CaCl
4) ½ teaspoon citric acid
Keep the brine in the fridge – it can be filtered, stored and reused for more batches of cheese.



## Tips

### Feta container tips

- 1) Use a container that is not corrosive, Ex: Plastic, glass or stainless steel.
- 2) Make sure your container is the right size. If there is too much air space above the feta it will promote mould growth.

### Feta cheese recipe notes

- 3)  $\frac{1}{8}$  -  $\frac{1}{4}$  teaspoon Calcium Chloride can be used in the making of your Feta cheese.
- 4) Calcium Chloride is added to improve coagulation in pasteurised milk. If you use raw milk the addition of Calcium Chloride is not necessary.
- 5) For drier Feta increase the weight when pressing it and lengthen the shaping/drying time.
- 6) This recipe yields approximately 225 – 450g of Feta. To double it up (to make approximately 450 – 900g of Feta) recipe amounts stays the same – you just have to double up the milk (use 8 litres).

### Culture handling tips

- 7) After purchasing culture put it directly into the freezer.
- 8) Once your culture has been opened, keep it in an airtight container to prevent it from going damp.
- 9) Never insert any object into the culture or culture holder.
- 10) When using the culture, “tap” the culture onto the air tight container’s lid and then merely “tap” the culture into the milk.

### When to renew your culture

- 11) Use by date specified on the packet.
- 12) When culture gets grainy or looks like it is clotting together.
- 13) When your cheese does not set anymore.

***And that's it! Well done! You have just made Feta!***