



MPUMALANGA YOUTH SHOW / MPUMALANGA JEUGSKOU

PRESENTS / BIED AAN

NATIONALS / NASIONAAL 2024

DAIRY PRODUCTS/SUIWEL BEREIDING

RECIPES / RESEPTTE



SENIORS

MASCARPONE CHEESE

INGREDIENTS

250ml	Cream
1,25ml	Tartaric acid



METHOD

1. In a double boiler, heat the cream to 85° C.
2. Add half of the tartaric acid and stir for several minutes. The mixture will slowly thicken into a cream of wheat consistency, with tiny flecks of curd. If the curd does not coagulate, add a speck more of the remaining tartaric acid and stir for 5 minutes longer. Be careful not to add too much tartaric acid, a grainy texture will result.
3. Line a stainless-steel colander with a double layer of butter muslin. Ladle the curd into the colander and drain for 1 hour.
4. Place the finish cheese in a covered container and refrigerate.

MOZZARELLA CHEESE

INGREDIENTS

5ml	citric acid
1,9L	Full cream milk
1ml	Lipase
62,5ml	Cold water
1ml	Liquid rennet (diluted in 62,5ml un-chlorinated water)
2,5ml	Cheese salt



METHODE

1. Add the citric acid to the milk and mix thoroughly. (If using lipase, add it now.)
2. Heat the milk to 31° C. The milk will start to curdle.
3. Gently stir in the diluted rennet with an up and down motion, and continue to heat until the temperature reaches 41° C. Turn of the heat and let the curd set until you get a clean break. This will take only a few minutes.
4. The curd should look like thick yoghurt. If the whey is still milky white, wait a few more minutes.
5. Scoop out the curds with a slotted spoon and put into a microwaveable bowl. Press the curds gently with your hands, pouring off as much whey as possible. Reserve the whey.
6. Microwave the curd on high for 1 minute. More whey will precipitate from the curd. Again drain off all excess whey. Quickly work the cheese with a spoon or your hands, forming it into a ball until it is cool enough to touch. (Wear rubber gloves, the cheese has to be almost too hot to touch before it will stretch.)
7. Microwave two more times for 35 seconds each. After each heating, work the cheese into a ball until it is cool enough to touch. Drain all excess whey each time.
8. Knead quickly like bread dough until it is smooth. Sprinkle on the salt, if desired, while you are kneading and stretching. When the cheese stretches like taffy, it is done. If it breaks, the curds need to be reheated.
9. When the cheese is smooth and shiny, it is ready to eat. Although this mozzarella is best eaten right away, if you must wait, cover it and store in the refrigerator.

FETA CHEESE

INGREDIENTS

1,9L	Full cream milk
½ Packet	Direct set mesophilic starter
1,25ml	Liquid rennet
15ml	Cheese salt
83ml	Cheese salt (for the brine)
1,9L	Water for the brine
1 Pinch	Calcium chloride (diluted in 62,5ml water)



METHODE

1. Heat the milk to 30° C. Add the starter, stirring to combine. Cover and allow the milk to ripe for 1 hour.
2. Add the diluted rennet and gently stir with an up and down motion for several minutes. Cover and allow to set at 30° C for 1 hour.
3. Cut the curd into 1,3 cm cubes. Allow to set undisturbed, for 10 minutes.
4. Gently stir the curds for 20 minutes.
5. Pour the curds into a colander lined with cheese cloth. Tie the corners of the cheese cloth into a knot and hang the bag over the sink to drain for hours.
6. Untie the bag and cut into 2.5cm x 2,5cm cubes. Sprinkle the cubes with the salt to taste.
7. Make the brine and place the cubes in the brine solution and store in the refrigerator.

NOTE: if your curds are not setting firmly enough for you to cut easily, next time add the diluted calcium chloride to the milk before adding the starter.

JUNIORS

YOGHURT CHEESE

INGREDIENTS

- 1L Fresh plain yoghurt
- 500ml Olive oil
- 1x Sprig oregano leaves
- 2x whole garlic gloves peeled

Herbs is optional



METHODE

1. Let the yoghurt come to room temperature 22° C.
2. Pour the yoghurt into a colander lined with butter muslin cloth. Tie the corners of the muslin into a knot and hang the yoghurt by the sink for 12 - 24 hours, or until the yoghurt has stopped dripping and has reached the desired consistency.
3. Remove the cheese from the bag. Add the salt and/or the herbs to taste.
4. Put the olive oil, sprig of oregano and garlic cloves into a sterilized console jar.
5. Scoop balls of cheese and place in the olive oil.
6. Store in the refrigerator.

QUESO BLANCO

INGREDIENTS

- 1,9 L Full cream milk
31,25ml Vinegar (apple cider vinegar can be used)



METHODE

1. In a large pot, directly heat the milk to between 85° C - 88° C, stirring often to prevent scorching.
2. Slowly add the vinegar, a little at a time, until the curds separate from the whey. You may increase the temperature to 93° C in order to use less vinegar and avoid an acidic or sour taste in your cheese. (Do not boil, as boiling will impart a cooked flavour.
3. Pour the curds and the whey into a colander lined with butter muslin. Tie the corners of the muslin into a knot and hang the bag to drain for several hours, or until the cheese has reached the desired consistency.
4. Remove the cheese from the muslin. Store in the refrigerator.

JUNIOR - JUNIOR

BUTTER

INGREDIENTS

500ml	Fresh cream
1x	Sterilized console jar
5ml	2% salt



METHODE

1. Put the cream into the jar and shake until the butter separates from the water.
2. Strain off the liquid.
3. Rinse the butter with clean cold water.
4. Season with the 2% salt to taste.

INSTRUCTIONS

JUNIOR – JUNIOR

- Each learner needs to make 1 plain butter and any 2 flavoured butters.
- The butter needs to be served with biscuits or bread.

JUNIORS

- Will serve the cheese on a platter with any kind of biscuits, bread, pesto etc.

SENIORS

- Serve the cheese on a platter with any kind of biscuits, bread, pesto etc.
- The feta cheese needs to be in 3 flavours. A plain feta, black pepper and herb.
- Learners can use their creativity with the cheese like for example to deep fry the mozzarella.