




HOMEMADE RICOTTA CHEESE

While not quite the real thing, this creamy, smooth ricotta-style cheese is totally worth the effort. Serve with a drizzle of honey, or a sprinkle of freshly cracked black pepper and some lemon zest.

 5 minutes
 1 hour
 12 portions

INGREDIENTS

- 2 quarts of whole milk (not ultra-pasteurized)
- 1 cup heavy whipping cream
- 1 teaspoon Kosher salt
- 3 tablespoons white vinegar (or lemon juice)

COOKING METHOD

- 1° In a large, heavy bottom saucepan, bring the milk and cream to a simmer, heating slowly so that the milk doesn't scald.
- 2° When the milk is just starting to bubble, add the salt and vinegar, and stir to combine. Let the mixture sit for a few minutes, or until you start to see small curds form.
- 3° Pour the mixture slowly through a cheesecloth-lined strainer, reserving the whey for another use.
- 4° Let the ricotta drain for about 5 minutes. The longer it drains, the more firm it will become.
- 5° Serve warm, or at room temperature.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (177 g)	% DRI
ENERGY	76 kcal	134 kcal	7 %
FAT	5 g	9 g	14 %
FATTY ACIDS, TOTAL SATURATED	3 g	5 g	27 %
CHOLESTEROL	16 mg	28 mg	9 %
SODIUM	151 mg	267 mg	11 %
CARBOHYDRATE	5 g	8 g	3 %
SUGARS	5 g	9 g	—
FIBER	0 g	0 g	0 %
PROTEIN	3 g	5 g	—