



## **FETA Cheese Recipe; Traditionally made from Sheeps Milk**

(you can use Goats Milk or Cows Milk in which case you might add lipase for stronger flavor; some cheesemakers like to combine different types of milk when making Feta!)

**Usage rates per gallon/milk; makes approx. 1 lb of FETA**

**This recipe is for TWO GALLONS of MILK; yields approx. 1 lb of cheese**

**Mesophilic Starter (MM 101 or MT 1 or LyoPro FETA)** 1/16 tsp per 1-2 gallons milk

**Lipase:** (cow or goats milk; releases fats and adds flavor; ¼ tsp per gallon milk (1/2 tsp this recipe)

**Calcium Chloride;** (if using homogenized milk) 1/8 tsp per gallon milk (use ¼ tsp this recipe) **Rennet:**

¼ tablet or powder or ¼ tsp of liquid Rennet per gallon (use ½ tablet or ½ tsp in this recipe) **Kosher Cheese Salt** (salt to taste)

**The Milk: Results vary in terms of yield; if you can find Non-Homogenized Milk that is great, however you can successfully use pasteurized / homogenized milk as well by adding Calcium Chloride to the milk before the Rennet is added.**

**Do NOT use ULTRA Pasteurized milk – read the label carefully. (ULTRA Pasteurized would be called out)**

**‘Double Boiler’ method is great for heating milk; (pot of milk inside larger pot of water)**

### **Procedure:**

- Heat the Milk to 93F (34C) .
- Add FETA culture ( 1/16 tsp) and stir in gently
- If using LIPASE (optional) dissolve 1/8 tsp Lipase Powder in 1/4 cup non-chlorinated water and stir in to the milk dissolve; stir in gently
- Cover and let ripen for 60 minutes; keeping at 93F
- add Calcium Chloride liquid (w homegenized milk) 1/4 tsp
- Add Rennet; ( 1/2 tsp liquid or 1/2 tablet) and stir GENTLY up and down for 30 seconds
- Cover and let set at 93F for about 45 minutes until soft curd has formed and you get a clean break (allow more time if needed)
- Cut curds inside the pot into 1/2 inch square ‘columns’ ; a long curd knife works great but a kitchen knife can be used.
- Stir the curds for 20 minutes at same 93F temp, then allow curds to rest for 10 minutes
- Drain off about 1/2 of the whey, and scoop the curds into your Square Feta Mould.
- Let curds drain for 8 hours; turning over every hour or so to allow for even draining
- Let rest overnight at room temperature- not over 75F
- Next Day you can cut the Feta into blocks; use judgement based on the size of the cheese
- Sprinkle coarse Kosher Cheese Salt evenly on each side of the blocks; keep in refrigerator
- Remove from Refrigerator and let rest at room temp for 24 hours (unless brining as below)
  - Alternately- you can Brine your Feta; for Medium Brine use 8 oz Kosher Salt with 1/2 Gallon of clean, non-chlorinated water; put Feta blocks into brine and then frig!
- Eat your Feta! Or... cut into 1/2 in chunks and place in jar with 70% Olive Oil and 30% Safflower or other light oil for longer storage.
- NOTE: for stronger flavor you can age your cheese a few days longer before refrigerating!

