



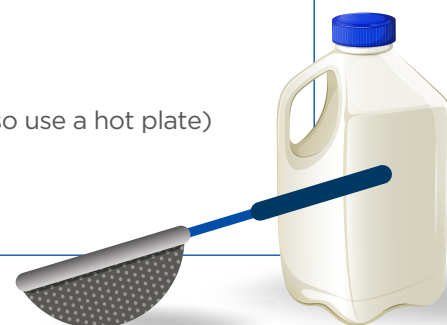
# MAKE YOUR OWN RICOTTA CHEESE

**EXPLORATORY QUESTION:** Can you make Ricotta cheese at home? What are the four main ingredients typically found in cheese? How long have people been making cheese?

**PROJECT GOAL:** Do some research about the history of cheese. Learn about the ingredients and process of making cheese. Experiment with making basic Ricotta Cheese

## SUPPLIES NEEDED:

- ✓ Computer or phone for research
- ✓ 8 cups whole milk
- ✓ ½ cup lemon juice or white vinegar
- ✓ 1 teaspoon salt
- ✓ Large pot
- ✓ Stove (you could also use a hot plate)
- ✓ Fine mesh strainer



## INSTRUCTIONS

**STEP 1** Before we jump into our Ricotta experiment we need to learn a bit about the history of cheese and a basic understanding of the elements that are used in the process of making cheese. Please complete the following questions before moving onto your experiment.

- When was cheese first made?
- What are a few animals that produce milk that is used to make cheese?
- What are some of the benefits/nutrients we get from eating cheese?
- Though there are about 2000 different types of cheese made around the world what are the four main ingredients used to make cheese?
- What two things does milk separate into when making cheese?

**STEP 2** Now that we know more about the history and basics ingredients used to make cheese lets do an experiment of our own. Gather all of your supplies listed above and let's get started.

**STEP 3** Heat milk to almost boiling (little bubbles on the sides of the pot will appear) in a large pot, to 200 degrees (if you have a thermometer).

**STEP 4** Remove from heat and gently stir in lemon juice or vinegar and salt. After a gentle stir, allow to sit for 10 minutes.

**STEP 5** Strain the curds through a fine mesh strainer over the sink. Allow curds to sit in the strainer for 10-60 minutes, depending on how dry you like your ricotta.

**STEP 6** Place finished ricotta in sealed container in fridge, it will keep well for up to 5 days.