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To Your Health Sprouted Flour Co. 1138 Highway 82, Fitzpatrick, Alabama 36029

## Peggy's Fresh Goat Cheese

Utensils needed: large glass or plastic bowl, large plate to cover bowl, large piece of cheesecloth or thin tea towel, large mesh colander, and a small bucket or large bowl that colander will fit in but leave lots of room in bottom for draining the cheese, long-handled spoon or dowel and pitcher.

(Makes about 1 pound of cheese)

- 2 quarts fresh raw qoat milk
- 2 teaspoons vegetable or animal rennet
- 1 tablespoon sea salt
- 1. Pour goat milk in clean bowl. Add rennet and stir thoroughly (about 1-2 minutes). Cover bowl with lid or large plate. Place on counter away from direct heat for 24 hours.
- 2. After 24 hours remove plate. Spoon off whey from milk that has now separated and thickened, ( I use the whey for lacto-fermented canning and mayonnaise. ) leaving only the milk solids in the bowl.
- 3. Place large piece of cheesecloth or thin tea towel inside colander. Place colander inside small bucket or bowl. Pour milk solids into the colander. Sprinkle with 1 tablespoon sea salt and stir well. Place plate on top of colander to cover. Place colander in bucket on counter away from direct heat for 24 hours.
- 4. After 24 hours remove plate. Scrape cheese from sides of colander into center of cheesecloth or tea towel. Gather ends of cheesecloth and tie into a knot, leaving thickened cheese in a ball in bottom of cheesecloth.
- 5. Hang cheesecloth on a hook above your sink or run a large dowel through the knotted cheesecloth and hang it over the top of a pitcher and let your cheese continue to drain for 12 to 24 hours, depending on how dry or creamy you prefer your cheese to be.
- 6. Remove cheese from cheesecloth and store in refrigerator in glass container. Will keep for up to 2 weeks.