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Susan Z. Wilder

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SOFT CHEESE MAKING

by

Susan Z. Wilder
Extension Specialist in Foods and Nutrition

EXTENSION SERVICE
South Dakota State College
W. F. Kuslien, Director
Brookings, S. Dak.

Cooperative Extension Work in Agriculture
and Home Economics, South Dakota State
College and U. S. Department of Agri-
culture Cooperating.

Factors which have a direct bearing on the making of high quality cheese on the farm:

1. **Healthy cows** Unless a cow is well she will not produce normal milk. Good cheese cannot be made from abnormal milk. Prolonged digestive disturbances, garget may be the cause of poor milk.

2. **Good feeds** Cows must have good feed to reproduce a high quality of milk. Sweet and well-cured clover, alfalfa and wild hay and the common grains will produce a fine flavor of milk. Musty hay, spoiled silage, stale and putried water fed to cows is likely to produce milk of undesirable flavors.

3. **Clean Cows** A cow with dirty sides, thighs and udders, should be cleaned off before milking. A damp cloth may be used to wipe off the dirt. If udders are very soiled, clean them with warm water and a cloth. Dirt that falls from the cow gives a bad flavor to the milk and cheese and introduces bacteria that produces foul smelling gasses.

4. **The barns should be kept free of manure.** It furnishes a breeding place for flies and is source of bad odors which milk quickly absorbs. Whitewashing stalls, floors and gutters will help to clean up the barn. Lime may be scattered about the building. The barn should be well ventilated to help keep the barn clean. The milk should be clean. The milk should be taken in covered pails and not allowed to stand in the barn, after milking because it will absorb the odors. It should be put to cool with cover off to permit the quick escape of animal heat.

5. **Sanitary Utensils** Wash the pails in warm water containing washing powder. A good brush should be used instead of a rag. Rinse the utensils in hot water to remove, the wash water, all germs, to dry vessels quickly. The vessels should then be placed in the sun if away from the dust.

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**CHEESE**

Use in the diet.

1. Neufchatel and Cream cheese are rich in protein and fat. Cottage cheese is rich in protein.
2. May be used in place of meat, fish and eggs to a large extent.
3. Easily and quickly prepared.
4. Blends well with most foods because milk in flavor and of a soft texture.
5. Make attractive dishes because of the color and spice.
6. Best served plain as salads or in sandwiches.
7. Combine well with olives, greenpeppers, pimentos, pickles, nuts, vegetables and nearly all fruits.
A. Directions for making foundation soft cheeses.

I. COTTAGE CHEESE - skim milk cheese

1. Use sweet skim milk because through the introduction of the lactic acid bacteria the fermentation can be controlled and a better cheese result.

2. Heat milk to a temperature of 70 degrees F. to 75 degrees F. A higher temperature will toughen the curd.

3. Add 2 tablespoonsful clean starter (sour milk or butter milk) to every gallon of milk to introduce lactic acid bacteria.

4. Set the milk to curdle.

5. Cover with a clean cloth to keep out dirt and hold the temperature.

6. Allow 12 to 24 hours for the milk to curdle.

7. Cut the curd both ways - using a bread toaster or butcher knife makes a finer cheese.

8. Heat the curd to separate it from the whey, 85 degrees to 90 degrees F. Too high a temperature will make cheese tough and hard.

9. Stir the curd gently while heating.

10. Allow to set until firm-45 to 60 minutes after it has reached the right temperature.

11. Drain the cheese 1 to 2 hours.

12. Salt to taste, 1 to 1 1/2 ounces to 5 pounds of curd.

13. Cream may be mixed with the cheese.

14. Make up the cheese according to recipes given.

100 pounds of milk will make 15 to 30 pounds of cottage cheese.
II. NEUFCHATEL CHEESE - whole milk cheese

1. Use fresh, clean, sweet, whole milk.

2. Measure out 10 quarts of milk.

3. Heat milk to 70 degrees F. to 72 degrees F. Too high will make finished product granular.

4. Add starter (clean sour milk or buttermilk) 1 to 2 tablespoons to every gallon.

5. Dissolve powdered rennin, \( \frac{1}{2} \) size of small pea, in cold water.

6. Add solution to milk.

7. Cover milk with cloth.

8. Let milk stand for 12 to 18 hours until curd is coagulated firmly.

9. Fasten a piece of unbleached muslin tightly over the top of wash boiler.

10. Carefully transfer the curd with as little breaking as possible to the drain cloth.

11. Leave the curd to drain undisturbed 3 to 4 hours.

12. Scrape the curd toward the center of cloth at intervals to hasten the draining. Work the cheese with ladle.

13. Fold the cloth into a tight ball.

14. Put on a heavy weight for 1 hour.

15. Drain curd until it appears rather dried in comparison with former mushy condition.

16. Salt to taste.

17. Make up the cheese according to recipes given.
III. PIMENTO CHEESE

The curd is handled as described in making Neufchatel cheese. The only difference is that the latter is not colored; while for the Pimento cheese, cheese color should be added to the milk at the rate of 1-16 ounce, or about ¾ teaspoonful to each ten gallons of milk. This will be equal to from 6 to 8 drops for each gallon of milk.

The pimentos (red peppers) are ground fine in a meat grinder, and worked into the curd at the rate of one ounce of pimento to each pound of curd. A small amount of cayenne pepper is also added at the same time.

IV. CLUB CHEESE

First remove the rind from well made cured cheddar, or ordinary hard cheese. Slice this cheese and run it through a meat grinder. To each pound of ground cheddar cheese, add about two ounces of fresh butter. Mix the cheese and butter thoroughly, and then run the mixture through the meat grinder to secure a homogeneous mixture.

The cheese is ready for use immediately. It should be packed in small air tight jars or glasses. Club cheese is very nutritious and palatable.
Recipes for the use of soft cheese - more nutritious, palatable and attractive meals as a result.

Cheese Sandwiches

- 
- 1 lb. cheese (may use a cream cheese or American Factory made cheese) 
- grated fine 
- 2 medium pickles 
- pimento 
- doz. olives 
- 1 tsp. salt 
- 1 tsp. paprika 
- bread

But cheese, pickles, pimentos olives, thru food chopper, Add salt and paprika. Thin with cream, milk or vinegar. Spread on toasted or plain buttered bread.

Olive and Pimento-Cheese Salad or Sandwich

Add cream or Neufchatel cheese, chopped olives, and pimentos in equal parts. Salt to taste and form into a roll or mold. Cut into slices and serve on lettuce leaves with French or mayonnaise dressing.

Club Sandwich

Between two slices of bread place lettuce with a little salad dressing or salt on it, then a slice of cheese, and finally thin slices of dill pickles or a little chopped pickle. Alternate with layer of crisp bacon.

Toasted Cheese Sandwiches

Plain bread and butter sandwiches with fairly thick slices of cheese between are toasted, and on picnics or at chafing dish suppers are often browned in a pan in which bacon has been fried.

Cheese and Jelly Sandwich

Spread slices of bread with layer of cream cheese, then a layer of jelly. Place another layer of bread on top to form a sandwich, then toast.

Cheese-Date-Nut Sandwich

Season cream cheese with chopped dates and nuts and serve as sandwich filling for graham crackers.

Cheese Paste for Sandwiches

- 1/2 c. of tomato ketchup 
- 2 tablespoons chopped pecans 
- 2 cheeses or 2/3 c. 
- 1 teaspoon onion juice 
- 1 teaspoon of salt 
- 1/2 tsp. paprika

Cream the cheese and mix with the other ingredients. Spread between thinly cut slices of bread. This will make sufficient paste for about 24 ordinary sandwiches.

Cheese Toast

- 1 cheese, or 4 T. 
- 1/2 tsp. salt 
- 1/8 tsp. paprika

Slice bread thin and cut into round pieces with biscuit cutter. Cream the cheese, add salt and paprika, spread evenly on bread, and brown in oven.
Fruit Stuffed with Cheese

\[ \frac{1}{2} \text{ c. Neufchatel, cream or cottage cheese} \]
\[ 2 \text{ T. cream or milk} \]
\[ 8 \text{ figs, prunes or dates} \]
\[ \frac{1}{4} \text{ ts. salt} \]

Steam figs for 10 to 15 minutes, cook prunes 10 minutes in lemon juice and water. Seed dates. Soften cheese with cream or milk. Add salt, stuff centers of fruit with cheese. If desired chopped peanuts may be mixed with cheese. Serve with mayonnaise dressing on lettuce leaves.

Cheese balls rolled in chopped nuts may be served on lettuce leaf with slices of pineapple, peaches, cherries, or crisp apples. Cover with mayonnaise or boiled dressing.

Cheese and Lettuce Salad

\[ 3 \text{ leaves of lettuce (chopped)} \]
\[ \frac{1}{2} \text{ c. salad or 4 tablespoons} \]
\[ \frac{1}{8} \text{ ts. paprika} \]

Mix ingredients, roll into balls, and cover with toasted bread crumbs. Serve plain or on lettuce leaves with dressing.

Tomato and Cheese Salad

Mix with the cheese chopped pimentos, celery, and olives. Season with salt and paprika. Wash and remove centers from fresh, medium-sized tomatoes, and fill the cavity with the seasoned cream cheese. Serve on lettuce leaf with salad dressing.

Cheese and Vegetable Salad

Slice thin some peeled tomatoes and cucumbers. Make a quantity of cheese balls, heap them on lettuce hearts in the middle of a flat dish, and put little piles of cucumbers and tomatoes alternately around them. Cover with mayonnaise dressing or cream dressing.

Astoria Salad

\[ 4 \text{ large figs} \]
\[ 1 \text{ teaspoon lemon juice} \]
\[ 1 \text{ cup of cheese, creamed} \]
\[ 8 \text{ large dates} \]
\[ \frac{1}{2} \text{ c. almonds} \]

Add the lemon juice to the cheese, salt to taste, and beat thoroughly. Remove stones from dates. Add figs and almonds, chopping all together and beating to a smooth paste. Add cheese mixture and mix well together, form into molds or balls, and serve on lettuce leaves with salad dressing mixed with an equal quantity of whipped cream. Maraschino cherries may be used instead of figs.
Cheese Bonbons

1 c. Neufchatel or cream cheese ½ ts. salt
2 T. of finely chopped pimento 12 English walnuts paprika

Mix the cheese well with the pimento, paprika and salt. Shape into small balls. Press a half of English walnut on each side of cheeses. Roll in chopped nuts. May be served on lettuce leaf as salad with mayonnaise or boiled dressing.

Cheese and Apples

Mix with one cheese 12 dates (seeded and chopped) and 1 tablespoon of chopped pecan nuts. Serve with thin slices of good eating apples. Chill and serve on crisp leaves of lettuce with mayonnaise dressing.

Cheese and Parsley Balls

Season the cheese and mold into balls, and roll in finely chopped parsley. Serve as garnish or on lettuce leaves with mayonnaise dressing.

Fried Bread with Cheese

Cut stale bread into thin pieces and put two pieces together with cheese between them. Dip in a mixture of egg and milk and fry in butter or other fat.

Cheese Sauce

1 c. milk
2 tablespoons of flour
From 1 to 3 cheeses or from 4 tablespoons to 1 cup.
Salt and pepper

Thicken the milk with flour and add cheese just before serving, stirring until melted.

This sauce may be used in preparing creamed eggs, to pour over toast, with macaroni, rice, Welsh rarebit, or for baking with crackers soaked in milk.

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