Soft Cheese Making

Susan Z. Wilder

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(Demonstrator's work sheet)

SOFT CHEESE MAKING

by

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College and United States Department of
Agriculture Cooperating.

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### DEMONSTRATION PREPARATION SHEET

<table>
<thead>
<tr>
<th>UTENSILS FOR DEMONSTRATION</th>
<th>FOOD MATERIAL FOR DEMONSTRATION</th>
<th>WORK TO BE DONE BEFORE DEM. STARTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pan (2 qt)</td>
<td>1 qt. skim milk</td>
<td>1. Prepare the day before the dem.</td>
</tr>
<tr>
<td>2 - 10 qt. pails</td>
<td>2 qts. whole milk</td>
<td>1. Set curd for cottage cheese</td>
</tr>
<tr>
<td>1 long butcher knife</td>
<td>12 c. starter (sour milk) or buttermilk</td>
<td>2. &quot; &quot; &quot; &quot; neufchatel  &quot; &quot; &quot; &quot; neufchatel &quot;</td>
</tr>
<tr>
<td>1 drain cloth - square of muslin</td>
<td>1 small can pimento</td>
<td>Have made up 1/2 lb. cottage cheese</td>
</tr>
<tr>
<td>plate and fork to to serve each guest</td>
<td>1 package dates</td>
<td>&quot; &quot; &quot; &quot; neufchatel &quot;</td>
</tr>
<tr>
<td>Dairy or weather thermometer</td>
<td>1/2 lb. newfchatel cheese</td>
<td></td>
</tr>
<tr>
<td>2 sticks to support cheese while draining</td>
<td>1 &quot; cottage &quot;</td>
<td></td>
</tr>
<tr>
<td>2 large pails</td>
<td>1 small bottle olives</td>
<td></td>
</tr>
<tr>
<td>1 next grinder</td>
<td>1 c. American cream cheese</td>
<td></td>
</tr>
<tr>
<td>1 ladle</td>
<td>1/2 lb. butter</td>
<td></td>
</tr>
<tr>
<td>1 can opener</td>
<td>1 c. cooked salad dressing</td>
<td></td>
</tr>
<tr>
<td>2 forks</td>
<td>1 small head cabbage</td>
<td></td>
</tr>
<tr>
<td>1 spatula or knife</td>
<td>1/2 c. peanuts</td>
<td></td>
</tr>
<tr>
<td>1 paring knife</td>
<td>salt</td>
<td></td>
</tr>
<tr>
<td>1 qt. measure</td>
<td>1 can sliced pineapple</td>
<td></td>
</tr>
<tr>
<td>stove - good kerosene stove preferred</td>
<td>1 c. cream</td>
<td></td>
</tr>
<tr>
<td>water</td>
<td>curd for newfchatel cheese</td>
<td></td>
</tr>
<tr>
<td>dish pans (2)</td>
<td>3 junket tablets</td>
<td></td>
</tr>
<tr>
<td>3 mixing bowls - 1 qt. size</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 large plates for serving plates</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tablespoon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 stirring spoon</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Before demonstration starts

1. Pits removed from dates
2. All cans opened
3. 1 c. cabbage shredded
4. 1 plate of small cabbage leaves crisp
5. 1/2 c. nuts chopped
6. 2 T. of pimento cut fine
7. 2 T. olives cut fine
8. 1 plate of tiny balls of different kinds of cheese, ready.
### Part I. Foundation Cheeses

#### Demonstrator I.

**Utensils**
- 1 pan (2 qt)
- 1 stirring spoon
- 1 thermometer
- 1 long knife

**Food**
- 1 qt milk
- 1 T. starter (sour milk)
- 1/2 pt, prepared curd
- 1 T. salt
- 1 junke t tablet
- in 1 c. cold water

1. Sets the curd for the cottage cheese
2. Shows the finished curd (prepared at home the day before) ready to salt.
3. Salts the curd
4. Adds the cream

1. What kind of milk do you use for cottage cheese?
2. What is the cottage cheese rich in?
3. What do you use for a starter?
4. What is meant by starter in cheese making?
5. To what temperature do you heat the milk?
6. Why cover the cheese when you set it aside to curdle?
7. How long do you allow for cheese to form curd?
9. To what temperature do you heat the curd?
10. What is the effect of a high temperature in cheese making?
11. Why stir the cheese curd gently? Keeps parts of the curd from becoming overheated. Allows for the quick separation of curd and whey.
12. Give the time for the curd to set and drain.

#### Demonstrator II.

**Utensils**
- 2 qt. pan
- 2 pans (10 qts)
- 1 thermometer
- 1 ladle or dipper
- 1 drain cloth
- 1 long stick

**Food**
- 2 qts. milk
- 1 T. starter
- 1 junke t tablets

1. Sets the curd for the Neufchatel and pimento cheese.
3. Heats the milk to 72 degrees F.
4. Adds the starter
5. Neufchatel to be made in one pan
6. Cover the pan and set aside to cool.

1. How does Neufchatel cheese differ from cottage cheese?
2. What is Neufchatel cheese rich in?
3. Mention each step as you proceed.
4. What is pepsin? Pepsin is an enzyme extracted from the lining of calves stomach.
**Part I. Foundation Cheese**

**DEMONSTRATOR II.**

1 qt. prepared Neufchatel

1. Salt the curd.

2. Handles the neufchatel curd prepared at home the day before

3. Why is pepsin added to the milk? To coagulate the casein. (Protein of the milk)

4. Why was it necessary to prepare the two curds the day before?

**DEMONSTRATOR I.**

**Utensils**

1. Club Cheese

1. Meat grinder

2. Case knife

3. Plate

4. Spoon

5. Plate

**Food**

1/2 lb. American cream cheese

2 T. butter

2 T. salad dressing

**DEMONSTRATOR II.**

**Utensils**

1. Ladle

2. Heavy weights

3. Dish pats

4. Washes both cheeses left to drain.

5. Ties both into tight ball.

6. Places heavy weight on each

7. Allow both to drain.

1. How is club cheese different from the first three kinds of cheese?

2. What does the butter do to the finished product? Adds fat and makes it possible to use the cheese as a "spread" for bread.

3. Why do you work the neufchatel and pimento cheese?

4. Why do you use weight?

5. How long do you continue to use a weight?
### Part I: Variations in Use of Foundation Cheese

<table>
<thead>
<tr>
<th>Demonstrator I</th>
<th>Demonstrator II</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Utensils</strong></td>
<td>Cut cottage cheese curd.</td>
</tr>
<tr>
<td>3 mixing bowls (1 qt)</td>
<td>1. Makes sandwich fillings.</td>
</tr>
<tr>
<td>2 large plates</td>
<td>1. Adds chopped olives to neufchatel cheese</td>
</tr>
<tr>
<td>1 serving platter</td>
<td>2. Adds chopped pimento to &quot; and pimento cheese.</td>
</tr>
<tr>
<td><strong>Food</strong></td>
<td>3. Adds chopped nuts to &quot; cheese</td>
</tr>
<tr>
<td>1 c. chopped olives</td>
<td>4. Spreads small crackers with different cheese fillings to serve guests.</td>
</tr>
<tr>
<td>1 c. pimento</td>
<td></td>
</tr>
<tr>
<td>1 lb. neufchatel cheese</td>
<td>1. What are the characteristics of the soft cheese that should lead us to use them more extensively in meal planning?</td>
</tr>
<tr>
<td>1 lb. pimento</td>
<td>2. Why is soft cheese making worth while in the farm home? It is another means of using the extra supply of milk as a palatable food product.</td>
</tr>
</tbody>
</table>

| Demonstrator II | | |
|----------------| 1. Makes salad |
| **Utensils** | | |
| 1 teaspoon | 1. Pineapple slice with 3 balls of neufchatel cheese, 1 tablespoon salad dressing, 3 strips of pimento on top. Served on cabbage leaf. |
| 1 c. dates | 2. Stuff 2 doz. dates with neufchatel cheese. Serve 2 on piece of cabbage leaf with teaspoon salad dressing and bit of pimento. |
| | 3. Salts the pimento and neufchatel curds that were left to drain. |
| 1 plate crisp cabbage leaves | | |
| | | 1. What combinations were especially good? |
| 1 pineapple slice | 2. Why should milk be used from only healthy cows for cheese making? |
| 1 plate cheese balls | 3. What effect has poor feed upon the quality of milk produced? |
| | 4. Does this make a difference in the cheese? What? |
| 1 pimento | 5. Name the best feeds for milk cows. |
| | 6. Why have clean cows? |
| 1 plate crisp cabbage leaves | 7. What can the milker do to protect the milk against bad odors? |
| 1 pimento | 8. Give directions for cleaning the milk vessels. |