



TECHNOLOGICAL NOTE NO.3

Production of fresh farm cheese

variation: **Gyros, Pepper, Salt, Herbs**



COMPONENTS

milk, mesophyllic culture, water, calcium chloride, rennet, salt, it is possible to add spice or herbs (e.g. potassium iodide, onion, sweet pepper, sugar, garlic, oregano, different kinds of pepper, rosemary, calamint, thyme, basil, marjoram)

nutrition value: dry substance min. 30%, fat in dry substance min. 35%

TECHNIQUE

Milk for fresh cheese is left to turn sour with the help of lactic sour cultures. It is curdled by adding of rennet.

Milk is pasteurized up to 72°C for 30 seconds to get rid of unwanted pathogenic microflora. We leave milk to cool down to the temperature 25°C which is optimal for mesophyllic microorganisms. Then we add mesophyllic culture which was melted in water. Simultaneously we add calcium chloride mixed in water in proportion 1, 11 ml to 5 l of cow milk. It gives us calcium in melted form. We stir the mixture properly. Then we leave it to turn sour for 40 minutes at the temperature 22-25 °C. As the rennet potency changes during the process, we must verify its figures by the following test.

We warm 100 ml of cow milk up to 35°C and gauge 1 ml of undiluted rennet. We use the stopwatch to measure the time when the first milk flakes appear after the adding of rennet to milk. The time is filled into the following formula:

$$S = \frac{100 * 2400 * 1}{s \text{ (sec)}}$$

We can count the exact dosage of the rennet for our amount of milk according to its potency.

$$D = \frac{\text{milk amount in ml}}{S} * \frac{35}{\text{temperature}} * \frac{40}{\text{time}}$$

We mix calculated amount of rennet in water and pour it into the milk while stirring it constantly. We stir milk maximally for 2 minutes, and then we steady the movement of milk. We cover the container with a lid and leave milk to stay calm to be able to curdle for 40 minutes. After that time the cheese curd will have the consistence of custard. If we sink a sharp thing into it, we will see a sharp joint. We will cut the cheese curd into rhombuses with the edge of 1, 5 cm. By this we will enlarge the cheese

curd surface and support releasing of the whey. We stir the cut cheese curd for three times in 5 - minute intervals. We will pour it into the containers including the whey and now we can add a favourite flavour (herbs, pepper) while slightly stirring. Cheese should drip out for 15 – 17 hours at room temperature. Cheese must be turned over regularly. During the first 2 hours we turn them over just once and during next 10 hours we turn them twice again. When the cheese is dripped out, we salt its surface so that a little whey could release again. The following day we pack the



cheese into the packaging. By this way we store the fresh farm cheese up 10 days at the temperature 4 – 8° C.

PACKAGING

it has a round shape packed in vacuum clingfilm wrap, weight of 170-200 g



DISTRIBUTION

one piece packed in vacuum cling film wrap, transported in cooled devices at +4°C.

USE

This type of cheese is mostly used by people who care of their figures and health as it has high content of slightly digestible proteins and low content of fat. We can eat it just with wholemeal bread or bakery products, season it e.g. with garlic, pepper or to consume it with a glass of white wine. It is an excellent ingredient in cold meals for the decoration of bowls, plates and canapés, for salad preparation.



EXAMPLE OF A NATIONAL RECIPE

STEAMED COW CHEESE – regional foodstuff

This steamed cheese is unique by its fine salty taste and stiffer consistence. It is used as cold meals as well as hot meals. There are not used any preserving substances or chemicals during its production.



Awards

Regional foodstuff of 2015

Composition

cow milk, rennet, salt

Packaging

packed in vacuum clingfilm wrap

Weight

100 g

Average nutrition value for 100 g of product: fat in dry basis min. 45%, dry basis min. 30%

PRODUCER

Diary Liciborice – Marie Cernilova

Since 2001 the Diary Liciborice has been making cheese according to its own recipe based on quality. It has been processing goat, cow and sheep milk. In this family diary they produce natural, spiced, steamed, smoke-dried and pickled cheese. They also make yoghurts, kefirs, butter, cottage cheese, probiotic drinks, spreads and last but not least also ice cream. Everything is produced without any preserving substances or chemicals. The Diary Liciborice has already gained many awards not just in the CR but also abroad.

RECIPE

Cheese spread with eggs



Ingredients:

3 boiled eggs, 150 g Mascarpone, fresh farm cheese 150 g, some kind of Edam cheese 80 g, sour cream 200 g, salt

Procedure and preparation:

We grate eggs on a heavy gauge grater, then Edam cheese on a finer one. We add fresh farm cheese, mascarpone and sour cream (or mayonnaise). We mix it well; salt it according to our taste. If we still have too thick consistence we can add a spoon of cream and soften it. We leave it to become mellow for about half an hour and then we can use it and spread the bakery products which we can decorate according to our taste (e.g. fresh vegetables, ham, onion or herbs, nuts or grapes).