

MEXICAN CHEESE

MAKING KIT



Instructions

Plus Tips for Best Results



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PREPARATION



Store the rennet tablets in the freezer until ready to use them. We recommend using whole fat cow's milk, but you can substitute reduced fat milk, if you prefer.

CLEANING EQUIPMENT

To create a sterile environment, you'll want to make sure you thoroughly clean all of your equipment prior to first use.

QUESO FRESCO INSTRUCTIONS

- 1** In a small bowl, place $\frac{1}{4}$ of a rennet tablet in $\frac{1}{4}$ cup of filtered water. Mix until the tablet has dissolved. Reserve for later.
- 2** Pour $\frac{1}{2}$ gallon of whole milk into your saucepan. Turn your heat on to medium-low and heat the milk until it is between 85-90°F. Stir periodically during this heating process to reduce the risk of the milk scorching the pan.

Pop on over to the back cover to see a complete list of ingredients

- 3 Once the milk is between 85-90°F, add in the mixture of rennet and water, and stir to combine for about 15 seconds. Then, remove the pan from the heat, and let it sit for about 10-15 minutes as the milk starts to firm.
- 4 Meanwhile, use your cheesecloth to line your cheese basket, then place the basket over a bowl or large pitcher where it will be able to drain. Set aside for later.
- 5 After 10-15 minutes, check the milk to determine if it is firm to the touch and ready. If it is still not firm enough, let the milk sit for another 5-10 minutes before checking again.
- 6 Once the milk is firm enough, begin using your hand and fingers to break the curds up. Carefully run your fingers through the curds, turning the pan after each time. This process will start to make the curds smaller, while releasing more and more whey. Take your time with this process to gently create small, soft curds. **Tip: We recommend using gloves during this process.**



- 7** As you notice the whey start to change from a light color to a more yellowish color, pour about $\frac{1}{3}$ of the mixture into your lined cheese basket and strain the whey. Once strained, transfer the curds from the cheese basket back into your pan.
- 8** Repeat steps 6 and 7 until almost all of the whey has been removed from the curds. This process should take about 10-15 minutes. Once all of the curds are in the cheese basket, carefully press down on them to help remove any additional whey.
- 9** Transfer the now dried curds back to a separate bowl or work area. Add 1 teaspoon of salt over the curds, and carefully mix to evenly distribute.
- 10** Remove the cheese cloth from the cheese basket, and wipe the basket clean. Transfer the curds into the cheese basket and press the curds into the shape of the basket. If any additional liquid comes out of the cheese, gently pat dry with a paper towel.
- 11** Your queso fresco is now ready to enjoy! Enjoy immediately, or cover and transfer to the refrigerator, where it should keep for about a week.



QUESO OAXACA INSTRUCTIONS



Pop on
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PART-1 CURD FORMATION

- 1** Mix $\frac{3}{4}$ teaspoon of citric acid into $\frac{1}{4}$ cup of filtered water in a small bowl or cup. Reserve for later.
- 2** In a separate bowl, place $\frac{1}{4}$ of a rennet tablet in $\frac{1}{4}$ cup of filtered water. Mix until the tablet has dissolved. Reserve for later.
- 3** Pour $\frac{1}{2}$ gallon of whole milk into your saucepan, then add the mixture of citric acid. Stir to completely incorporate the citric acid mixture into the milk. Turn your heat on to medium-low and heat the milk until it is between 85-90°F. Stir periodically during this heating process to reduce the risk of the milk scorching the pan.
- 4** Once the milk is between 85-90°F, add in the mixture of rennet and water, and stir to combine for about 15 seconds. Then, remove the pan from the heat, and let it sit for about 10-15 minutes as the milk starts to firm.

- 5** After 10-15 minutes, check the firmness of the milk to determine if it is ready. Run a butter knife gently through it to confirm that it begins separating into curds. If it separates, then you are ready to move on. If the knife does not form a clear lasting line, let the milk sit for another 5-10 minutes before trying again.
- 6** Once the milk is firm enough, cut the curds into 1" cubes by first cutting front to back several times, then left to right, and lastly at a diagonal. Place the pan back onto the stove, and turn on the heat to medium-low. Heat until it reaches between 100-105°F, then begin gently stirring for 3-5 minutes. You will notice the curds separating and a large amount of whey forming.
- 7** Use your cheesecloth to line your cheese basket, then place the basket over a bowl or large pitcher where it will be able to drain. Carefully pour the curds along with the whey into the lined cheese basket. Allow the curds to drain and sit for about 10-15 minutes, before carefully pressing down to help remove any additional whey.



PART-2 STRETCHING AND FORMING

- 1** Transfer the strained whey back into your saucepan and turn the heat on high until it reaches 140°F, then turn off the heat.
- 2** Remove your curds from the basket and cheesecloth and cut into 4 equal pieces. Starting with only 1 piece at a time, use your slotted spoon to gently lower the curd into the whey for about 3 minutes to bring it up to temperature. After 3 minutes, use your spoon to remove the curd and move to a separate bowl or work area.
- 3** Begin working the curd by stretching outward like a rope, then folding it in half and stretching it once more. This part can be difficult, but remain patient, because the more you work it, the more elastic it will become. Whenever the cheese isn't feeling pliable enough, carefully transfer it back into the heated whey for another couple of minutes before stretching and kneading more.
Tip: We recommend using gloves during this process.
- 4** Once you have stretched the cheese to about 12" to 15" long, add 1 teaspoon of salt to the cheese and allow it to cool down for a few minutes. Once cool, roll the cheese into a standard ball, or shape it to look more like a ball of yarn.
- 5** Repeat steps 2 through 4 with the remaining curds.
- 6** Once you have shaped your cheese, you are ready to enjoy! Enjoy immediately, or transfer to the refrigerator wrapped in plastic where it should keep for about a week.

To watch an instructional video for this kit visit [PopCultures.Co](https://www.popcultures.co)

INGREDIENTS



Vegetarian
Rennet Tablets

Pocket Thermometer

Cheese Cloth

Citric Acid

Sea Salt

Cheese Basket

YOU WILL NEED:

Whole Milk

Heavy Cream
(optional for Ricotta)

Filtered Water

Saucepan

Slotted Spoon,
rubber spatula, knife



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