

Ricotta Cheese-Homemade

This recipe makes about 1 ½ cups



Ingredients

4 cups of whole milk

2 tbsp vinegar

Directions

1. Add 4 cups of whole milk to a saucepan, crock pot or instant pot.
2. Bring to a boil and boil until the temperature of milk reaches 180 degrees (if using an instant pot, press the yogurt button until “boil” shows on screen)
3. Remove from heat and stir in white vinegar or apple cider vinegar for about 1 minute until the mixture is fully mixed and milk starts to get some chunks
4. Let stand for atleast 10 minutes or up to 1 hour
5. Pour mixture into a towel or cheesecloth and let sit for at least 30 minutes to separate the solids from the liquids (The whey liquids can be saved for rehydration or for baking, or smoothies etc)
6. Add parchment paper to your trays
7. Spoon the ricotta onnto your trays
8. Pre Freeze when possible
9. Freeze dry (my cycle time was 23 hours)
10. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Gently crumble the freeze-dried ricotta for the best rehydration results

Add approximately ½ cup of water to the entire recipe above, stir, and let sit for 5 minutes. Stir again. Enjoy

A vacuum chamber sealer (like Avid Armor) can also be used to speed up rehydration.

Nutritional Value Per ¼ cup of ricotta

Calories: 121 Protein: 6 g Fat: 6 g Carbohydrates: 9 g Sugar: 9 g Fiber: 0 g