

Cottage cheese



Ingredients:

- 1 l (34 oz) milk
- 2 tbsp kefir

Cottage cheese preparation

Combine the ingredients and leave at room temperature for at least 24 hrs. It's best to use homemade kefir because of its high probiotic value. Find milk kefir recipe [here](#). When the milk thickens cut it to 1 cm big cubes. Slowly heat it to 45 °C (115 °F), this has to happen very slowly so that the grains can formulate and thicken.

The whey will start to separate from the solid cheese. Put it into the Cheese Maker to strain. Then rinse it under running water three times so the grains separate and the cheese gets more mild in taste. Put the cottage cheese into the Cheese Maker and leave overnight to strain.

Use cottage cheese in other recipes

You can eat this cheese as it is or combine with other ingredients. Cottage cheese can be served as sweet or salty dish. Use fresh fruits from the gardens or mixed nuts for a bit of crunch.

If you want to store it in the fridge longer add some salt. It's best to eat it fresh but you can store it for up to seven days.

Products used to prepare this recipe:



Cheese Maker

[Buy on Kefirko.com](https://www.kefirko.com)



Kefir Fermenter

[Buy on Kefirko.com](https://www.kefirko.com)