

Homemade curd cheese



Ingredients:

- 1.5 l full-fat milk
- 2 cups kefir

Curd cheese preparation

Heat the milk to about 60°C, add kefir. The milk should not be too warm, or the bacteria will die and the fermentation process will be finished. Stir gently - neither too fast nor too vigorous - or the curds will disintegrate and the cheese will become grainy. Wait for about 10 minutes for the milk to separate into curds and whey. Cover the saucepan with a clean cloth and put it on the kitchen counter, away from direct sunlight, for the contents to ferment. On the second day, heat the contents to about 60°C again. The whey will become green. Stir gently and leave it to cool down.

Straining the curd cheese

Line a colander with cheesecloth and put it over a bowl or sink. Pour gently into the colander and wait for about two hours for the whey to drip out (the most of it). Tie up the curds into the cheesecloth and then squeeze the whey out or leave it to drip out completely. You can use [Cheese](#)

[maker](#) to make straining easier. Your curd cheese is now ready.

Serving tip: Spread the curd cheese on wholemeal bread with seeds, add slices of pear, top with honey.

You can find more kefir recipes [here](#).

Products used to prepare this recipe:



[Kefir Fermenter](#)

[Buy on Kefirko.com](#)



[Organic milk kefir grains](#)

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



Cheese Maker

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