

# Basic Soft Cheese Class

Lady Isabelle de Calais

Making cheese is a great way to preserve and store essential nutrients from milk. In this class we will learn the most basic soft cheese available sometimes called “farmer’s cheese.” From what I understand it is a simplified version from that recorded in most texts, but I believe that this simple recipe would have been used in period. Some period cooking texts list rennet (or day old cheese which had the bacteria already ), lemons, milk, and other ingredients for cheese making.

## Farmer’s Herb Cheese

1 Gallon Whole Fat Milk, non-homogenized works best  
Rennet, follow directions for your brand  
Juice from 1 Large Lemon  
Salt to taste  
White vinegar (optional)  
Herbs of your choice (optional)

In a large heavy pot heat milk to 190 degrees Fahrenheit or 95 degrees Celsius over a medium-low heat. Stir milk on a regular basis to be sure that it does not burn. Mix in rennet and lemon juice. You should start to see the curds separating from the whey, if not add 1 ounce of white vinegar and stir. If you can only find homogenized milk you will probably have to add the vinegar.

Remove from heat and cover the pot. Let mixture stand for 15 -25 minutes.

Strain cheese through a colander lined with fine cheesecloth. Let mixture drain for another 10 minutes. Wrap cheese in the cheesecloth and press out as much liquid as you can. (at this point you could start the process for mozzarella, but we wont be doing that today).

Turn cheese out onto a clean flat surface, ex: cutting board, and knead the cheese a bit like dough. As you are kneading cheese, work in salt and any herbs you wished to flavor it with. The longer you work the cheese the less moisture it will have and the firmer the texture will get.

Your cheese can be eaten now, but I prefer to hang dry it for another 4-6 hours to allow for less moisture. Refrigerate cheese after process is complete to make it last longer.

*Thank you Baron Henry of Ered Sul and Lord Uthur the Dark for helping me get started making cheese!*



14<sup>th</sup> century illumination where individuals are making white cheese.

## Works Consulted

“Beginner’s Cheese”

[http://www.youtube.com/watch?v=AWx8VlnT8ZY&feature=BFa&list=PLA0527CD0510816C6&lf=mh\\_lolz](http://www.youtube.com/watch?v=AWx8VlnT8ZY&feature=BFa&list=PLA0527CD0510816C6&lf=mh_lolz)

“Farmer’s Cheese”

[http://www.youtube.com/watch?v=BJBO1pScIK0&feature=BFa&list=PLA0527CD0510816C6&lf=mh\\_lolz](http://www.youtube.com/watch?v=BJBO1pScIK0&feature=BFa&list=PLA0527CD0510816C6&lf=mh_lolz)

“14<sup>th</sup> to 15<sup>th</sup> Century Soft Cheese”

[http://www.cheesemaking.com/includes/modules/jwallace/onlinenews/feedbackpics/06\\_11/friends/pics/Meidieval.pdf](http://www.cheesemaking.com/includes/modules/jwallace/onlinenews/feedbackpics/06_11/friends/pics/Meidieval.pdf)

“Cheese”

<http://www.godecookery.com/how2cook/howto02.htm>

“At the Table of the Monks” [gherkin tomatoes.com/](http://gherkin tomatoes.com/)

<http://gherkin tomatoes.com/2009/05/22/at-the-table-of-the-monks-cheese-of-course-part-v/>