



Cowgirl Creamery's Fromage Blanc

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup crème fraîche homemade store-bought
- ☐ 4 servings dairy thermometer
- ☐ 0.1 teaspoon fromage blanc culture
- ☐ 1 gal. pasteurized milk whole
- ☐ 0.8 tsp sea salt fine
- ☐ 0.1 ml vegetarian rennet
- ☐ 0.2 ml calcium chloride
- ☐ 4 servings cheesecloth

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Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ kitchen thermometer
- ☐ colander
- ☐ cheesecloth
- ☐ candy thermometer

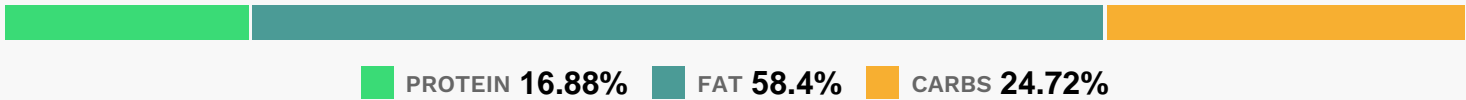
Directions

- ☐ "Ripen" the milk.
- ☐ Pour milk into an 8- to 10-qt. heavy-bottomed pot and insert dairy thermometer.
- ☐ Heat milk over medium-high heat to 85, stirring often to prevent scorching.
- ☐ Remove from heat, remove thermometer, and sprinkle culture as evenly as possible over milk; let rest 10 minutes, then gently stir 1 minute in one direction. Dilute rennet in 2 tbsp. cool water and pour in evenly all over the milk; stir the same way. Dilute calcium chloride in 2 tbsp. cool water; pour and stir as you did the culture and rennet. Stir once in opposite direction to stop movement of milk. Cover with cheesecloth; let rest overnight on counter.
- ☐ Drain your curds. Ladle curds out of the pot into a large colander, lined with a double thickness of cheesecloth and set over a clean bucket. About 10 cups of whey will drain into the bucket; use for Homemade Ricotta (transfer whey to a bowl in the fridge whenever there's enough to collect).
- ☐ Drain curds 6 to 8 hours at room temperature, until the cheese resembles thick sour cream, scooping and turning with a soup spoon every hour or so in order to let the curds dry evenly.
- ☐ Dress your curds. Turn fromage blanc into a large bowl and stir in Crème Fraîche and salt to taste. Cheese is now ready to eat. It keeps, chilled in an airtight container, up to 1 week.
- ☐ These supplies may seem a bit mad-scientist, but they're easy to use. Find them unless otherwise noted at the Beverage People (thebeveragepeople.com or 800/544-1867). One very important note: Be scrupulously clean when making cheese; scrub surfaces with

antibacterial soap and boil utensils (ladle, spoons, etc.) for 20 minutes before using. You don't want bad bacteria messing with the good.

- ☐ Calcium chloride: A type of salt that helps firm up the curds.
- ☐ Cheesecloth: A loosely woven cloth for lining cheese molds or colanders. Find at most grocery stores.
- ☐ Ricotta mold: A small woven basket made of food-grade plastic; gives your ricotta a pretty shape.
- ☐ Fromage blanc culture: Gives cheese both flavor and texture; looks a lot like freeze-dried yeast used for baking.
- ☐ Dairy thermometer: Unlike a candy thermometer, measures low temperatures too. You can substitute an instant-read thermometer.
- ☐ Vegetarian rennet: A lab-created version of the natural enzymes that coagulate milk.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:4.33, Inflammation Score:-4, Nutrition Score:8.8608696458294%

Nutrients (% of daily need)

Calories: 203.81kcal (10.19%), Fat: 13.4g (20.62%), Saturated Fat: 7.45g (46.55%), Carbohydrates: 12.76g (4.25%), Net Carbohydrates: 12.76g (4.64%), Sugar: 12.74g (14.16%), Cholesterol: 46.27mg (15.42%), Sodium: 538.12mg (23.4%), Alcohol: 0.03g (100%), Alcohol %: 0.01% (100%), Protein: 8.72g (17.43%), Calcium: 329.75mg (32.97%), Phosphorus: 268.61mg (26.86%), Vitamin B12: 1.38µg (23%), Vitamin B2: 0.39mg (22.67%), Vitamin D: 2.69µg (17.91%), Potassium: 402.43mg (11.5%), Vitamin A: 574.8IU (11.5%), Vitamin B5: 1.01mg (10.08%), Vitamin B1: 0.15mg (9.67%), Selenium: 5.71µg (8.15%), Magnesium: 32.2mg (8.05%), Vitamin B6: 0.16mg (8.05%), Zinc: 1.1mg (7.32%), Vitamin E: 0.23mg (1.54%), Vitamin B3: 0.29mg (1.43%), Vitamin K: 1.16µg (1.11%)