



Sicilian Homemade Ricotta Cheese

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



5

CALORIES



893 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 quart buttermilk
- 1 pint cup heavy whipping cream
- 1 tablespoon kosher salt
- 1 gallon milk whole
- 18 inch frangelico
- 18 inch frangelico

Equipment

- bowl

- sauce pan
- ladle
- sieve
- wooden spoon
- slotted spoon
- colander
- cheesecloth

Directions

- Line a large colander or sieve with 4 layers of cheesecloth. Set aside.
- Heat milk, buttermilk, heavy cream, and salt in a large, heavy, nonreactive saucepan over medium-low heat, stirring occasionally for the first 10 minutes. Continue heating, without stirring, until the temperature reaches 190 degrees F.
- Remove from heat and let stand for 1 hour. The mixture will be separated into white curds and clear whey.
- Using a slotted spoon, ladle approximately 1/4 of the curds into the cheesecloth-lined colander. Gather up the corners of the top cheesecloth and secure closed with a zip tie. Repeat with the rest of the curds, cheesecloth, and zip ties. Use the last zip tie to thread all of the cheeses together. Suspend the cheeses over a large wooden spoon over a large bowl, and let drain for 2 hours.
- Place the four cheeses, still in cloth, in a bowl in the refrigerator overnight. In the morning, cut zip ties, and transfer cheese to an airtight container.

Nutrition Facts

PROTEIN 14.84% **FAT 64.27%** **CARBS 20.89%**

Properties

Glycemic Index:13.8, Glycemic Load:16.3, Inflammation Score:-9, Nutrition Score:33.899999758472%

Nutrients (% of daily need)

Calories: 893.36kcal (44.67%), Fat: 64.65g (99.47%), Saturated Fat: 39.44g (246.52%), Carbohydrates: 47.28g (15.76%), Net Carbohydrates: 47.28g (17.19%), Sugar: 48.42g (53.79%), Cholesterol: 218.61mg (72.87%), Sodium:

1907.26mg (82.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.6g (67.19%), Calcium: 1212.2mg (121.22%), Phosphorus: 980.42mg (98.04%), Vitamin B2: 1.55mg (91.07%), Vitamin B12: 5.11µg (85.17%), Vitamin D: 12.3µg (82.02%), Vitamin A: 2929.91IU (58.6%), Potassium: 1481.33mg (42.32%), Vitamin B5: 3.78mg (37.84%), Vitamin B1: 0.53mg (35.46%), Selenium: 24.23µg (34.61%), Magnesium: 116.44mg (29.11%), Vitamin B6: 0.56mg (28.15%), Zinc: 4.05mg (27.03%), Vitamin E: 1.38mg (9.21%), Vitamin K: 5.87µg (5.59%), Vitamin B3: 1.03mg (5.13%), Copper: 0.07mg (3.32%), Folate: 13.25µg (3.31%), Manganese: 0.04mg (2.12%)