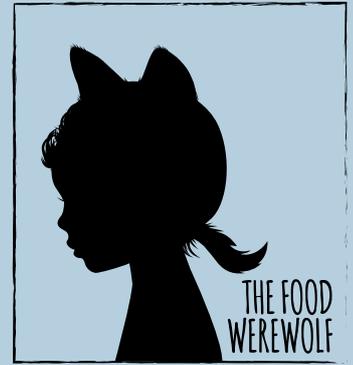


HOMEMADE CREAM CHEESE



INGREDIENTS

2 cups plain full fat organic natural yoghurt

EQUIPMENT

- * Bowl
- * Square piece of cheesecloth, muslin cloth, chux cloth or anything that can allow liquid to strain e.g. tea towel
- * String/rubber bands and/or wooden spoon

PREPARATION NOTE

- * The idea here is to suspend the yoghurt inside cloth and over a bowl so the whey (liquid) strains out, leaving yummy homemade creamy cream cheese...Additive free!
- * Always look for organic yoghurt to be sure you are avoiding additives. Check the label carefully to ensure there are no nasties in your yoghurt.

PREPARATION TIME: 10 MINUTES

DRAINING TIME: 12-24HRS

SERVES: APPROX 1 CUP

METHOD

1. Drape cloth over a bowl. Place yoghurt into the middle of the cloth, grab the corners of cloth and twist together tightly. Secure tightly with a rubber band or string, or once twisted, try tipping it upside down, wrap remaining loose cloth around outside of the 'ball' of yoghurt and twist tightly again (this holds the first twist in place without needing a rubber band or string)
2. Wrap the loose end tightly around wooden spoon handle (or secure using rubber band or string - see image on page 2)
3. Balance ends of the wooden spoon on the bowl edge or hang with string from a cupboard door handle to suspend cloth full of yoghurt over the bowl
4. Leave yoghurt over the bowl to strain for 12-24 hours (can be left on bench or in fridge)
5. Keep whey (liquid drained into bowl) for other uses (see tips below)
6. Eat and enjoy yummy cream cheese!

STORAGE

- * Keep your cream cheese in a container in the fridge for up to a month
- * Store the whey in fridge for up to a month, or freeze it (perhaps in ice cube sizes) for up to 6 months

HOMEMADE CREAM CHEESE



WHEY CAN BE USED:

- * as a drink on it's own (excellent for all sorts of tummy things – gut repair, digestion, diarrhoea, sore tummies etc)
- * in a freshly made smoothie or juice for extra goodness
- * instead of water to soak grains and beans (especially gluten based grains such as oats, barley and wheat as it helps to digest the gluten)
- * for fermenting fruits, vegetables etc (e.g. for making sauerkraut) Google Sally Fallon or Sandor Ellix Katz
- * in your pet's food to give them extra nourishment
- * as a general skin treatment (and good for acne too)

For recipe and information source, please click below
Weston Price
Sarah Wilson
Nova Magazine

VARIATIONS & TIPS

Eat the cream cheese;

- * on it's own with salt and pepper
- * as a spread on crackers, wraps or sandwiches
- * mixed with miso paste to make a homemade version of 'cheesimite' (Vegemite and cheese spread)
- * spread with avocado on toast
- * mixed with lemon, salt, pepper and avocado for a quick dip (great with vege sticks!)
- * mixed with fresh chives or parsley or pesto for a quick dip
- * form into balls and roll in chopped herbs or nuts
- * spread on crackers with salmon and snow peas for crunch
- * on top of pancakes, waffles or crepes with maple syrup, fruit and/or cinnamon/nutmeg
- * mix with vanilla, agave syrup and cinnamon or nutmeg
- * with fresh nuts whole, chopped or ground to a paste and honey

See basic dips recipes for more ideas

- * To make sour cream, just leave straining for about 6 hours instead of the full 12-24
- * The longer you leave it to strain, the firmer the cheese will be and the more 'tart' in flavour
- * You can decrease the 'tartness' by straining in the fridge instead of on the bench
- * Use A2 yoghurt if lactose intolerant or need lower level of lactose
- * Keep the liquids that have strained off in the bowl (the whey) - it's really good for you!