



THE INTERNATIONAL  
CULINARY SCHOOLS  
at The Art Institutes

## Whole Cow Milk Ricotta

Ricotta is technically not a cheese but a creamy curd. The curd is literally cooked twice hence the name "ricotta," in Italian means re-cooked. The tradition of ricotta comes from the total utilization of using leftover hot whey of milk used in cheese making. Cheese has milk solids and a protein called albumin, which solidifies under high heat and forms curds. The Italian cheese hails from Sicily and has been popular around the globe for centuries.

Makes 1 pound of cheese

| Amount        | Ingredient                      |
|---------------|---------------------------------|
| ¼ cup         | Apple Cider Vinegar             |
| 1 gallon      | Whole Milk                      |
| ½ cup         | Basil, Parsley, Chives, chopped |
| 2 tablespoons | Olive Oil                       |

Warm 1 gallon of whole cow's milk to 206°F. Stir in 1/4 cup cider vinegar. The milk will rapidly coagulate.

Draining: Drain the curd into a cheesecloth-lined colander. Drain for a minute.

Place the curds in a bowl and mix thoroughly.

If desired – cool and mix in herbs and 2 tablespoons extra virgin olive oil.

Place on a crostini and serve.

Place the cheese in a container, cover, and refrigerate at 41 degrees or lower until ready for use. This cheese is excellent for cooking.