

Cheese Making:

This recipe can be used for reaching science key stage 2, attainment target 3: Materials and their properties 2, changing materials, and 3 separating mixtures of materials. KS2,AT2/3

Quark, a simple curd Cheese

You will need:

1 Litre (1¾ pints) of milk
Juice of ½ lemon
fresh herbs for flavouring (optional)
a saucepan
a colander
some cheese cloth or muslin
a washing up bowl
a plastic container or bowl

Method:

Bring the milk just to the boil, then add the lemon juice

Remove pan from heat and leave to settle for a little while.

Bring the pan to the boil again, then let the milk cool once more. It will have curdled.

Place the cheese cloth in the colander, place the colander over the washing up bowl, (so that the colander does not touch the bottom of the bowl)

Pour in the curdled milk and allow the whey to drain (this may take some time)

Take the corners of the cheese cloth and tie tightly with string, hang up over the washing up bowl and allow to drain for a further hour.

Don't press on the cloth as this will affect the flavour of the Quark and it will become sticky.

Turn the Quark out of the cheese cloth into the container or bowl, at this stage the Quark may be flavoured with chopped chives or other fresh herbs.

Place in refrigerator to cool before sampling.