



Quarg

Ingredients & Equipment

- Milk 1L
- B or B Flora Starter
- Cheese Salt
- Thermometer
- Cheesecloth
- Airtight Container
- Syringe
- Stainless steel Pot

Directions

Step 1 - Warm the Milk

In a stainless steel pot, slowly heat the milk to 25°C.

Once at temperature, add the starter culture and stir thoroughly to combine.

Step 2 - Culture the Milk

Transfer the cultured milk into a sanitised container and cover with a lid.

Allow to set in a warm place overnight, or until the milk has thickened into a firm curd.

Step 3 - Drain the Curds

Carefully transfer the curds into a cheesecloth-lined colander and allow to drain for 3–4 hours.

Step 4 - Press the Curds

Fold the excess cheesecloth over the top of the curds and place a small weight on top to encourage further draining.

A simple method is to use a small flat plate with a jar of water placed on top.

Step 5 - Store

Once the cheese has reached your desired consistency, transfer it to a plate or airtight container and store in the fridge until ready to use.

Helpful Tips

- Most milk types will work for this recipe including: UHT, Low Fat and pasteurised
 - You can adjust the firmness of the end result by adjusting your draining time. A good guide is 5-8 Hours for a softer curd and 10-24 hours for a firmer curd.
 - Store in fridge and Consume within 7 days.
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