

Queso Fresco Recipe

Heat milk to 145°F for 30 minutes

Place a cooking thermometer into the milk to measure its temperature.

Do not heat milk over 145°F. It may change the texture and flavor of the cheese. Under 145°F will not kill harmful bacteria.

Place one tablet Junket Rennet into 1/2 cup cold tap water until dissolved.

Mix one quart cultured buttermilk with two quarts heat-treated or pasteurized milk.

- a. Add 7 teaspoons white vinegar to the milk mixture.
- b. Mix well.
- c. Heat milk to 90 F. Remove pan from the heat.
- d. Add dissolved Rennet and mix for about 2 minutes.

Let stand for 30 40 minutes until curd is firm.

Cut curd into 1-inch cubes and let stand for about 5 minutes.

Heat curds and whey to 115 F (without stirring), remove pan from the heat, then let stand for 5 minutes.

Pour mix through cheesecloth and allow to drain for 5 minutes.

Form curd into a ball and twist the cheesecloth gently to squeeze out the whey.

Break up curds into a bowl and add 1 3/4 teaspoons of salt.

Mix in salt and let stand for 5 minutes, then squeeze again as before.

Form the cheese. Remove from form. Refrigerate.