



FARMERS MARKET

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Homemade Ricotta

Yield: Makes about 2 cups

Ingredients

2 quarts whole milk

1 cup heavy cream

1/2 teaspoon salt

3 tablespoons fresh lemon juice

Special equipment: large sieve, fine-mesh cheesecloth

Line a large sieve with a layer of heavy-duty (fine-mesh) cheesecloth and place it over a large bowl.

Slowly bring milk, cream, and salt to a rolling boil in a 6-quart heavy pot over moderate heat, stirring occasionally to prevent scorching. Add lemon juice, then reduce heat to low and simmer, stirring constantly, until the mixture curdles, about 2 minutes.

Pour the mixture into the lined sieve and let it drain 1 hour. After discarding the liquid, chill the ricotta, covered; it will keep in the refrigerator 2 days.

Cook's Note: This process for making ricotta works best if you're using whole milk, though I've had success with 2%. Just avoid skim or nonfat milk as there just isn't enough milk fat left in the milk to actually separate into curds and whey. Also avoid using ultra-high temperature (UHT) pasteurized milk, as this process changes the protein structure of the milk and prevents it from separating. Unfortunately, many organic milks are UHT pasteurized, so if organic ricotta is your aim, definitely check the carton before buying.

Credit: epicurious.com