



Feta STARTER CULTURE INSTRUCTIONS



You can make delicious feta cheese at home!

Total time: 18-20 hours ★ **Active time:** 1 hour

**YOU
CAN DO
THIS**

With 8 packets of starter culture included in this box, you'll have plenty of opportunities to master the art of making feta cheese! Feta cheese makes a wonderful addition to salads and sandwiches as well as a tasty garnish for meats and vegetables.

What You'll Need

- ➔ Fresh raw or pasteurized goat milk (not ultra-pasteurized or UHT)
- ➔ 1 packet of feta starter culture (store extras in the freezer)
- ➔ Stainless steel pot with lid
- ➔ Water free of chlorine and fluoride (bottled spring water)
- ➔ Rennet, liquid or tablets
- ➔ Non-iodized salt
- ➔ Long knife
- ➔ Spoon, wood or plastic (avoid reactive metals)
- ➔ Tight-weave towel or butter muslin
- ➔ Colander and bowl
- ➔ Large jar for storing cheese



Instructions for Making Feta

- 1** Over low heat, **slowly heat** 1-4 quarts of fresh milk to 86°F, and then **remove** the milk from the heat. *The milk should be heated no faster than a rate of 1°F per minute. This can take 30-40 minutes for a gallon.*
/ 86°F ⌚ 30-40 MINUTES
- 2** **Add** 1 packet of feta starter and **mix** thoroughly. Then, **allow** the milk to sit undisturbed for 1 hour at room temperature, 72°-77°F.
/ 72°-77°F ⌚ 1 HOUR
- 3** **Dilute** ½ tsp. liquid rennet or ½ tablet in ¼ cup cool water. **Mix** it into the milk with an up-and-down motion. Don't over-mix.
- 4** **Cover** the pot with a lid and **culture** in a warm spot, 72°-77°F, for 12 hours.
/ 72°-77°F ⌚ 12 HOURS
- 5** After 12 hours, the cheese should have set, with a clean break in the curd. Use a long knife to **cut** the curd into ½-inch cubes.
- 6** Gently **stir** the curd off and on over the next 20 minutes.
- 7** **Place** a colander in a bowl and **line** the colander with a tight-weave dishtowel or double layer of butter muslin. **Spoon in** the curds, and then **gather up** the corners of the cloth and **tie** the ends together to make a bag. **Hang** the cloth filled with feta over a bowl to drain the whey for 4 hours or until no more whey drains off.
/ 72°-77°F ⌚ 4+ HOURS
- 8** **Place** the drained curds in a clean jar. **Make** a brine solution by mixing 2 Tbsp. salt per quart of water. **Add** the brine solution to the jar and **screw on** a tight lid. **Brine** it in the refrigerator for 4-5 days (30 days if using raw milk).

What's next? Eat your feta! Or try our garlic & feta cheese ball recipe, plus troubleshooting tips. ➔

Recipe: Garlic & Feta Cheese Ball

A cheese ball makes a tasty and attractive appetizer for any occasion! This recipe is great served with sourdough crackers.

Total time: 20 minutes ★ **Active time:** 20 minutes

INGREDIENTS

- ➔ ¾ cup cream cheese, room temperature
- ➔ ¾ cup crumbled feta cheese
- ➔ 1 cup grated sharp cheddar cheese
- ➔ 1 teaspoon garlic powder
- ➔ 1 teaspoon onion powder
- ➔ 2 tablespoons softened butter, ghee, or bacon fat (adds a unique flavor)
- ➔ ¼ cup crumbled crispy bacon (optional)
- ➔ 1 cup toasted pecans, finely chopped

INSTRUCTIONS

1. **Blend** the cheeses together in a large bowl.
2. **Stir** in the garlic and the onion powder. **Add** enough of the butter to make a smooth mixture. If desired, mix in the crumbled crispy bacon.
3. **Divide** the mixture in half and **shape** each half into a ball. **Roll** each ball in about half of the chopped pecans.
4. **Cover and store** your cheese balls in the refrigerator until serving time. These cheese balls also freeze well.

FETA TIP

If a batch of feta cheese turns out softer than desired, consider using the entire batch in place of the cream cheese and feta in this recipe.

Questions? We can help!

Q What is whey?

A Whey is the yellowish liquid left over when you make various cultured milk products. There are lots of ways to use it rather than discarding it! Find out more:

www.culturesforhealth.com/whey

If your starter isn't performing as expected, don't throw it away! Put a tight lid on your culture, store it in the fridge, and contact customer support: www.culturesforhealth.com

LET US HELP

Q What if the curd doesn't set firmly?

A In your next batch, add ⅛ teaspoon calcium chloride, diluted in ¼ cup water, into the milk as it is heating.

Q Can I use cow milk to make feta?

A Feta is traditionally made with goat or sheep milk, but it can be made with cow milk with the addition of lipase powder. Stir ¼ teaspoon lipase powder diluted in ¼ cup of water into the milk before heating.

WHAT'S THAT SMELL?

Fermented foods often have a sour but clean aroma and flavor. **Never consume anything that smells or tastes unpleasant.**

Q Can I use half or just part of the packet with less milk?

A No, do not use less than 1 packet even if culturing less than 1 quart of milk.

We have dozens of recipes, how-to videos, and articles for beginners and culturing pros on our web site, www.culturesforhealth.com

WANT MORE?