Fromage Blanc Instructions

Usage Rate:
- Use 1 packet with up to one gallon of cow milk. Do not use less than one packet of starter even when using less than one gallon of milk. A minimum amount of starter bacteria is required for proper culturing.

Fromage Blanc Instructions:
1. Heat the cow milk to 86°F. Be sure to use fresh milk.
2. Remove the milk from the heat and thoroughly stir in the packet of Fromage Blanc culture mixture. Do not stir longer than 15 seconds.
3. Cover the pot and leave the mixture to culture for 12 hours at approximately 72°F.
4. After 12 hours, the cheese should look like yogurt (solid if tipped but still relatively soft). You may see some whey separating from the cheese. The whey is a mostly clear liquid.
5. Place a tight-weave dish towel or a piece of butter muslin (doubled) in a colander in a bowl. Gently spoon the Fromage Blanc into the cloth. Gather the corners of the cloth up and tie knots to secure.
6. Hang the cloth filled with the Fromage Blanc over the bowl so the whey can strain. An easy way to do this is to tie the cloth around a cupboard handle so the bowl to catch the why can rest on the counter underneath.
7. Allow the whey to strain from the Fromage Blanc for 6-12 hours to reach the desired consistency (see reverse).
8. Flavor the Fromage Blanc with salt and herbs if desired. You can mix in fresh or dried herbs.
9. Fromage Blanc will generally stay good in the fridge for up to a week.

Tips for Straining Fromage Blanc:
- Strain the Fromage Blanc for approximately 6 hours for a soft, spreadable cheese.
- Strain the Fromage Blanc for approximately 12+ hours for a cream cheese consistency.

Uses for Fromage Blanc:
- Spread on your favorite crackers, bagels, toast, etc. in place of cream cheese.
- In recipes, use in place of other soft cheeses such as ricotta, mascarpone, cream cheese, etc.
- Use partially strained Fromage Blanc in place of sour cream.
- Use in a parfait with fruit and honey.
- Add a little sweetener and use Fromage Blanc to frost cupcakes (particularly delicious on carrot cake in place of cream cheese frosting).

Storing Fromage Blanc:
- Generally speaking, Fromage Blanc will stay good in the refrigerator for up to one week.
- Fromage Blanc can be frozen but be sure to:
  * Salt the Fromage Blanc well prior to freezing.
  * Remove as much of the whey as possible (use a cheese press if you have one available); the drier the Fromage Blanc, the better it will freeze.

Visit www.culturesforhealth.com/cheese for how-to videos, recipes, and troubleshooting information.