

Goats milk ricotta Serves 4

With only 3 ingredients, this easy home made goats milk ricotta will stop you from ever buying store bought again! Rich and creamy, with all natural ingredients. It'll become a staple in your kitchen, from breakfast through to dinner.

Ingredients.

- 2 litres goats milk (or cows).
- 8 Tbsp white vinegar.
- 1 tsp Himalayan salt.

Method.

1. Pour milk into a heavy based pot, add salt, and heat on a medium/high heat stirring frequently.
2. Once the temperature reaches between 80-90 C (if you haven't got a thermometer it'll be when the milk starts to froth and bubble up around the edges) you can turn off the heat.
3. Add your vinegar and very gently stir it through for about 5 seconds, then rest for 5 mins.
4. While you're waiting, prepare your colander or sieve by lining it with cheesecloth, and place a bowl underneath it.
5. Pour your milk into the colander and collect the liquid in your bowl (this is the whey, keep it!) strain for 5 - 20 mins, depending on how thick you'd like your ricotta.
6. Store in a container in the fridge for up to 7 days or freeze in portions.

Notes.

Make sure you stir the vinegar through very gently You don't want to over do it, especially if using cows milk.

You could use lemon or lime juice, but for beginners, vinegar is more efficient. It really doesn't impart it's flavour into the ricotta. It's a great idea to make a larger batch, because it freezes well. Just increase the quantities as required.

The whey is ideal to use in fermenting or add it to your bread dough for extra flavour and health benefits. It too can be portioned up and frozen.

Prep 3

Cook 5-8