

Homemade Feta

Feta is an easy cheese to make and you only need a few basic pieces of equipment.

The best thing about Feta is that you can eat it 3 days after you make it and its very cost effective and delicious.

Equipment

If you were to purchase all of these items from somewhere like Mad Mille it would cost about \$57. There are kits and other options available. The Mesophilic Culture will make at least 5 batches of feta as will the rennet. Other companies offer cheese making equipment such as Country Trading. Often you will find items listed on TradeMe – search under cheese making.

Other Equipment

- Large stainless-steel saucepan – at least 4 litres
- Slotted spoon
- Long knife for cutting the curd
- Draining rack – a cake rack will do. If you drain it over a container you can save the whey. Our chooks love it.

Feta mould x 3



Measuring Spoons



Thermometer



Mesophilic Culture



Vegetable Rennet



Let's Get Started

Ensure all your equipment is clean and sterilised. Clean everything in hot soapy water then sterilise by using a diluted bleach solution. Fill a clean plastic bucket with cold water and add a few drops of bleach. Soak your utensils and moulds in the bucket then rinse and dry.

Boil the kettle and then measure ¼ cup of boiled water to be mixed with the rennet later.

Between stages always rinse the utensils under cold water then put them back into the bucket to sterilise them.

The Recipe

4 litres of Aylesbury Creamery Raw Milk
1/8 teaspoon mesophilic starter
½ teaspoon rennet
¼ cup cool boiled unchlorinated water
60g plain salt for brine – this is non iodised salt.

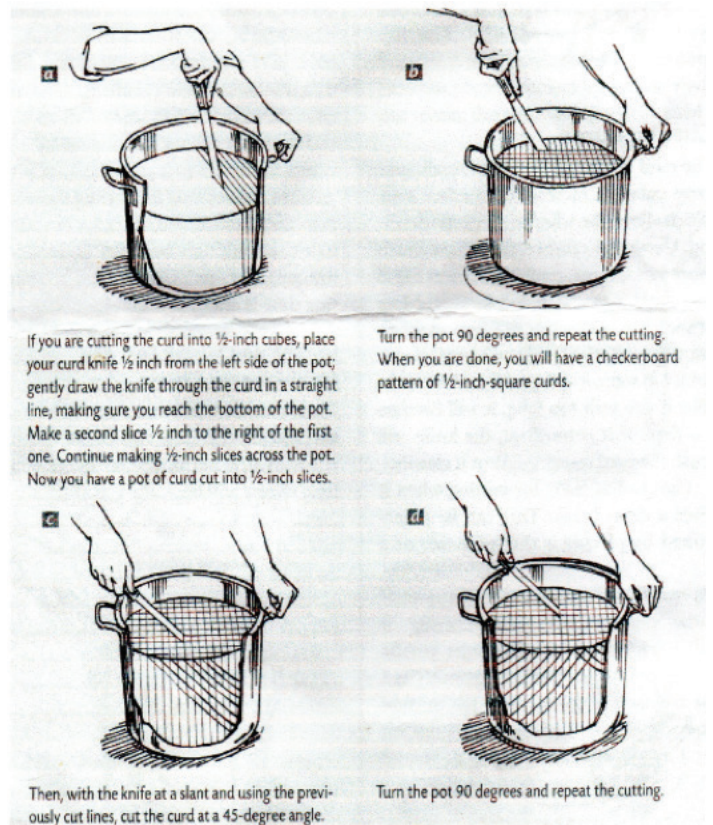
Optional extras

Granulated garlic
Dried herbs

You can pasteurise your milk prior to making this cheese if you wish to.

Making Feta

1. Heat milk in saucepan to 32 degrees Celsius. You need to maintain this temperature throughout the process. You can do this by sitting the pot in the sink once its at the right temperature and putting a bit of hot water in the sink to keep the pot warm.
2. Sprinkle 1/8 tsp of mesophilic starter over the milk and leave to hydrate for 5 minutes. After 5 minutes slowly stir it into the milk to dissolve it.
3. Mix ½ tsp rennet into ¼ cup cool boiled water. Slowly stir into the milk ensuring it is thoroughly mixed in, about 30 seconds.
4. Leave to set for 60 to 90 minutes while maintaining the 32 degrees. If you use the warm water in the sink method and make sure the lid is on the pot it should hold its heat. Usually 60 minutes is enough. Using a long blade knife check the curd is set. If you run the knife into the curd it should separate in a nice clean break. If not leave another 30 mins and check again.
5. You now need to cut the curd. Once cut, leave to settle for 10 minutes.



6. The curd is soft so needs to be handled carefully. Use your slotted spoon to carefully ladle the cut curd into the feta moulds. At this stage you can add extras such as granulated garlic or dried mixed herbs as you are filling the moulds. This recipe will fill 3 moulds to the top. Once the whey drains you will end up with about ¼ of the size. Place the moulds on a draining rack and leave for 2 to 3 days to drain. Leave them to drain in a cool place such as a laundry, covered with a tea towel. After a day you can very carefully tip the out and turn them over in the mould if you want to, this will help with the draining process.
7. Once there is no more whey draining out you need to put the feta in brine. Mix 60g plain salt (non iodised) in 2 cups of boiled water and mix to dissolve. Add ½ teaspoon of white vinegar and use this as your brine. I usually store my feta in the brine in the fridge, it will last for weeks.

This will make 3 x approx. 300g blocks of Feta and you can make different flavours out of the same batch.