



Home Cheesemaking

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Making cheese at home is fun. Proper preparation and attention to sanitation will make good tasting cheese that is safe for the whole family to enjoy.

Choosing a Cheese Recipe

Home cheese making can be as simple as adding vinegar to warm milk to make ricotta for tonight's lasagna or as complicated as waiting months for a mold-ripened cheese to be ready to eat. For the best success, start with simpler recipes until you are familiar with the basic principles of cheese making.

Recipes are found in cheese books, supplier websites, and other internet sites. There is no single recipe for making a cheese, so look around and compare recipes.

Milk for Cheese Making

Fresh milk with good flavor makes the best tasting cheese. For the home cheesemaker it is easiest to obtain pasteurized milk from the grocery store. This milk is usually homogenized.

Pasteurization is a heat process that destroys pathogens (bacteria that cause human disease) that may be found in raw milk. Regular pasteurized milk is okay to use for cheesemaking, but ultra-pasteurized and ultra-high pasteurized (UHT) milk have higher heat treatments that interfere with the ability of the proteins to coagulate into curds, so these milks should not be used for making cheese.

Homogenization is a physical process that makes milk fat globules more uniform in size so they stay evenly dispersed in milk. Most home cheesemaking recipes use homogenized milk, and this may result in a softer curd. Commercial cheesemakers use unhomogenized milk. Some home recipes call for the use of pasteurized skim milk and cream to mimic unhomogenized milk. Be sure that the cream is not ultra-pasteurized and does not contain other ingredients.

Some commercial cheeses are made from raw milk, and the cheesemakers follow extra precautions to make sure these cheeses are safe to consume. Penn State does not recommend the use of raw milk for home cheesemaking because of the U.S. requirements for producing raw milk cheeses and concerns with pathogens.

Milk contains fat, protein, lactose (milk sugar), vitamins, enzymes and other components. The composition and characteristics of milk vary depending on the type of milk (cow, goat, sheep) and other factors. Substituting one type of milk for another in a cheese recipe does not necessarily result in the same finished cheese.

If you are a serious hobbyist cheesemaker, learning more about milk from home cheesemaking and scientific resources will be invaluable to improving your craft.

For more about making cheese at home, including:

Other Ingredients for Cheese Making

Supplies and Utensils

Cleaning and Sanitizing

Making the Cheese

Read the whole article [HERE](#).

There are many **resources** on the internet and kits available to help the hobbyist safely make ice cream, yogurt, butter and cheese at home.

Books

- Artisan Cheese Making at Home. 2011. Mary Karlin. Ten Speed Press, an imprint of the Crown Publishing Group, a division of Random House Inc., NY.
- The Cheesemaker's Manual. 2003. Margaret P. Morris. Glengarry Cheesemaking and Dairy Supply, Alexandria, ON, Canada.
- Home Cheese Making: Recipes for 75 Homemade Cheeses. 2002. Ricki Carroll. Storey Publishing, LLC, MA.
- Mastering Artisan Cheesemaking: The Ultimate Guide for Home-Scale and Market Producers. 2012. Gianacis Caldwell. Chelsea Green Publishing, White River Junction, VT.

Websites

- [The Cheesemaker](#)
- [Dairy Connection](#)
- [Glengarry Cheesemaking and Dairy Supply](#)
- [New England Cheesemaking Supply Co.](#)

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