



MOZZARELLA & RICOTTA INSTRUCTIONS

Make fresh, creamy cheese
right in your own kitchen.



SIMPLE,
REAL INGREDIENTS



CREATE FRESH
CHEESE AT HOME



TRUSTED CULTURES,
GREAT RESULTS



NOURISHING
TRADITIONS

Make stretchy, shiny Mozzarella or sweet, creamy Whole Milk Ricotta. Read through your chosen recipe before starting, keep the thermometer close, and expect the first batch to teach you a lot.

 **Mozzarella: approx. 3/4 lb**

 **Ricotta: approx. 1 3/4–2 lb**

BEFORE YOU START

Gather the kit, milk, and tools

Check off the shared setup, then review the ingredient card for your chosen cheese.

☐ Thermometer
Included in the kit

☐ Butter muslin
One reusable yard is included

☐ Citric acid
Store in a cool, dry place

☐ Vegetable rennet tablets
Store in the freezer

☐ Cheese salt
Optional in the Mozzarella recipe

☐ 1 gallon cow or goat milk
Whole or reduced-fat; never ultra-pasteurized or UHT

☐ Large non-reactive pot
Stainless steel, glass, or enamel; holds at least one gallon

☐ Colander, large bowl, and stirring utensils
Use clean utensils without soap or food residue

☐ Long knife and slotted spoon
The slotted spoon should not be plastic

☐ Two bowls of water
Chill one in the refrigerator and one in the freezer before Mozzarella



Choose milk carefully

Cow or goat milk may be whole or reduced-fat. **Do not use ultra-pasteurized or UHT milk or cream.**



Your **Mozzarella & Ricotta Cheese Kit** makes **up to 20 batches** of fresh cheese using our recipes.



Mozzarella

Intermediate · about 2 hr 10 min



Whole Milk Ricotta

Beginner · about 4 hr 15 min

Freezer

Vegetable rennet tablets

Cool, dry place

Citric acid and cheese salt

RECIPE ONE

Mozzarella

Yield: approximately 3/4 lb · Difficulty: intermediate · Plan for about 2 hr 10 min on your first try.

Mozzarella ingredients

- 1 gallon cow or goat milk
- 1 1/2 teaspoons citric acid
- 1 teaspoon cheese salt, optional
- 1 1/4 cups cool, chlorine-free water
- 1/4 rennet tablet

How to Make Mozzarella Cheese

Watch the Mozzarella process first, then keep this recipe open for the exact temperatures, timing, and stretch options.

Read through Step 9 before heating. Decide whether you will stretch in a microwave or stovetop water bath so the right bowl or pot is ready.

MOZZARELLA 1

Prepare the rennet

Dissolve **1/4 rennet tablet** in **1/4 cup cool, chlorine-free water**. Wrap the rest of the tablet and store it in the freezer.



MOZZARELLA 2

Dissolve the citric acid

Mix **1 1/2 teaspoons citric acid** into **1 cup cool, chlorine-free water**. Stir until dissolved, then pour the mixture into the large pot.



MOZZARELLA 3

Add milk and heat

Add **1 gallon cow or goat milk**. Stir vigorously with the slotted spoon while heating to **90°F**, or **88°F** for raw milk.



Heat gradually and keep the thermometer in view so the milk does not overshoot its target.

MOZZARELLA 4

Stir in the rennet

Take the pot off the burner. Slowly stir in the dissolved rennet with an **up-and-down motion** for about **30 seconds**.



MOZZARELLA 5

Cover and let the curd form

Cover the pot and leave it undisturbed for **5 minutes**, or **10 minutes if using raw milk**. The curd should look like custard with clear whey around it.



If the curd is too soft or the whey still looks milky, let it sit for a few more minutes before cutting.

MOZZARELLA 6

Cut the curd

Use a long knife that reaches all the way to the bottom of the pot to cut the curd.



MOZZARELLA 7

Reheat for your stretch method

Put the pot back on the stove and heat slowly while stirring the curd. Use the target that matches your milk and stretch method:



- **Raw milk:** 90°F
- **Pasteurized milk + microwave:** 105°F
- **Pasteurized milk + stovetop water bath:** 110°F

MOZZARELLA 8

Stir off the heat

Take the pot off the burner and stir slowly for **2–5 minutes**. More stirring makes a firmer cheese.



Heat and stretch the curds

Choose the method you prepared for in Step 7.

9A. Ladle curds into a large microwave-safe bowl and drain the whey. Use gloves if desired; do not press too much.

9B. Microwave for 1 minute. Fold the curds gently toward the center while draining more whey. Add 1 teaspoon cheese salt if desired.

9C. Microwave for 30 seconds. The curd should reach **160–170°F**. If not, microwave for another 30 seconds.

9D. Pull the curd like taffy until it is soft and shiny. More working creates a firmer cheese.

9A. Heat a pot of water to **185°F**. Ladle curds into a colander, fold gently toward the center, and drain the whey.

9B. Dip the colander carefully into the hot water several times. Use the slotted spoon to fold curds inward until stretchy at **160–170°F**.

9C. Remove and pull the curd like taffy until soft and shiny. Return it to hot water if needed. Add cheese salt if desired.



MOZZARELLA 10

Shape the cheese

Form one large ball or several smaller balls. You can also braid it, make a log, or roll it into cheese sticks.



MOZZARELLA 11

Cool it quickly

Submerge the cheese in the bowl of refrigerated water for **15 minutes**, then move it into the ice-water bowl. This keeps the cheese from becoming grainy.



MOZZARELLA CHECK

Soft, smooth, and shiny

Your Mozzarella should hold its shape with a smooth surface and a clean, fresh aroma. More stretching makes a firmer cheese.

RECIPE TWO

Whole Milk Ricotta

Yield: approximately 1 3/4–2 lb · Difficulty: beginner · Plan for about 4 hr 15 min including set and drain time.

Ricotta ingredients

- 1 gallon milk
- 2 tablespoons heavy cream
- 1 teaspoon citric acid; use more for raw milk
- Salt to taste

Making Ricotta Cheese at Home

See how the curds form and drain, then follow the measurements and reminders below for your Whole Milk Ricotta.

RICOTTA 1

Pour in the milk

Pour **1 gallon milk** into a clean, non-reactive large pot.



RICOTTA 2

Add citric acid

Add **1 teaspoon citric acid**—use a little more for raw milk—and salt if desired. Stir to combine.



RICOTTA 3

Heat slowly

Slowly heat the milk to **195–205°F**. Stir often to prevent scorching.



Keep a close eye on the thermometer. Overheating can scorch the milk and create a burnt flavor.

RICOTTA 4

Let the curds set

When the milk begins to curdle noticeably, turn off the heat and let it set for **1 hour**. Do not stir.



RICOTTA 5

Line the colander

Line a colander with butter muslin and place it over a large bowl.



RICOTTA 6

Ladle, tie, and drain

Gently ladle the curdled milk into the lined colander. Gather and tie the muslin corners, then hang the bag with a bowl underneath. Drain for **30 minutes or longer** until firm.



RICOTTA 7

Finish with cream

Place the curds in a bowl and fold in **2 tablespoons heavy cream**. Salt to taste.



RICOTTA 8

Cover and refrigerate

Store covered in the refrigerator for up to **1 week**. Ricotta may also be frozen.



RICOTTA CHECK

Sweet, creamy, and ready to chill

The drained curds should be creamy and softly textured. Drain longer for a firmer Ricotta, then cover and refrigerate promptly.

TROUBLESHOOTING

Is this normal?

Milk processing, temperature, and acidity can change how curds behave. Use these checks before your next adjustment.

My Mozzarella curd formed a soft mass that looks like Ricotta



The curd disintegrated while heating



The curd is not stretching after microwaving



The curd is very hot and still will not stretch



My Mozzarella is very dry



The finished cheese smells unpleasant



KEEP IT FRESH

Finish, chill, and store

Mozzarella

Cool immediately after shaping. Work cleanly and refrigerate promptly. Fresh Mozzarella is best enjoyed soon after making.

Whole Milk Ricotta

Cover and refrigerate for up to **1 week**. Freeze it if you need to keep it longer.

Save the whey

Keep clean whey from Mozzarella for another kitchen project—including traditional whey Ricotta.

TWO CHEESES, ONE KIT.

Stuck? Ask a real cheesemaker.

Email the Cultures for Health team with your milk type, exact temperatures, and a photo of the curd. Those details help us troubleshoot quickly.

Never consume cheese that smells or tastes unpleasant.

CHEESE IS READY?

Make something delicious

Use your finished Mozzarella or Ricotta in these official CFH recipes and how-to guides.



30-Minute Mozzarella

A complete CFH guide to soft, shiny homemade Mozzarella



Homemade String Cheese

Turn your stretched Mozzarella into pull-apart cheese sticks



Whole Milk Ricotta

The sweet, creamy first-timer recipe used on this page



Chocolate Ricotta Pudding

A simple no-cook dessert for fresh homemade Ricotta

Useful cheesemaking tools:



Cheese equipment



Butter muslin



Thermometers



More cheese kits

Made your first fresh cheese?

That glossy Mozzarella or creamy Ricotta started as a gallon of milk—and you made it happen.

Tag #culturesforhealth so we can celebrate your batch!

CULTURES FOR HEALTH

Mozzarella & Ricotta Cheese Making Instructions · Exact temperatures, two stretch methods, reminders, troubleshooting, and recipes