

Mad Millie  
AS FRESH AS CAN BE



Mad Millie kits and equipment are designed to make it fast and simple for you to create beautiful, artisan food in your own home. For more kits and consumables, along with some helpful tips and how-to videos, visit

[www.madmillie.com](http://www.madmillie.com)

DESIGNED IN NEW ZEALAND

**BEGINNERS**

Approx Time:

**ONE HOUR** per recipe

(not including draining and aging time)

Cheeses:

Mascarpone, Mozzarella, Bocconcini, Burrata, Ricotta and Ricotta Salata.

*Mad Millie*

# Perfect for Beginners!

This kit has all the equipment and ingredients to make fresh Italian cheese in your kitchen. All you need is some basic kitchen utensils and fresh milk and you will be well on your way to hand crafting these delicious cheeses at home.

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Watch our YouTube video if possible before starting.  
They say a picture is worth a thousand words!

## Your Italian Cheese Kit



This kit includes all specialised ingredients and equipment, unique to making Italian cheese.

### YOUR KIT CONTAINS

- Small ricotta basket
- Small ricotta storage container
- Vegetarian rennet tablets
- Thermometer
- Citric acid
- Cheese salt
- Cheese cloth
- Calcium chloride
- Pipette
- Sanitiser\*

\*Not available in USA

### SPECIALISED EQUIPMENT AND INGREDIENTS

#### CHEESE CLOTH

Cheese cloth is a special cloth which is used to help separate the curds from the whey. It is often used to line colanders and cheese moulds to ensure that no curds escape and are wasted.

#### CITRIC ACID

This is used to acidify the milk and causes the separation of the solids (curds) from the liquid (whey).

#### RICOTTA BASKET

Provides a mould to shape the ricotta and let the whey drain from the ricotta curds.

#### RICOTTA CONTAINER

Provides a container in which to let the ricotta drain, and to store the ricotta in.

#### VEGETARIAN RENNET

Rennet is used to speed up the process of forming curds and whey. It also aids in forming a tighter curd. The rennet supplied in this kit is Microbial Rennet and is suitable for vegetarians. Half used rennet tablets must be stored in an air tight container or wrapped in cling film. Rennet tablets are shelf stable for approximately 3 years from manufacture when stored at dry, ambient temperatures.

#### CHEESE SALT

Cheese salt is non-iodised, assists the cheese in developing its flavour and also helps preserve it.

#### CALCIUM CHLORIDE

The pasteurisation and homogenisation process which store bought milk must go through is responsible for lowering the calcium content naturally present in milk. Adding calcium chloride helps to restore some of the lost calcium and helps ensure you get a good, strong curd and a higher yield of cheese.

## How to...

### CLEAN YOUR CHEESE CLOTH

Cheese cloth can be reused. Soak your used cheese cloth in warm water to rinse out any left over milk residue, then sterilise by boiling for 5 minutes.

**PIPETTE**

Used to measure small quantities of calcium chloride.

**THERMOMETER**

The thermometer will ensure accurate monitoring of the milk temperature.

**SANITISER**

To sanitise all equipment which comes into contact with the milk. Refer to label for usage instructions.

**How to...****USE YOUR THERMOMETER**

When measuring the temperature please ensure that the two indentation points found on the lower half of the thermometer probe are fully submerged in the liquid. If these points are not covered in the liquid, you will not be able to obtain an accurate temperature reading.

**Additional Kitchen Equipment****GOOD QUALITY POT**

This should be large enough in order to hold the amount of milk your recipe calls for. Pots used should be good quality, with a good, thick base to prevent the milk from scalding or sticking to the bottom of the pot.

**DRAINING SPOON**

A large serving spoon with holes for stirring and spooning out curds into a mould or colander.

**COLANDER**

Used for draining whey from curds. A colander with feet works best so that the curds are elevated and not sitting in the whey.

**LONG BLADE KNIFE**

Used for cutting the curd.

**GENERAL MEASURING EQUIPMENT**

Used to measure out milk, and small quantities of citric acid.

**Hygiene tip...**

Sterilising all your equipment is vital with cheesemaking. Sterilise your cheese cloth, pots, draining spoon and anything else that comes into contact with the milk just before using. Wipe your bench surfaces with an antibacterial cleaning product before getting started.

**Let's get making some cheese!****Mascarpone**

Find these recipes on YouTube.com

**Makes approx: 700 g (1.5 lb)**

Mascarpone is a deliciously rich Italian triple cream cheese. It is often used in desserts such as Tiramisu or Cannoli. It can be incredibly expensive to buy and is very easy to make!

**Difficulty: Very easy**

**INGREDIENTS**

- 1 L (1 US qt) of cream (at least 40% fat)
- 1/2 tsp of citric acid dissolved in 2 Tbsp of cool water

**EQUIPMENT**

- Small pot
- Colander
- Cheese cloth
- Draining spoon
- Thermometer

**METHOD:**

- Thoroughly sterilise equipment with steriliser (see bottle instructions for use). If not included, use baby bottle steriliser or boiling water.
- Pour cream into the pot and slowly heat on stove until it reaches 85°C (185°F). Ensure the two indentation points on the lower half of your thermometer are fully submerged in the milk when reading the temperature.
- Add the citric acid solution.
- Keep the cream at 85°C (185°F) for 5 minutes longer by putting the lid on the pot and turning off the heat. Leave the pot on the stove to keep warm. If you find that heat is not being retained at 85°C (185°F) then turn the stove on to a low heat while stirring constantly.
- Take off the stove and leave to cool for a few hours, or overnight.
- Pour the cream into a cheese cloth lined colander. Leave on your kitchen bench to drain until it has reached your desired thickness (mascarpone is traditionally served at the thickness of greek yoghurt, but be aware, mascarpone will thicken even more once put in the fridge so you may want to drain until slightly runnier than what you desire).
- Mascarpone can be stored in an airtight container in the fridge for up to 4 days.

# Mozzarella & Bocconcini



We highly recommended you view this video on YouTube before you begin.

Makes approx: 600 g (1.3 lb)

True Italian mozzarella is made from water buffalo milk, however there are now many varieties made from cow's milk. Mozzarella is not aged like most cheeses and tastes best when freshly made. The curds are cut up and heated in very hot water and then stretched. Bocconcini are simply smaller balls of mozzarella which are perfect for salads or as part of an appetiser.

Difficulty: More difficult

## INGREDIENTS

- 4 L (1 US Gal) full fat unhomogenised milk
- 2 ml calcium chloride. Measure using your pipette.
- 2 tsp of citric acid dissolved in 1/4 cup (62 ml) of cool water
- 1 tablet of rennet dissolved in 1/4 cup (62 ml) of cold, non chlorinated water, or cooled boiled water.

Note: Rennet will not dissolve fully. Stir just before adding to the milk.

- Salt to taste
- 5 - 10 ice cubes

Note - if halving the recipe use the same amount of rennet for a 2 L (2 US qt) batch as you would for a 4 L (1 US Gal) batch.

## EQUIPMENT

- Large pot
- Long blade (curd) knife
- Draining spoon
- Thermometer
- Cheese cloth
- Rubber gloves
- 2 large bowls
- Colander

## Mozzarella Making Steps

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Pour milk into a pot, add calcium chloride and citric acid.
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Heat the milk, then add rennet.
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Allow milk to set into a gel like consistency before cutting the curd into cubes.
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Heat the curds and stir.
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Drain curds by scooping them into a cheese cloth lined colander.
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Place a handful of curds into hot water to gently melt before stretching the curds with your hands. Once you have a smooth, elastic texture, form these into a smooth ball.
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Place the fresh balls of mozzarella into ice filled cold water for 10 minutes before eating.

Enjoy!

## TIP...

If you are having trouble getting your mozzarella to set, and/or the curds to come together and stretch, double the rennet stated in your recipe. Doubling the rennet reduces the chance of your mozzarella failing to stretch caused by inconsistencies found in some batches of milk. Also, remember to always add calcium chloride to the milk before you begin and ensure you are using a measured teaspoon to measure out your citric acid.

## METHOD:

### STEP 1: INOCULATING THE MILK

- Thoroughly sanitise equipment with sanitiser (see bottle instructions for use). If not included, use baby bottle steriliser or boiling waters.
- Pour milk into a pot and add calcium chloride to the chilled milk. Then stir in diluted citric acid.
- Heat the milk on the stove to 32°C (89°F) while constantly stirring to prevent scalding the bottom. Ensure the two indentation points on the lower half of your thermometer are fully submerged in the milk when reading the temperature.
- Once temperature is at 32°C (89°F), remove the pot from the heat and stir in the diluted rennet.
- Cover the pot and leave to set for 25 - 30 minutes.

### STEP 2: CUTTING THE CURD

- Check the curd by making a small cut with a knife. It should make a clean cut with a clear division between the curds and whey. If ready, cut the curd with a knife into 3 cm (1") cubes.

### STEP 3: HEATING AND DRAINING

- Place the pot back on the stove and slowly heat curds to 42°C (108°F), while gently stirring. The curds should become firmer and springy to touch. When this happens, transfer them to a cheese cloth lined colander to drain (make sure you save the whey if you wish to store your mozzarella for a few days after making). Do not heat past 42°C (108°F).
- Leave to drain for 5 minutes. In this time prepare a bowl of salted ice water (approx 200 - 300 g (9 oz) salt to 2 L

(2 US qt) of water) and another of 70°C (158°F) non-salted water.

### STEP 4: STRETCHING THE CURDS

- Take a handful of mozzarella curd and place onto your draining spoon. Lower the draining spoon and curds into the boiling water and leave there for approx 20 seconds or until the curds appear slightly melted.
- Now, carefully stretch the piece of curd until it is smooth and flexible. Caution: the curd will be hot so it is advisable to wear rubber gloves. If the curd does not stretch easily, place back into the bowl of hot water for more heating before stretching and moulding into a round ball.

Note: Don't roll the mozzarella, carefully mould it into a ball, while trying to retain as much moisture in the cheese as possible. The YouTube video helps to show how this is done. If it is still not stretching well, increase the heat of your water. The curd should look like it is melting on the spoon.

- Once mozzarella has been moulded into a nice round ball, plunge it into the ice cold salt water bowl (this ensures an even texture while cooling).
- Continue with the rest of the mozzarella curd.
- Mozzarella is ready to eat after it has spent 10 minutes in the ice cold salt water. Add extra salt directly to the mozzarella according to taste preferences.

## Storing instructions...

You can store your mozzarella in the fridge in a solution of 2 cups (500 ml) of left over whey with 1/8 tsp of citric acid.

You can also freeze or refrigerate in an airtight container.

# Burrata

Burrata in Italian means buttered, which perfectly describes this variation of mozzarella, consisting of a mozzarella outer shell filled with a gooey creamy centre. This indulgent cheese can be filled with either a savoury or sweet filling.

**Difficulty:** More difficult

## INGREDIENTS

- Mozzarella curds from 4 L (1 US Gal) of milk (at the draining stage)
- 1/2 tsp salt
- 2 Tbsp cream (at least 40% fat)
- Salt to taste
- 5 - 10 ice cubes.

## EQUIPMENT

- Draining spoon
- Thermometer
- Rubber gloves
- 2 Large bowls



## METHOD:

### Filling

- Mix together 250 g (8.8 oz) of finely broken, well drained curds, the cream and salt until you have a thick wet filling resembling ricotta.

### To make the Burrata

- Stretch the mozzarella curds as per the mozzarella recipe until your curd is smooth and glossy.
- Instead of forming a mozzarella ball, stretch the curd out into a flat sheet and spoon the desired amount of burrata filling into the centre of the sheet.
- To finish, gently pull the edges of the stretchy sheet upwards and pinch a knot at the top.

NOTE: It's important to work quickly so the curd is still hot enough to seal effectively around the burrata filling.

- Gently place the burrata into the salted ice water as per the mozzarella recipe.

The burrata can be filled with a whole host of different combinations and flavours both sweet and savoury. Try filling your burrata with your Mad Millie mascarpone and ricotta.

# Whole Milk Ricotta

Makes approx: 400 g (14 oz)

**Traditionally, ricotta (Italian for re-cooked) is made from the left over whey which is acidified and then "re-cooked".**

Ricotta is made of the milk solids which form at the top of the pot. However, this recipe uses whole milk instead of whey. It is more convenient and has a higher yield than ricotta from whey. This ricotta also melts nicely and can be used in lasagne, pasta, or other Italian dishes. Very dry ricotta can be delicious crumbled over salads, while moist ricotta can be used in many desserts such as cakes, cheesecakes, or Cannoli.

**Difficulty:** Very easy

## INGREDIENTS

- 2 L (2 US qt) full fat, homogenised milk
- 1 tsp citric acid dissolved in 1/4 cup (62 ml) of cool water
- 1 tsp of salt

## EQUIPMENT

- Large pot
- Draining spoon
- Thermometer
- Ricotta basket and container

## METHOD:

- Thoroughly sanitise equipment with sanitiser (see bottle instructions for use). If not included, use baby bottle steriliser or boiling water.
- Pour your milk into a pot and add the salt to the milk.
- Heat milk to 95°C (203°F) while stirring constantly. Once you have reached 95°C (203°F) take the pot off the heat. Ensure the two indentation points on the lower half of your thermometer are fully submerged in the milk when reading the temperature.
- Stir in your citric acid solution.
- Ricotta should start to curdle immediately.



Find our how-to video for this recipe

- Leave the ricotta to cool for 20 - 30 minutes.
- After 20 - 30 minutes the ricotta should be firm enough for you to scoop into the draining basket. If it is still too soft, leave to cool for another 30 minutes. With a draining spoon, carefully layer the ricotta curds on top of each other in the ricotta basket. Leave the full basket to drain in the ricotta container until the desired consistency is obtained (can be eaten either dry and crumbly or moist and creamy).
- Ricotta can be stored for up to a week in the refrigerator.



# Ricotta Salata

Makes approx: 100 g (3.5 oz)

**This variation of ricotta is a firm, dry salted cheese originating in the hot, dry island climate of Sicily.**

Originally it is made with sheep's milk, however it can also be successfully made with cow's milk. Ricotta salata is usually aged for at least 1 month and can be used in salads, pasta dishes and is also perfect for grating.

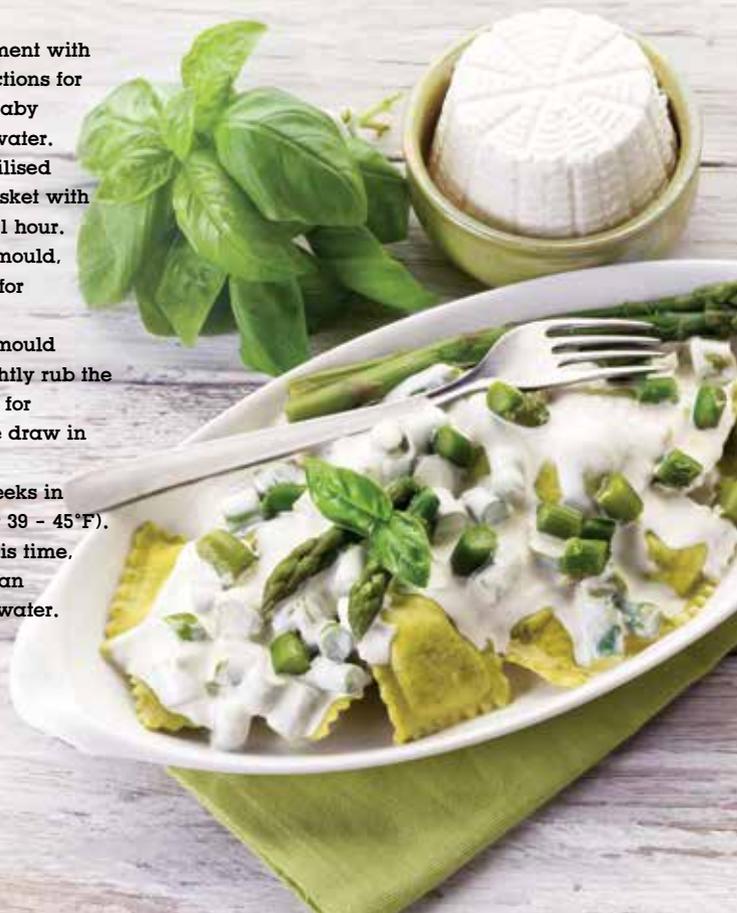
**Difficulty:** More difficult

## INGREDIENTS

- Whole Milk Ricotta (previous recipe)
- 1/2 tsp of salt (for each day)

## METHOD:

- Thoroughly sanitise equipment with sanitiser (see bottle instructions for use). If not included, use baby bottle steriliser or boiling water.
- Press the ricotta into a sterilised cheese mould or ricotta basket with a glass of water on top for 1 hour.
- Take the ricotta out of the mould, turn over and press again for 12 hours.
- Take the ricotta out of the mould and place onto a rack. Lightly rub the surface with salt everyday for 1 week. Keep in a separate draw in the refrigerator.
- Age the cheese for 2 - 4 weeks in a refrigerator (at 4 - 7°C or 39 - 45°F).
- If any mould appears in this time, simply rub it off with a clean cloth dampened with salt water.



# Tiramisu

## INGREDIENTS

- Mad Millie Mascarpone made from 2 L (2 US qt) of cream
- Lady fingers (about 1/2 a packet)
- 1/4 cup (57 g) castor sugar
- 1/4 cup (62 ml) coffee liqueur
- 1/4 cup (55 g) espresso coffee
- Cocoa to sprinkle



## METHOD:

- Make the Mad Millie mascarpone as per the recipe.
- In a bowl add coffee liqueur, hot coffee and 1/4 cup (57 g) sugar and set aside in fridge to cool.
- Once cold, add coffee liqueur.
- Dip sponge fingers into coffee mixture then layer into a long rectangle dish or individual cocktail glasses.
- Spoon over mascarpone mixture. Repeat layers until you reach the rim of the glass or dish.
- Sprinkle with cocoa and place in the fridge to set until ready to serve.

# Italian Pasta Salad

## INGREDIENTS

- 500 g (18 oz) of pasta shells
- 1 diced red onion
- 1 punnet of cherry tomatoes
- 150 g (5 oz) of kalamata pitted olives
- 200 g (7 oz) of marinated artichoke hearts
- 4 capsicums sliced and roasted
- A bunch of fresh basil leaves
- 3 Tbsp of olive oil
- 2 Tbsp of balsamic vinegar
- 2 Tbsp of white wine vinegar
- 1 clove of garlic crushed
- Juice and zest of 1 lemon
- 200 g (7 oz) of fresh, sliced Mad Millie mozzarella

## METHOD:

- In a large pot bring salted water to the boil. Add pasta and cook until al dente (soft yet firm to the bite). Drain and rinse with cold water.
- In a small bowl combine vinegar, olive oil, lemon juice and crushed garlic, mix, then stir through pasta.
- Add remainder of ingredients except mozzarella and fresh basil leaves. Combine well.
- Serve pasta salad in a large bowl and finish off with sliced mozzarella and lots of fresh basil leaves, cracked pepper and a drizzle of balsamic vinegar.