



# CHEESE SET MANUAL

## RECIPES TO MAKE ALL TYPES OF CHEESE

With this kit you can produce any type of cheese in a simple and fast way. For the best result use fresh milk from the farm or fresh full fat milk. Our kit contains the ferments that are removed from milk during pasteurization, all products from the Vik Cheese line are natural of Italian origin. You only need a 10 - 12 litre capacity stainless steel pot to bring the milk to the required temperature.

All you need is inside the kit, nothing else!

### Dosage of rennet and calcium chloride.

**Calcium Chloride:** The dose of calcium chloride is 1 ml per 10 litres of milk, which is about 10 drops (one teaspoon).

**Lab rennet:** Rennet, on the other hand, requires a higher dose, namely 3-4 ml per 10 litres of milk, which is 30-40 drops (one tablespoon).

## YOUNG CHEESE



Pasteurize (optional) full fat milk at 72° degrees C° for 15 seconds. When the milk drops to a temperature of 42°C add the liquid rennet.

The curd should be ready after 18/20 minutes. As soon as the milk begins to ripen, gently cut this curd with the curd cutter to divide it into slices and then cubes of the same thickness, approximately 10 cm, and let it rest. stir the curd without breaking it for about 5 minutes and gently scoop the curd into the molds.

The first turn is made after 20 minutes, salt the surface with fine salt, the second turn after 50 minutes, add more salt on this surface too. After a couple of hours make a further turn and put the cheese in the fridge.

The cheese will be ready in three weeks.

## MATURED CHEESE



Pasteurize (optional) full fat milk at 2°C degrees for 15 seconds. When the milk drops to a temperature of 42°C add the ferments, at 36°C add the liquid rennet.

The curd should be ready after 18/20 minutes. As soon as the milk begins to ripen, gently cut this curd with the curd cutter to divide it into slices and then cubes of the same thickness, approximately 10 cm, and let it rest.

Warm up the curd to 40C°, stir this curd without breaking it for about 5 minutes and gently scoop the curd into the molds. The first turn is made after 20 minutes.

Salt the surface with fine salt, make the second turn after 50 minutes, add more salt on this surface too. After a couple of hours make a further turn and put the cheese in the fridge. Age for a minimum 3 months and turn daily to prevent sagging.

## BRIE



Pasteurize the milk for 30 minutes at 65°C, then cool it to 38°C.

Mix the curd thoroughly for about a few minutes; add the liquid rennet.

After 18 minutes cut the curd with the curd cutter, mix and wait for curd to begin to dry. Remove the whey and scoop the curd in small caciotta molds. Turn around after about one hour for 4/5 times checking every 30 minutes. Place it in the fridge.

The next day, add salt or put in brine with 20% salt (2 hour per kg of cheese) or dry. After three, days wrap the cheese to foster the formation of the white mold.

Maturation will take place for 15 days after production.

## CACIOTTA



Pasteurize (optional) full fat milk at 72° degrees C° for 15 seconds.

When the milk drops to a temperature of 40°C add the ferments, at 36°C add the liquid rennet. The curd should be ready after 18/20 minutes.

As soon as the milk begins to ripen, gently cut this curd with the curd cutter to divide it into slices and then cubes, and let it rest. Shake this curd without breaking it for about 5 minutes and gently scoop the curd into the molds.

The first turn is made after 20 minutes and the second turn after 50 minutes.

After a couple of hours make a further turn, salt the surfaces and put the cheese in the fridge. The cheese will be ready after 36 hours.

## CAMEMBERT



This method seems to have been taught by a priest to Marie Hariel, farmer and producer of cheese in the country of Vimotiers in exchange for hospitality. The name of the cheese was assigned by Napoleon III who tasted it in the village of Camembert.

Pasteurize the milk at 72°C for 15 seconds. When the milk drops to a temperature of 42°C, add the ferments and leave to set for 10 minutes; Stir for a couple of minutes and, when the coagulation temperature is 37/38°C, add the liquid rennet. The curd should be ready after 18/20 minutes. Gently cut this curd with the curd cutter so as to divide it into pieces of the thickness of the size of a nut and let it rest for 20 minutes stirring it a few times without breaking it. Gently scoop in molds at a temperature of 35°C. Make the first turn after 20 minutes keeping the curd always warm. Second turn after 40 minutes. After a couple of hours turn again. Put the cheese in the fridge.

To avoid contamination of dark mildew, it is better to wrap the cheese molds with film. The ripening of the cheese takes about 20 days.

## FRESH GOAT CHEESE



Pasteurize (optional) the milk at 72°C for 15 seconds. When the milk drops to a temperature of 44°C, add the ferments and leave to incubate for 10 minutes; Stir for a couple of minutes and, after reaching the 28° C coagulation temperature, add the rennet. The curd should be ready within minutes. Gently cut this curd with a curd cutter to divide it into slices and then into cubes of thickness of 10 cm and let it rest for 20 minutes. Take off some whey and cut the curd until the pieces are the size of a walnut. Stir this curd without breaking it for about 10 minutes and gently scoop the curd into molds at a temperature of 35°C.

Make the first turn after 20 minutes keeping the curd always warm. Second turn after 50 minutes. After a couple of hours turn again and put the cheese in the fridge.

Salt in brine 20% for about 1 hour for each kg of cheese.

## ROBIOLA



Pasteurize (optional) full fat milk at 72° C for 15 seconds. When the milk drops to a temperature of 38° C, add the ferments for Robiola and leave to incubate for 5 minutes; Mix and, at a coagulation temperature of 34° C, add the liquid rennet. The curd should be ready after 18/20 minutes. Gently cut this curd with the curd cutter to divide it into slices and then into cubes of 10 cm thick and let it rest for 10 minutes. Take off some whey until the pieces are the size of a nut. Shake this curd without breaking it for about 5 minutes and gently scoop the curd in molds at a temperature of 35° C.

Make the first turn after 20 minutes keeping the curd always warm. Second turn after 50 minutes.

After a couple of hours turn again and put the cheese in the fridge. Salt in brine 20% for about 1 hour per kg of cheese.

## PRIMO SALE



Pasteurize (optional) full fat milk 72° degrees C° for 15 seconds.

When the milk drops to a temperature of 42° C add the ferments, at 38° C add the liquid rennet. The curd should be ready after 18/20 minutes. Gently cut this curd with the curd cutter to divide it into slices and then cubes of the same thickness, approximately 10 cm. Stir the curd gently for about 5 minutes without breaking it up any further and carefully scoop it into molds.

The first turn is made after 20 minutes. Salt the surface with medium grained salt. The second turn after 30 minutes add salt on this surface too. Keep it in the fridge. The cheese is ready after 24 hours.

## MOZZARELLA



Pasteurize the full fat milk 72° C for 15 seconds. When the milk drops to a temperature of 42° C add the ferments for Mozzarella, mix and once reached the temperature of 38° C, put the rennet. The curd is ready after 18/20 minutes.

Make the first crosscut wait 2 minutes and cut into cubes. Then gently cut it into smaller cubes and let it rest for 2 minutes. remove the whey and place the curd on a planer, cut into stripes and overlap them.

Then try the dough by taking a piece and dip it in boiling water (90° C), which needs to be salted in advance (1 kg x 10 l of water). When the dough is elastic (like chewing gum) it is ready to be shaped. Cut the dough into stripes and pour the water. Salt the dough (1 tablespoons salt for 1,5 kg) and cover the dough with new boiling water. Make it settle into cold running water for consolidation. The Mozzarella is ready after resting for one hour in cold water.

## TALEGGIO



Pasteurize the full fat milk at 72 °C for 15 seconds. When the milk drops to a temperature of 42° C add the ferments and leave to incubate for 10 minutes; Mix, and, at a coagulation temperature of 38° C, add the rennet. The curd is ready after 18/20 minutes.

Gently cut this curd with the curd cutter to divide it into slices and then into cubes and let it rest for 10 minutes. Take off some whey and work the curd until the pieces are the size of a walnut.

Shake this curd without breaking it for about 5 minutes and gently lay the dough in square or rectangular them at a temperature of 35° C.

The first turn after 20 minutes while keeping the Taleggio always warm. Second turn after 50 minutes. After a couple of hours turn again and put the cheese in the fridge.

The next day turn the cheese; after 10 days of maturing the cheese is ready. Salty in brine 18% for about 2 hours for every kg of cheese.

## CRESCENZA OR STRACCHINO



Pasteurize full fat milk at 72° C. When the milk drops to a temperature of 39° C add the culture and leave to incubate for 20 minutes. If desired you can add fine salt (about 50 gr per 10 l of milk). Stir for a couple of minutes and, at a coagulation temperature of 37° C, add the rennet. The curd should be ready after 18/20 minutes.

Gently cut the curd to divide it into slices and then into cubes of 10 cm and let it rest for 20 minutes. Shake the curd without breaking it for about 5 minutes and gently place the dough in square or rectangular molds, keep it at a temperature of 35° C. The first turn after 10 minutes, keep the Stracchino always warm. Second turn after 45 minutes. After a couple of hours turn again and put in the fridge.

The next day turn the cheese, after 6 days of ripening it's ready. If you prefer salting in brine, do not add salt to the milk but immerse the Stracchino in brine 18% for about 2 hours.

## PECORINO FRESCO



Pasteurize (optional) the full fat milk 72° C for 15 seconds. When the milk drops to a temperature of 42° C, add the ferments, once the temperature reaches 36° C, add the rennet. The curd should be ready after 18/20 minutes.

As soon as the milk begins to thicken, gently cut the curd with the curd cutter to divide it into slices and then into cubes of the size of a walnut and let it rest.

Stir the curd without breaking it for about 5 minutes then place the dough in the molds.

Turn the cheese after 20 minutes, salting the surface with fine salt. Turn the cheese again after 50 minutes, salting this surface in the same way. After a couple of hours, turn the cheese once more and place in Pecorino will be ready after 10/12 days.

## PECORINO STAGIONATO



Pasteurize (optional) the full fat milk 72 ° C for 1 minute. When the milk drops to a temperature of 42 ° C, add the ferments, once the temperature reaches 36° C ,add the rennet.

The curd should be ready after 18/20 minutes. As soon as the milk begins to thicken, gently cut the curd with the curd cutter to divide it into slices and then into grains the size of a grain of rice and let it rest. Heat the curd, shaking it, to 42 °C. Once the temperature has been reached, leave the dough to settle, stir for a couple of minutes and place gently in the mold.

Turn the cheese after 20 minutes, salting the surface with fine salt. Turn the cheese again minutes, salting this surface in the same way. After a couple of hours, turn the cheese one more time and place it in the fridge. The cheese is ready after 30/45 days

## PROVOLA



Pasteurize the full fat a 72 ° C. When the milk drops to 42 ° C, add the culture and mix slowly. Add fine, clean salt (30 g for every 10 litres of milk), mix slowly and, once the coagulation temperature has been reached (37 ° C), add the rennet. The curd should be ready after 18/20 minutes.

Gently cut the curd to divide it into slices and then into granules the size of an almond. Heat the dough to 40 ° C while shaking the curd. Remove the whey and place the curd on a surface, cover it with a plastic sheet, keep it warm (25 ° C). The curd is expected to acidify. Waiting time, about 4 hours.

Test the dough by taking a piece of it and immersing it in boiling water (90 ° C.). When the dough stretches like chewing gum it is ready for processing. You need to pour boiling water (90 ° C.) Mix it thoroughly; take a piece of dough and form the Provola. It settles in cold water. The provolas are ready after an hour of immersion.

## CACIOTTA STAGIONATA



Pasteurize (optional) the full fat milk a 72 ° C for 15 seconds. When the milk drops to a temperature of 40 °C, add the ferments once the temperature reaches 36 °C, add the rennet. The curd should be ready after 18-20 minutes.

As soon as the milk begins to thicken, gently cut this curd with the curd cutter so as to divide it into slices and then into cubes of the size of a grain of rice and let it rest. Stir the curd without breaking it and heat it up to 40 ° C.

Gently place the dough into molds. Turn the cheese after 20 minutes salting the surface with fine salt, turn the cheese again after 40 minutes salting this surface in the same way. After a couple of hours, turn the cheese one more time and place it in the fridge.

Caciotta will be ready after about 20 days

## CACIOCAVALLO



Pasteurize (optional) the full fat milk 72 ° C for 15 seconds. When the milk drops to a temperature of 40 °C, add the ferments, once the temperature reaches 36 °C, add the rennet. The curd should be ready after 18/20 minutes.

As soon as the milk starts to thicken, gently cut this curd to the size of a bean and after 15 minutes cut it to the size of a grain of corn. Cook the curd while mixing it until it reaches 48 ° C. Put the curd on a shelf and cover it with a plastic sheet on which pour hot water every hour to maintain the temperature.

Spin to form the caciocavalli and place them under running water for 1 hour until the cheese get hard. Salt in 12% brine for 6 hours. Mature in special nets for about 60 days.

## GORGONZOLA



Pasteurize the full fat milk a When the milk drops to 42 ° C. add the ferments and leave for 10 minutes, stir. Once the coagulation temperature of 38 ° C is reached, add the rennet.

The curd should be ready after 20-30 minutes. Gently cut the curd with the curd cutter to divide it into slices and then into regular cubes with a thickness of 5/8 cm and leave to rest for 20 minutes. Take a little whey and work the curd until the pieces are the size of a walnut. Stir the curd without breaking it for about 5 minutes then place in the molds keeping at a temperature of 35 °C. Turn the cheese after 20 minutes, keeping the curd always warm. Turn the cheese again after 50 minutes. After a couple of hours, turn the cheese once more time and place in the fridge. Repeat dry salting in each side every 24/48 hours up to a percentage of 3-4% of salt with more generous salting if the purging is slow. leave the cheeses for 36/48 hours depending on the weight. Salting generally begins when the cheeses no longer lose whey, and a slight white mold begins to appear on the surface. Make some holes in the cheese after 2 days (about 20 holes on the flat surface) to allow ventilation and better development of the mold. The next day, the same holes should be made on the other side.

Store in the fridge (frequently turn and clean for two months).

## KEFIR



Bring the milk to a temperature of 85 ° C. Cool it to 22 ° C and add the ferment maintaining the temperature of 22 ° C for 24 hours. Mix at least twice in 24 hours the kefir must be cooled to 5 ° C, then pack it and put in the fridge. After three hours it will be ready to drink. Kefir is rich in vitamin B12, folic acid, calcium, phosphorus and free of amino acids.

It is listed by official medicine as one of the probiotic foods capable of normalize and improve gastrointestinal function.

Kefir prevents gastritis, intestinal infections, improves digestion and circulation.

## YOGURT



Pasteurize the milk at 85° C for one minute.

Cool to +42° C and pour fermentation into milk by mixing thoroughly. Stand at +40° C for about 10 hours. After this period break the clot slowly by mixing.

The product finished temperature should be 36° C, place it in the fridge.

### STORAGE:

In case of partial use, it is necessary to carefully close the sachet.

## BUTTER



**Cream extraction (Affioramento):** The cream is extracted by settling in the milk mixture after a resting time of 15 to 20 hours at 15°C.

**Pasteurization of the cream:** The cream is heated to 90/95°C.

**Crystallization:** The process takes place at 6/8°C for about 2 hours.

**Inoculation of lactic acid bacteria:** The appropriate lactic acid bacteria are added for fermentation.

**Maturation:** The mixture matures at a temperature of 16/21°C for 10 to 12 hours.

**Churning (Zangolatura):** During the churning process, the cream separates into two fractions: solid butterfat and liquid buttermilk. This process should be carried out at a temperature of 8/12°C for about 40 to 60 minutes.

**Washing:** The butter is washed to remove the remaining buttermilk.

## RICOTTA



RICOLAT ferments allows to produce 100% of the ricotta present in the final processing whey.

How to use: It is necessary to dissolve the required amount of RICOLAT in lukewarm water free of chlorine, shake carefully and pour in the liquid obtained.

1 bag of RICOLAT x 5 lt of milk Bring the milk to 85° C.

Dissolve the RICOLAT in a water and pour into the milk without stirring. Raise the temperature to 88° C. And turn off the heat. Wait for the Ricotta cream to form and pick it up.

It is recommended to store the product at room temperature.

# DESSERTS

## PREPARATION:

Dissolve the product in cold milk Heat it to 88° C.

Mix carefully and immediately pour compound into the molds. Put in cell (+4° C). The "Panna cotta" can be garnished when ready with caramel or fruit sauces. The Shelf life of the final product: 20 days if stored at +4° C.

**PANNA COTTA INGREDIENTS:** Sucrose, dextrose, corn starch, vegetable fats, milk *Thickeners:* carrageenan, xanthan gum

**VANILLE INGREDIENTS:** Sucrose, modified starch, dextrose, vegetable fats, lean milk powder, milk proteins *Thickeners:* carrageenan *Aromas:* mineral salt (NaCl) *Food Colors:* curcumin, betacarotene. It can contain traces of soy

**CHOCOLATE INGREDIENTS:** Sucrose, modified starch, lean powder cocoa, vegetable fats, lean milk powder *Thickeners:* carrageenan, xanthan gum

**Storage:** Store containers in a cool, dry place.

# FERMENT CULTURES

## CHLORIDE OF CALCIUM

**ORIGIN:** cultivation of selected and freeze - dried ferments of natural origin. Our ferments are not subject to genetic manipulations.

**USE:** Dissolve the contents of the envelope in the milk brought to a temperature of 40° C. let it develop for a few minutes stirring carefully and lower the temperature to 38° C, then add to rennet. This must be done with care as it allows to obtain a valid and constant product in the organoleptic and structural characteristics.

**STORAGE:** The lyophilisation process and the sterile packaging ensure that the ferments cannot be changed beyond the expiration date if they are stored at +4° C if used within 90 days. For longer service times it is recommended to store at -18° C. In case of partial use, it necessary to carefully close the envelope to avoid bacteriological contamination of the product.

## MICROBIOLOGICAL ANALYSIS

Calibers absent in 0,1 g

Enterobacteriaceae absent

Yeast absent

Molds absent

Streptococcus aureus absent in 0,1 g

Salmonella absent in 1 g

Listeria monocytogenes absent in 0,1 g





# TIPS

Like all things, cheese making also has its drawbacks.

During the aging process you will sometimes notice that the rind may tend to rise slightly and that the cheese, when cut, has some holes. This happens exceptionally and for short periods, and is often linked to the type of pasture on which the sheep are reared, to the type and maturation of the herbs ingested or to the conservation of the cheese in places unsuitable for too high temperatures.

## Molds:

sometimes, when the weather is humid and rainy, molds or light white fluff can form on the cheeses, so soft to the touch. Although these molds can be caused and desired, generally the molds on genuine cheeses are not harmful to health. It will be enough to pass the back of a knife on the surface of the forms to eliminate the inconvenience. When the forms of cheese dry, any haze will disappear giving rise to a nice crust which, if too dry, you can grease with extra virgin olive oil.

## Cracks:

Cracks may rarely occur in some form, due to too dry weather and too much compression.

You can easily eliminate the problem by scratching a bit of dough from a fermenting cheese with a knife, and filling the slit with that dough. Perhaps uncommon method, but which gives its good results: While bringing your aged cheese to the table, you will search in vain for traces of the crack you.

# NOTES

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