

Lactose soft cheese

This recipe was adapted from Gerard Baker's 'How to make soft Cheese' recipe for Halloumi.

Unfortunately, I would not describe it as halloumi it is more like a standard soft cheese – but lactose free.

It is very easy to make as long as you follow a few steps to avoid contamination.



Ingredients

Makes 100g-150g

- 1 pint of lactose free full fat milk
- 30ml of white wine vinegar
- 1/4 tsp of salt.

Method

Wash your hands.

Make sure all the equipment is sterile, scald a muslin square and pour boiling water over a stainless-steel colander and pan, chopsticks and large bowl. You will also need a soft cheese mold and baking tray.

Place the milk in a pan and heat slowly until it reaches 95° C using a thermometer.

Add the vinegar and turn off the heat till the curds have formed (leave for five minutes.)

Skim off the solids and add to the muslin laid over the colander. Squeeze out as much liquid as you can at this stage.

Add salt

Transfer to the cheese mold and turn upside down on the chopsticks over a plate or the baking tray, to drain.

Place the cheese in an airtight container and store in the fridge for 3 days.

Serve on top of Blinis or paprika crackers