



Cream Cheese STARTER CULTURE INSTRUCTIONS



You can make delicious cream cheese!

Total time: 18-24 hours ★ **Active time:** 40-50 minutes

YOU CAN DO THIS

A fantastic spread on crackers and bread, or as a base for dips, cheesecake, or frosting, cream cheese is simple to make and a great option for beginner cheesemakers.

Traditional cream cheese is made from 50% cream and 50% whole milk. For richer cream cheese, use all cream. For lower fat cream cheese, use all whole milk.



What You'll Need

- ➔ 1 packet of starter culture (store extras in the freezer)
- ➔ Fresh raw or pasteurized cream or whole milk, or a combination (avoid ultra-pasteurized or UHT dairy)
- ➔ Large stainless steel pot with lid (avoid aluminum)
- ➔ Non-aluminum mixing utensil (stainless steel is OK)
- ➔ Thermometer
- ➔ Tight-weave towel or butter muslin
- ➔ Colander
- ➔ Bowl
- ➔ Cheese salt (if freezing your cheese)

Instructions for Making Cream Cheese

1 Over low heat, **slowly heat** 1-4 quarts of fresh milk, cream, or a combination to 86°F, and then **remove** from the heat. *The liquid should be heated no faster than a rate of 1° F per minute. This can take 30-40 minutes for a gallon.*

————— / 86°F ⌚ 30-40 MINUTES —————

2 **Add** 1 packet of cream cheese starter and **mix** thoroughly, using an up-and-down motion rather than a stirring motion. Do not mix longer than 15 seconds.

3 **Cover** the pot with its lid and **culture** in a warm spot, 72°-77°F.

————— / 72°-77°F ⌚ 12 HOURS —————

4 After 12 hours the cream cheese should be set. Some whey separation is normal.

5 **Place** a colander in a bowl and **line** the colander with a tight-weave dishtowel or double layer of butter muslin. **Spoon in** the curds, and then **gather up** the corners of the cloth and **tie** the ends together to make a bag.

6 **Hang** the cloth filled with cream cheese over a bowl to drain the whey for 6-12 hours.

————— / 72°-77°F ⌚ 6-12 HOURS —————

7 **Knead** salt into the cheese to flavor it.

8 **Store** the cream cheese in a closed container in the refrigerator for up to a week. To freeze it, remove as much whey as possible and salt your cheese well using cheese salt before freezing.

What's next? Eat your cream cheese! Or try our two favorite recipes, plus troubleshooting tips. ➔

Recipe: Sage Cream Cheese

This recipe makes a pleasantly flavored cheese that is delightful spread on a baguette. It can also be used as a base for a pasta sauce or dip by adding a little milk.

Total time: 10 minutes + ★ **Active time:** 10 minutes



INGREDIENTS

- ½ cup fresh sage, chopped roughly
- 1 large clove garlic
- 16 ounces cream cheese, softened
- 3 tablespoons lemon juice
- 3-4 tablespoons yogurt

INSTRUCTIONS

- 1. Combine** sage and garlic in a food processor. Pulse until finely chopped.
- 2. Blend** together the cream cheese and lemon juice in a small bowl. **Stir** in the garlic and sage.
- 3. Mix** in yogurt to your desired consistency.
- 4. Cover** and **refrigerate** for at least a day for the best flavor. Remove 15-30 minutes before serving.

Recipe: Cream Cheese Frosting

This is a delicious topping for brownies, cakes, sweet breads, or cookies! This recipe makes 2½-3 cups.

Total time: 10-15 minutes ★ **Active time:** 10-15 minutes

INGREDIENTS

- 2 cups unrefined cane sugar
- ¾ cup homemade cream cheese
- 2 tablespoons butter, softened
- 1 teaspoon vanilla extract
- 1-2 teaspoons cream, as needed

INSTRUCTIONS

- 1. Blend** the sugar in a high-powered blender until powdered. **Stir** it into the softened cream cheese.
- 2. Add in** the butter and vanilla and **whip** until light and fluffy. **Add** additional cream if necessary to obtain your desired texture.
- 3. Spread** the frosting over your cooled cake, and **refrigerate** any leftovers. (*Frosting made with unrefined sugar will be tan rather than white.*)

Questions? We can help!

Q What is whey?

A Whey is the yellowish liquid left over when you make various cultured milk products. There are lots of ways to use it rather than discarding it! Find out more:

www.culturesforhealth.com/whey

If your starter isn't performing as expected, don't throw it away! Put a tight lid on your culture, store it in the fridge, and contact customer support: www.culturesforhealth.com

LET US HELP

Q Should I use cream or whole milk?

A For extra rich cream cheese, use all cream. Use whole milk for lower fat cream cheese. You can also use a combination.

Q Is the rennet in the starter animal or vegetable?

A Vegetable.

Q Why can't I use ultra-pasteurized milk or heat my own milk quicker than recommended?

A Milk that is heated too hot or too quickly will not set and may taste unpleasant.

WHAT'S THAT SMELL?

Fermented foods often have a sour but clean aroma and flavor. **Never consume anything that smells or tastes unpleasant.**

Q Can I use half or just part of the packet with less milk?

A No, this will result in failed cream cheese.

Q Can I use raw milk or alternative milks?

A You can use raw milk, but it will naturally result in runnier cheese than pasteurized milk. This culture only works with dairy milks, so don't use alternative milks.

We have dozens of recipes, how-to videos, and articles for beginners and culturing pros on our website, www.culturesforhealth.com

WANT MORE?