



# Chèvre STARTER CULTURE INSTRUCTIONS



**You can make delicious fresh chèvre at home!**

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

**YOU  
CAN DO  
THIS**

Chèvre is a soft, creamy cheese traditionally made from goat milk. It makes a delicious spread for crackers and breads as well as an excellent vegetable dip. Chèvre is a perfect option for beginner and experienced cheesemakers alike.

## What You'll Need

- ➔ 1 packet chèvre starter culture (store extras in freezer)
- ➔ Fresh raw or pasteurized goat milk (avoid using ultra-pasteurized or UHT milk)
- ➔ Stainless steel pot with lid (avoid aluminum)
- ➔ Non-aluminum mixing utensil
- ➔ Thermometer
- ➔ Tight-weave towel or butter muslin
- ➔ Colander and bowl
- ➔ Cheese salt (if freezing your cheese)



## Instructions for Making Chèvre Cheese

**1** Over low heat, **slowly heat** 1-4 quarts of fresh milk to 86°F, and then **remove** the milk from the heat. *The milk 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 chèvre 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 chèvre 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** **Store** the chèvre 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 chèvre! Or try our favorite chèvre recipes, plus troubleshooting tips. ➔

## Recipe: Herbed Chèvre Spread

This spread is great for putting on wheat crackers or slathering thickly onto warm French bread.

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



### INGREDIENTS

- ➔ 4 ounces soft chèvre cheese
- ➔ 4 ounces cream cheese
- ➔ 1 tablespoon fresh parsley, chopped
- ➔ 1 tablespoon fresh basil, chopped
- ➔ 2 teaspoons fresh dill, chopped
- ➔ Fresh ground pepper, to taste

### INSTRUCTIONS

1. **Combine** the cheeses and herbs in a bowl.
2. **Serve** the spread either packed into a bowl and drizzled with olive oil or formed into a ball and coated with chopped and toasted almonds or walnuts.

## Recipe: Chèvre Frosting

Try this protein-packed topping on your favorite cupcake recipe!

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

### INGREDIENTS

- ➔ 10 ounces fresh, unflavored chèvre
- ➔ 8 ounces cream cheese, softened
- ➔ 2 tablespoons butter, softened
- ➔ 2 cups powdered sugar (you can use maple syrup to substitute for half or all of the powdered sugar)
- ➔ 1 teaspoon vanilla extract

### INSTRUCTIONS

1. **Beat** the chèvre, cream cheese, and butter together in a medium bowl until smooth.
2. **Slowly add** the powdered sugar or maple syrup, combining well after each addition. Continue to **beat** for 1 to 2 minutes, scraping the sides of the bowl.  
**Add** the vanilla.
3. If the frosting is too thick for your liking, you can spoon in some whipped topping to lighten it up.

## 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](http://www.culturesforhealth.com/whey)

### Q Can I use skim or low fat milk to make chèvre?

**A** You can, but it will have a drier consistency and it will make a lower quantity of cheese.

**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](http://www.culturesforhealth.com)**

LET US HELP

### 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 chèvre.

### Q Can I use a half gallon of milk instead of a full gallon with the full packet of starter?

**A** Yes, but it will set faster, so keep an eye on it.

We have dozens of recipes, how-to videos, and articles for beginners and culturing pros on our website, [www.culturesforhealth.com](http://www.culturesforhealth.com)

WANT MORE?