

Making Haloumi Cheese

INGREDIENTS

8 cups (2 litres) whole fresh milk
3 to 4 tablespoons (120mls) strained fresh lemon juice

METHOD

Place the milk in a large, heavy-bottomed saucepan. Slowly bring to a rolling boil (takes about 20-30 minutes) stirring frequently. Remove from the heat and gently stir in the lemon juice. If the milk does not immediately separate into curds and whey, place it momentarily over the heat. The liquid should be a pale greenish colour.



Drape a double thickness of cheesecloth over a colander resting in the sink. Using a spoon with holes, transfer the large curds into the colander. Pour the whey and remaining bits of cheese into the colander. Gather the ends of the cloth and hold the “bag” of cheese under warm running water for 30-40 seconds. Place a heavy weight over the wrapped cheese and press for 30 minutes on a slanted board to allow drainage. Cheese can be refrigerated, tightly covered for up to a week. Haloumi may be cut into slices and browned in a pan.

*NOTE

The Whey is a good additive to stock food for pigs and poultry.