

How to make Cream Cheese and Whey

When you make your own cream cheese, the bi-product is whey. The whey can be used as a starter culture for lacto-fermented vegetables and fruits, for soaking grains and as a starter for many beverages. I use it extensively for making my own fermented sauces, condiments and sauerkraut. The cream cheese is far superior to the commercial variety, which is produced by putting milk under high pressure (which kills all the enzymes) and not by the beneficial action of lactic-acid-producing bacteria.

Cream cheese is simply cultured milk that is strained of the whey (the very nutritious clear stuff). In simple terms, strained yogurt makes cream cheese. Other cultured milks can also be used to make cream cheese such as kefir and piima if these are available to you. I often make cream cheese from raw milk that I get from a local farmer. Otherwise, purchase the best quality plain, whole fat yogurt that you can find. If you are using yoghurt no advance preparation is necessary.

If you are using raw milk*, place the milk (just under 2 litres) in a clean glass container and allow it to stand at room temperature 2-5 days until it completely separates.



This will make approximately 5 cups Whey and 2 cups cream cheese

What you will need:

Colander/Strainer

A bowl that the colander fits into without resting on the bottom

Cheesecloth/muslin or unbleached linen

Wooden Spoon

2 Chairs

What to do:

Line a large strainer set over a bowl with your dish towel. Pour in the yoghurt or separated milk, cover and let stand at room temperature or several hours (longer for yoghurt). The whey will run into the bowl and the milk solids will stay in the strainer.



Tie up the towel with the milk solids inside, opposite corners over the wooden spoon, being careful not to squeeze. Bring 2 chairs close together. Put each end of wooden spoon resting on the chair and place a bowl underneath on the floor so that more whey can drip out.



When the bag stops dripping the cheese is ready. Store the whey in a Mason jar and cream cheese in a covered glass container. Refrigerated, the cream cheese keeps for about 1 month and the whey for about 6 months.

Use the cream cheese in yummy desserts, or mix in herbs and spices to make savoury dips.

*Clean raw milk from pastured cows is a complete and properly balanced food. You could live on it exclusively if you had to. It also has many valuable enzymes and beneficial bacteria that is all but lost with modern processing methods.

I get my milk straight from the vat on a local farm. It is so delicious and nourishing. We drink it raw and I use it to make Kefir, yoghurt, cream cheese and whey and I skim the cream off the top to make homemade raw ice cream!!!