

Junket Rennet Tablets

ICE CREAM, RENNET CUSTARD, CHEESE ... Desserts for the WHOLE FAMILY

Rennet, one of the ingredients in Junket® Rennet Tablets, contains rennin, a natural enzyme. Rennet changes milk into a smooth, refreshing custard-like dessert.

COTTAGE CHEESE

1/4 Junket® Rennet Tablet
1/2 cup water
1 gallon skim milk
1/4 cup buttermilk
1 teaspoon salt
1/3 cup cream

1. Dissolve Rennet Tablet in water by crushing. Set aside. In large saucepan, heat skim milk to 70° F. Stir in buttermilk and Rennet Tablet solution, mixing well. Cover with towel and let stand at room temperature 12 to 18 hours until firm curd forms. To test for a firm curd, remove a milk sample at a point near the edge of the saucepan with a spoon. The curd is ready to cut when the coagulated milk sample holds its shape and the edges are sharply defined.
2. Cut curd into 1/2-inch long pieces using a long knife. Heat curd slowly over hot water until temperature reaches 110°F. Hold curd at 110°F. for 20 to 30 minutes, stirring at 5-minute intervals to heat curd uniformly. Pour mixture onto fine cheesecloth in a colander and drain off whey.
3. After whey has drained 2 to 3 minutes, lift curd in cheesecloth and immerse in pan of cold water 1 to 2 minutes, stirring and pressing with a spoon. Then immerse in ice water 1 to 2 minutes. Drain the curd until it is free from whey and place in large bowl. Add salt and cream and mix thoroughly. Chill.

Please note: The use of any type of Lactaid milk with Junket Rennet Tablets will cause custard to **not set**.

VANILLA RENNET CUSTARD

2 servings 4 servings

YIELD: 1/2 cup each 1/2 cup each

Whole Milk	1 cup	2 cups
Sugar	4 tsp.	3 tbsp.
Vanilla Flavoring	1/2 tsp.	1 tsp.
Junket® Rennet Tablets	1/2 tablet	1 tablet
Cold Water	2 tsp.	1 tbsp.

1. Have individual dessert dishes ready.
2. Combine milk, sugar and vanilla in saucepan. Heat while stirring to lukewarm (110° F.) Dissolve Rennet Tablet in water by crushing. Add to warm milk and stir for a FEW SECONDS ONLY. Pour at once, while still liquid, into dessert dishes.
3. Let stand UNDISTURBED for 10 minutes. Chill.

HELPFUL HINTS

Have dessert dishes ready before preparing Vanilla Rennet Custard.

If milk gets too hot, cool to lukewarm before adding Rennet Tablet mixture or custard will not set.

Milk variations: It is best to use whole milk to insure setting of custard. However, skim, 2%, 1% milk may also be used.

For optimal set when using reduced fat milk, please add 1-2 tablespoons powdered dry milk with mix.

Do not use canned milk, soy milk, ultra pasteurized milk, or other dairy substitutes such as lactose free milk, rice milk, etc. as these will prevent custard from setting.

For these flavor variations, follow Vanilla Rennet Custard recipe and omit vanilla flavoring.

Almond Rennet Dessert: Add 1-1/4 teaspoons almond extract. (1/2 teaspoon extract for 2 servings)

Lemon Rennet Dessert: Add 1 teaspoon lemon extract and a few drops yellow food coloring. (1/2 teaspoon extract for 2 servings)

Orange Rennet Dessert: Add 1 teaspoon orange extract and a few drops of orange food coloring. (1/2 teaspoon extract for 2 servings)

Peppermint Rennet Dessert: Add 1/8 teaspoon peppermint extract and a few drops of red food coloring. (Few drops extract for 2 servings)

Creamy Dessert: Follow Vanilla Rennet Custard recipe except for 4 servings, decrease milk to 1-1/2 cups and add 1/2 cup cream. For 2 servings, use 3/4 cup milk and 1/4 cup cream.

Fruit Dessert: Follow Vanilla Rennet Custard recipe except place fresh or well drained canned or frozen fruit in dessert dishes before pouring in rennet-milk mixture. Do not use canned pineapple.

Honey'n GRAHAM RENNET CUSTARD

4 graham crackers, 2-1/2 x 2-1/2 inches
2 cups whole milk
1/4 cup honey

1 Junket® Rennet Tablet
1 tablespoon cold water

1. Place 1 cracker in each of 4 dessert dishes.

2. Combine milk and honey in saucepan. Heat while stirring to lukewarm (110° F.) Dissolve Rennet Tablet in water by crushing. Add to warm milk and stir for a FEW SECONDS ONLY. Pour at once, while still liquid, over graham crackers.

3. Let stand UNDISTURBED for 10 minutes. Chill.

SUGAR-FREE

VANILLA RENNET CUSTARD

2 cups whole milk
1 teaspoon granulated sugar replacement or no-calorie liquid sweetener
1 teaspoon vanilla flavoring
1 Junket® Rennet Tablet
1 tablespoon cold water

1. Have 4 dessert dishes ready.

2. Combine milk, sugar replacement and vanilla in saucepan. Heat while stirring to lukewarm (100° F.) Dissolve Rennet Tablet in water by crushing. Add to warm milk and stir for a FEW SECONDS ONLY. Pour at once, while still liquid, into dessert dishes.

3. Let stand UNDISTURBED for 10 minutes. Chill.

Calorie Counter Calories per 1/2-cup serving:

Vanilla Rennet Custard made with whole milk..... 119

Vanilla Rennet Custard made with skim milk..... 83

Sugar-Free Vanilla Rennet Custard

made with whole milk..... 88

Sugar-Free Vanilla Rennet Custard

made with skim milk..... 53

VANILLA ICE CREAM

YIELD (APPROX.):	2 qts. (1/2 gal.)	1 gal
Junket® Rennet Tablets	3 tablets	6 tablets
Cold Water	2 tbsp.	1/4 cup
Sugar	1 cup	2 cups
Whole Milk	3 cups	6 cups
Heavy Whipping Cream	2 cups	4 cups
Vanilla Flavoring	4 tsp.	8 tsp.
Suggested Size Ice Cream maker	2-qt.	4,5 or 6 qt.

Dissolve Rennet Tablets in water by crushing. Set aside. Combine remaining ingredients in saucepan. Heat while stirring to lukewarm (110° F.). Stir in dissolved Rennet Tablets and quickly pour into freezing container of home ice cream maker. Let stand UNDISTURBED for 10 minutes. Cool. Follow procedure recommended by manufacturer of ice cream maker for preparing ice cream.

Note: If milk gets too hot, cool to lukewarm before adding Rennet Tablet mixture.

ICE CREAM IN FREEZER

(Makes about 1 quart)

1 Junket® Rennet Tablet
1 tablespoon cold water

1/2 cup sugar

1-1/2 cups whole milk

1 cup heavy cream

1 teaspoon vanilla flavoring

Dissolve Rennet Tablet in water by crushing. Set aside. Combine remaining ingredients in saucepan. Heat while stirring to lukewarm (110° F.). Stir in dissolved Rennet Tablet and quickly pour into 9 x 5 3-inch pan. Let stand UNDISTURBED for 10 minutes. Place pan in freezer and freeze until firm. Break into chunks with fork. In small bowl or electric mixer, beat until smooth, about 2 minutes. Return mixture to pan and freeze until firm.

Fruit Variations:

Fold 1/2 cup mashed bananas or 1/2 cup chopped sweetened strawberries or peaches into ice cream mixture after beating.



AMERICAN MOZZARELLA

by Dr. David Fankhauser, for Redco Foods
10 June 2003

"American mozzarella" is the cheese commonly used on American pizza. It is made using citric acid for acidification instead of bacterial fermentation as in other cheeses. It is very elastic, melts well and strings when hot.

EQUIPMENT

5 quart covered stainless pot with heavy bottom (or 5 quart covered enamel pot over boiling water in a small skillet as a double boiler)
1 cup pyrex measuring cup
2 cup pyrex measuring cup
Thermometer- 20°C to 110°C (20°F to 220°F)
Long bladed knife
Sterile handkerchief or non-terrycloth dish towel
8 inch strainer
Receiving container to catch draining whey
1000 watt microwave oven

INGREDIENTS

1 gallon milk (whole milk for a richer flavor or skimmed milk for low calorie cheese)
1-1/4 teaspoon citric acid powder (from local pharmacy) dissolved in 1/2 cup cool water
1/2 tablet Junket® Rennet Tablets suspended in 1/4 cup cool water
1. Warm milk over gentle heat 88°F (31°C), take care not to scorch.
2. Dissolve 1-1/4 tsp. citric acid powder in 1/2 cup cool water. Add to 88 °F milk, stir well.
3. Dissolve 1/2 tablet Junket® Rennet into 1/4 cup cool water. Stir thoroughly into warmed milk mixture. Let set undisturbed for 1-2 hours, until a clean break is achieved (see basic cheese recipe for description).
4. Cut curd into 1/2 inch cubes (see basic cheese recipe for technique).
5. Warm the curds and whey over low heat, stirring gently to warm evenly and keep the curds separated until temperature reaches 42°C (108°F). Hold at 42°C (108°F) for 35 minutes, stirring every five minutes to keep curds separated and off the bottom.
6. Collect curds by pouring curds and whey through a fine cloth held in an 8 inch sieve over a 1 gallon container, let drain for 15 minutes. Save whey to make ricotta if you wish (see recipe).
7. Break up curd, mix in 1 teaspoon salt thoroughly.
8. Place 1 cup of salted curd into 2 cup measure.
9. Microwave on high (1000 watts) for 45 seconds (for other wattage ovens, adjust the time so that you get the desired elasticity).
10. Separate hot curd from container with the back of a fork, knead with hands to distribute heat evenly. Heat again for 20 more seconds. Stretch and fold to make smooth and elastic, shape into a soft ball.
11. Drop into cold, salted water (1/3rd cup salt per quart), let sit in refrigerator for a day, store in an air tight container. Use within a week or so.

BASIC HARD CHEESE

by Dr. David Fankhauser, for Redco Foods
3 April 2003

One gallon of milk yields about one pound of cheddar-style cheese. You may use skimmed or whole milk for this cheese, but whole milk makes a richer cheese. This cheese has no added color

INGREDIENTS TO TURN ONE GALLON OF MILK INTO ONE POUND OF CHEESE

1 gallon fresh milk (the fresher the milk, the more predictable the cheese)
2-3 tsp. active cultured buttermilk (1/2 cup plain yogurt will also work, yogurt must contain live and active culture)
1/2 tablet Junket® Rennet Tablet (1/4 tablet will work, but takes a bit longer to coagulate, see step 5)
Salt

REQUIRED APPARATUS

Thermometer, reading range 0 to 225°F (-10 to 110°C)
Whisk or other effective stirring and mixing device
Sterilized stainless steel 4-6 quart pot with lid. (A thick metal bottom prevents burning.)
Long bladed knife (9-10 inches long)
8 inch strainer
Large handkerchief, sterilized by boiling and drying
Cheese pressing frame (4" diameter, 5" tall can, about 20 oz., ends removed, save one end for a follower)

- Inoculate the milk:** The evening before you plan to make cheese, warm 1 gallon of fresh milk to 68°F (20°C) in the sterilized pot. Thoroughly blend in 1/4 cup buttermilk to inoculate. Cover inoculated milk with sterilized lid.
- Incubate over night:** Let sit out at room temperature overnight.
- Warm the milk:** The next morning, gently warm the milk up to 86°F (30°C). Meanwhile, dissolve 1/2 tablet of Junket Rennet in 1/4 cup cold water.
- Add the Junket Rennet:** Stir the dissolved rennet into the 86°F milk to mix thoroughly. Cover, let sit undisturbed for an hour or more in a warm place in the room. Be patient. Do not disturb the milk until it has coagulated.
- Achieve a clean break:** Test for a "clean break" (completed action of rennet): Probe a finger into the milk and lift. If it has gelled enough to break cleanly as the finger is lifted, go to next step. If the milk is liquid or semi-gelatinous and softly flows across your finger, let sit until a clean break is obtained. It may take as long as 1-2 hours more. Be patient, do NOT disturb the milk.
- Cut the curd:** Once a clean break is achieved, cut the curd with a long knife: begin at one edge of the pot and cut straight to bottom. Cut repeatedly parallel to first cut, but increasing the angle of the knife until reaching 45 degrees at the other side of pot. Rotate the pot a quarter of a turn, cut as before. repeat the rotating and cutting two more times, yielding 1/2 inch cubes of curd.

- Set the curd:** Place the pot over a low fire, stir curd with cleaned bare hand by reaching down bottom, gently lifting and stirring. Cut larger curds as they appear. Do not mash or squeeze. Continue stirring for 15 min. To prevent the curds from clumping together or overheating at the bottom. Warm the curds to 92°F (34°C) for softer curd cheese, or as high as 102°F (39°C) for very firm cheese.

- Separate curds and whey:** Stir and maintain 92°F until curd has contracted to consistency of firm scrambled eggs. Remove from stove and let sit for 10 minutes. The curds should sink in whey. Pour off the whey through a strainer and save for ricotta if you wish. Place the curds in a large bowl. **9. Add salt:** Sprinkle two teaspoons salt over curds, working with hands to mix in. Pour off any additional whey.

- Press the cheese:** Line a smooth-sided 4"x5" tin can from which both ends have been removed with a sterile large white handkerchief. Place the still-warm curds into the cloth, press into the can. Fold the corners of the cloth over top of the curds and cover with the cut-out end of the can. Place a heavy weight on top to press down the curds. Let sit at room temperature for 12 hours or so.

- Cure the cheese:** The next morning, remove and unwrap the cheese from the press. Rub the outside with salt, re-wrap with fresh handkerchief and place on a rack in the refrigerator. Replace "bandage" when it becomes wet (daily at first). When a dry yellowish rind forms (about one to two weeks in the refrigerator), dip in melted wax, store in refrigerator for about a month (if you can wait that long). The longer you wait, the sharper the cheese.

- Avoid aluminum pots because the acid will dissolve the aluminum.
- Sterilize the pot just before use by pouring 1/2 inch of water in the bottom, covering, and bring to a rolling boil for at least five minutes. Pour out the water, replace sterile lid, keep sterilized pot covered until you are ready to add the milk.

RICOTTA

by Dr. David Fankhauser, for Redco Foods
17 April 2003

Italians name this cheese ricotta because it is made from "recooked" whey, a byproduct of preparing basic cheese. It can be used fresh or frozen until needed.

EQUIPMENT

5 quart pot with lid. Heavy stainless is the best, but a light enameled pot can be used if you stir continuously during heating, or heat over boiling water. (Avoid aluminum which can dissolve in the acid.)
Wooden spoon to stir whey while heating (a long handled spatula works too)
Thermometer (32-220 °F or 0-110 °C) to monitor temperature of whey
Receiving container to catch draining whey (a clean plastic bucket will do)
1 quart bowl to receive dipped curds
A fine meshed strainer to dip out floating curd
Large strainer to suspend over receiving pot
Fine weave cloth a boiled handkerchief or a nonterry cloth dish towel to drain ricotta
INGREDIENTS: Whey left from turning a gallon of milk into cheese. This will make about 6-8 ounces of ricotta (almost a cup)

- Place the whey left over from making basic cheese in a non-reactive pot. Cover and let sit overnight (12 to 24 hours) at room temperature to develop sufficient acidity.
- The next day, heat the acidified whey over a moderate fire with stirring (do not let it stick or burn) until its temperature is near boiling (220°F or 95°C). Do not let boil over.
- Remove from heat. Cover and allow the "cooked" whey to cool undisturbed until it is comfortable to the touch (several hours).
- DO NO STIR UP THE CURD.** Gently scoop out most of the fine, delicate curds with the fine strainer and place in a bowl.
- Set up a receiving container with a large strainer lined with a fine clean cloth. Pour the remaining whey through the cloth (it filters slowly). After most of the whey has drained through, add the curds and let continue to drain.
- Allow the whey to drain out for 1-2 hours. Then pick up the corners of the cloth, suspend like a bag over a sink to allow the last of the whey to drain out of the ricotta. This will take several hours. It can be done in the refrigerator overnight.
- Remove the drained ricotta from the cloth, pack into a container, cover and store in the refrigerator. Use it soon after making. Alternatively, ricotta will freeze very well.



NEUFCHATEL

by Dr. David Fankhauser, for Redco Foods
5 May 2003

This is a soft, spreadable cheese originated from France and is eaten fresh. Sometimes called "farmer's" cheese, think of it as a low fat cream cheese which can be eaten on crackers straight or mixed with seasonings, used in cheese cake, folded into omelets, etc

EQUIPMENT

5 quart stainless steel pot with lid sterilized by boiling a small amount of water for 5 minutes covered **Whisk** used to mix ingredients. Try not to create foam.

Thermometer should read in the range of 32-220°F (0-110°C)

Quart strainer

1 quart bowl to receive dipped curds

Sterile handkerchief sterilized by boiling and hanging to dry

Receiving container to catch draining whey. A one gallon bowl or clean plastic bucket will do.

INGREDIENTS

1 gallon milk (can be made with whole milk for a richer flavor or skimmed milk, for a low calorie version)

1/4 cup culture buttermilk (fresh)

1/4 tablet Junket® Rennet Tablet

1. Pour milk into the pre-sterilized 5 quart stainless steel pot. Warm to 65°F with stirring.

2. Meanwhile, dissolve 1/4 tablet rennet in 1/4 cup water.

3. When the milk reaches 65°F, remove from heat, add buttermilk, whisk to mix thoroughly.

4. Stir the dissolved rennet into the 65°F inoculated milk, blend thoroughly.

5. Cover and let sit overnight undisturbed at room temperature (65-70°F, 20°C).

6. The next morning, a clean break should have formed (see recipe for basic cheese for the test). If coagulated milk is not firm enough, let it sit until it does, as long as another 12 hours.

7. When a clean break is achieved, cut the curd into 1/2 inch cubes (see recipe for basic cheese for technique). Some recipes call for stirring the soft curd with a whisk. This will work, but will make the separation of curds and whey more difficult.

8. Ladle the curds and whey into a clean sterile handkerchief supported in a large strainer, placed over a one gallon bowl. Allow the whey to drain through. If the cloth becomes clogged, lift the cloth back and forth or scrape the curd away from the cloth. Save the whey for ricotta if you wish (see recipe).

9. When most of the whey has drained through, pick up the four corners of the cloth and suspend the curd in a cool place to drain overnight (from a shelf of the refrigerator if you have room).

10. The next day, remove the cheese and mix in 1-3 teaspoons of salt, according to taste. It may be eaten immediately. Store covered in the refrigerator until use.

11. You may pack the cheese into a mold of your choice (a squat tin can with the ends removed for instance).

FETA

by Dr. David Fankhauser, for Redco Foods
23 May 2003

Feta is traditionally made in Greece from ewe's milk, but a good facsimile can be made with cow's milk, etc. It is a fresh, snow white cheese which is pickled in brine and therefore is a salty cheese. It is fabulous with kalamata olives and pita bread, as well as in Greek salad.

EQUIPMENT

5 quart stainless steel pot with lid sterilized by placing a small amount of water in it, covering, and boiling for 5 minutes

Thermometer should read in the range of 32-220°F (0-110°C)

Long bladed knife to cut the curd

Quart strainer to support the draining cloth (handkerchief)

2 Sterile handkerchiefs draining cloth, sterilized by boiling and hanging to dry

Receiving container to catch draining whey. A one gallon bowl or clean plastic bucket will do.

Cheese mold and weight (cut the ends out of smooth-sided 4x5 inch tin can, save one of the cut ends for the press).

INGREDIENTS

1 gallon milk (whole milk for a richer flavor or skimmed milk, for a low calorie cheese)

1 Tbl. fresh active plain yogurt to use as an inoculum (yogurt must contain live and active cultures)

1/2 tablet Junket® Rennet Tablet to coagulate the milk

5 Tbl. table salt to prepare the pickling brine

1. Warm the milk in the sterilized pot to 86°F (30°C). Do not let it burn on the bottom. Remove from heat.

2. Mix yogurt with an equal part milk to blend, then stir into the warmed milk to mix thoroughly.

3. Cover and let inoculated milk sit for one hour at room temperature. Meanwhile dissolve 1/2 Junket Rennet tablet in 1/4 cup of cool water.

4. After the inoculated milk has set for one hour, stir in the dissolved rennet to mix well.

5. Cover and let the inoculated, renneted milk sit over night at room temperature.

6. The next morning, the milk should have gelled to produce a clean break (as in the basic cheese recipe). Some of the whey will have separated. Cut the curd as per basic cheese (see recipe). The curds should be about 1/2 inch in diameter.

7. With very clean hand and arm, reach to the bottom of the pot and gently lift the curds to stir. Cut large pieces which appear with a table knife so that they are 1/2 inch pieces. Continue gentle stirring for 10-15 minutes until curd is somewhat contracted.

8. Decant off the whey through the handkerchief supported by the strainer, then pour curds into handkerchief. Let the curds drain until no more whey drains out (about 2-4 hours). The whey may be saved for ricotta (see recipe).

9. Transfer the drained curds into a bowl, break into small pieces and mix in 1/2 tsp. salt.

10. Prepare the cheese mold by lining the tin can (with ends cut out) with a handkerchief. Place the curds into mold, fold over ends of the cloth, place one of the cut ends on top, and place a heavy weight on top to press the curds. Let sit overnight to drain.

11. Prepare pickling brine (12.5% salt): 20oz. of water plus 5 Tbl salt. Stir to dissolve.

12. Remove the cheese from the press and cut into 1.5 inch pieces. Place into a wide-mouth quart jar. Pour brine over to cover. Let pickle for 1-2 days in the refrigerator. The cheese pieces may then be removed from the brine and stored in an air tight container in the refrigerator. Rinse before use to remove excess salt.

