



# ONE HOUR A WEEK DAIRY PROCESSING

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Make All Of Your Family's Own Dairy In Less Than An Hour A  
Week

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# Introduction

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If you have done any dairy processing you may have discovered that it is not really that hard. For day to day recipes like yogurt, sour cream, cream cheese, and some simple cheeses, they leave you with that feeling of “wow this is ridiculously easy! Why have I not been doing this my whole life?”. The hard part, as you will have discovered if you have made any of these on repeat for some time, is the time management part.

Sure it is easy to throw a batch of yogurt together, but sometimes finding five minutes to do this verses buying it at the store is the straw that breaks the camels back. Sometimes even when you have a dairy cow, you still find yourself wheeling your grocery cart towards the dairy aisle.

This masterclass is all about teaching you how to make the dairy products that your family eats everyday, but also about teaching you how to fit making them, into your everyday life.

1 hour a week of hands on dairy processing is all you need to knock down a majority of the items on your grocery list and save your family hundreds of dollars every month. That doesn't sound too bad does it?

This masterclass is filled with time management ideas to help you make something that seems hard, as easy as 1,2,3!

Robyn  
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# A Note To Get Us Started

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One of the most useful tools you will come across in this masterclass is the ability to start understanding that many dairy products start out the same way. Vast differences are found more with aged cheeses than with fresh cheeses. Understanding this principal means that we can start out by making one thing, and go on to turn it into other things!

I have sorted these recipes into families. Cheeses and dairy products that start out the same general way, and can be made into other things. This allows you the ability to make more than one dairy product out of one pot! You can start out making sour cream, but half of it can become cream cheese. Start with Quark and decide what cheese you need for the week before moving on! There are many options and this is a huge reason why I am able to make so many different dairy products for my family every week, because I'm starting with one recipe and working my way through.





## QUARK, HAND CHEESE AND COTTAGE CHEESE

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Start With Quark And Make All  
Of These Cheeses



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# QUARK

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This Basic Fresh Cheese Is The Basis For  
Many Different Cheeses



## Ingredients

1 gallon fresh warm raw milk  
1/8 tsp rennet  
1/8 tsp mesophilic culture  
1 tsp to 1tbsp salt

## Directions

- 1 Pour fresh warm milk into a gallon jar. Sprinkle mesophilic culture over the surface of the milk and let rehydrate for 5 min.
- 2 Once rehydrated, incorporate culture into milk.
- 3 Dilute rennet in a 1/4 cup Luke warm water, incorporate well into milk.
- 4 Put lid on jar and let sit on counter for 12-24 hours.
- 5 Transfer curd mass to cloth lined colander and let drain for 6 hour or until desired consistency is achieved.
- 6 Knead in salt to taste. Quark will keep for up to 2 weeks in the refrigerator.

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# HAND CHEESE

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Inspired By My Love For Cheese Balls And The  
Fact That Quark Is Always In My Fridge



## Ingredients

quark from the basic quark recipe  
1 tsp to 1tbsp fine ground salt  
spices of choice

## Directions

- 1 Proceed with Quark recipe until the straining step (5). Strain curd mass until you are able to pick up a handful of curds, squeeze it in your fist, and it sticks together leaving peaks where your fingers squeezed.
- 2 Measure 1 tbsp salt for every 1 lb of cheese and knead into curds.
- 3 Shape curds into burger size patties. Roll in your choice of spices. Some of our favourites are fresh ground peppercorns and Italian seasoning.
- 4 Let cheeses dry on a drying rack or plate for a day. If it is hot in the house, you can proceed to step 5 immediately, otherwise let cheeses dry at room temperature for 12-24 hours.
- 5 Move cheeses to a plastic storage container and keep the lid slightly ajar. Put into the refrigerator. Check on them every few days to make sure that there is slight condensation on the roof of the container, but that they are not dripping wet. The purpose of this is to keep them soft and prevent them from drying out. You may consume them anytime, but we like to let ours age for two weeks.  
When you eat them (as long as you didn't let them get too dry) they will taste soft and the herbs will have infused into the cheeses making them taste like the best cheese ball you have ever eaten!



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# COTTAGE CHEESE

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More of a principal than a recipe, cottage cheese has been made in homestead kitchens around the world as a staple cheese for ages!



## Ingredients

quark from the basic quark recipe  
1 tsp to 1tbsp salt  
heavy cream

## Directions

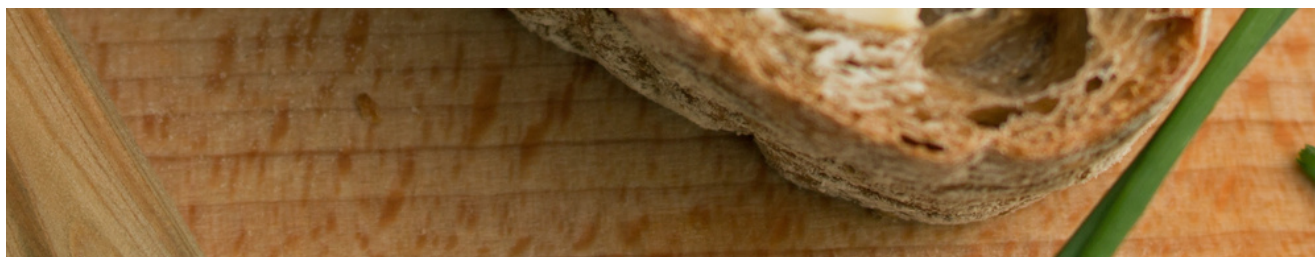
- 1 Proceed with Quark recipe until the fermenting step (4). Let sit for 2-24 hours depending on how acidic you would like your cottage cheese to taste. Two hours is my favourite and will give you a taste close to that of the grocery store. Your milk will form into a curd mass and you should easily be able to achieve a clean break before moving on to the next step.
- 2 Cut your curd mass into 1/2 inch cubes. Start by cutting a horizontal and vertical grid in the curd mass, wait 5 min and then cut underneath the curds to form them into 1/2 inch cubes. Let stand another 5 min.
- 3 Gently and slowly over low heat warm and stir your curds periodically, coming back every 5 min or so to keep them from clumping, for 1 hour until they reach 115F, and/or have shrunk to the size of a navy bean and have the firmness of gum when pressed between your fingers. Let curds settle for a few minutes under the whey.
- 4 Drain or strain the whey from the curds and mix with salt to taste and heavy cream. Eat immediately or store in the refrigerator for up to a week.



## BUTTER, GHEE AND CULTURED BUTTERMILK

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All You Need Is Cream!







# BUTTER

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You can churn butter in so many different ways;  
Blender, Food Processor,  
Mixer, Butter Churn or  
Even in a jar!

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## Ingredients

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1 quart raw cream

1/2-1tsp salt

## Directions

- 1 Skim cream and let sit on the counter for a few hours until it warms to about room temperature. (Ideal churning temperature is 62F). Alternatively you can warm the cream on the stove. The reason for warming the cream is to decrease your churning time. Cold cream has harder fat globules which take longer to churn. If I churn cold cream it takes me 10-20 min in the blender, if I churn warmed up cream it takes 1 min.
- 2 Churn the cream in your chosen vessel until the butter grains separate from the buttermilk.
- 3 Pour off the buttermilk from your churn, churn or blend the butter grains again for a few seconds to release more buttermilk. I make butter in my blender and usually churn it 2-3 times for 1 second each time to release as much of the buttermilk as I can.
- 4 Dump your butter into a bowl and using a wooden spoon or your hands (be sure to rinse your hands under cold water first so that the butter doesn't stick to them), press as much of the buttermilk as you can out of the butter.
- 5 Submerge your butter under ice cold water, or run it under the cold water tap while continuing to press the buttermilk out of it. Do this until the water runs clean. Press as much of the remaining water out of the butter as you can.
- 6 Knead desired amount of salt into the butter.
- 7 Press butter into butter mould, dish, or form it into desired shape. Sometimes I will just form it into a ball with my hands or put it into a small dish. Other times if I am processing a lot of butter I will press it into a parchment paper lined loaf pan, refrigerate it, and once it is hard, I will cut the pieces into squares and freeze them in zip lock bags.



# GHEE

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Make Your Butter Shelf Stable!



## Directions

- 1 Churn your butter. Dump off the buttermilk but don't worry about pressing it out of the butter.
- 2 Transfer butter to sauce pan and melt over med low heat.  
  
Simmer butter on med low heat. You will first see a lot of foam. This foam will eventually rise to the top of the butter and you will see a yellow clear oil underneath. You can either skim the foam off (this is what I usually do because I have a bad track record for walking away and burning it) or else leave the foam on. If you leave the foam on, some of it will cook into delicious cracklings. As soon as you see the cracklings start to fry, pay close attention, you want to only cook them until they are golden brown, they will easily burn and this is why I usually pull the foam off of my ghee if I am making a large batch and don't want to risk burning it. You will hear the ghee splutter as it cooks the remaining water out of the ghee. Eventually it will stop spluttering and you will be left with golden cracklings floating on top of a yellow oil. This is your indication that the ghee is ready to be strained.
- 4 Strain it through a cloth lined colander into a mason jar. It will be a liquid oil at this point but will solidify as it cools.
- 5 Leave the lid off of the jar overnight. This will prevent the ghee from sweating and causing mold growth on the surface. After 24 hours put a lid on the jar and store it in a cool dark place like the back of a cupboard, cellar or pantry. As long as you extracted the liquid out of the ghee, and it doesn't sweat, it will remain shelf stable for many months (I have never had it go bad).

## Ingredients

unsalted butter

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# CULTURED BUTTERMILK

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Im Not Sure What Store Bought Buttermilk Is.... But It's Not This!



## Ingredients

buttermilk left over from making butter

## Directions

- 1 Pour buttermilk into a jar, put a lid on the jar and leave it at room temperature until it has coagulated. It should be thick, but should have no air bubbles in it, and should not have separated from the whey.
- 2 If it does appear to have gas bubbles in it, or has separated from the whey, it is usually still fine to use for baking, but will have a much stronger taste than if you catch it earlier. Most often your buttermilk will thicken in about 12 hours and should be the consistency of yogurt.
- 3 Move your cultured buttermilk to the fridge and use it for baking or salad dressing. If you have a substantial amount you can even turn it into cheese!
- 4 To make it into cheese, heat the cultured buttermilk up to 190F on the stove and it will turn into cheese. Ladle, scoop or dump the curds out of the pot and drain them in a cloth lined colander before salting to taste.





## SOUR CREAM AND CREAM CHEESE

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Make One And You Have The Other!



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# SOUR CREAM

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I call this, "leave it on the counter sour cream" because that is all you have to do!



## Ingredients

1 Quart Heavy Cream  
1/8tsp mesophilic culture  
(or 1 tsp well established  
clabber, or previous batch  
sour cream)

## Directions

- 1 Sprinkle freeze dried culture over the surface of the cream. Let rehydrate for 5 min before incorporating it in. If you are using clabber or previous batch sour cream there is no need to wait.
- 2 Put a lid on the jar and leave it on the counter for 12-24 hours until thick like greek yogurt, but no bubbles have formed. Once thick, transfer it to the fridge or strain it into cream cheese.





# CREAM CHEESE

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This is one of my favourite cheeses. Mix with a homemade ranch seasoning mix and it tastes very similar to boursin cheese!

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## Ingredients

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3 Quarts Heavy Cream  
1/4 tsp Mesophilic Culture  
Salt

## Directions

- 1 Heat cream to 72F.
- 2 Sprinkle culture over surface of the cream and wait 5 min for it to rehydrate. Gently incorporate culture into the cream.
- 3 Leave covered on the counter for 12-24 hours until thick as greek yogurt. At this point it is sour cream.  
  
Gently ladle curd into cloth lined colander and strain for 6-12 hours until desired consistency is achieved. For best results come back several times and scrape the bottom of the cheese cloth to promote more even drainage, or you can even hang your cheese cloth from a cupboard and come back and squish it every few hours. Even drainage helps to prevent bad tastes in your cream cheese by keeping the whey from pooling in one spot and thus over acidifying spots in your cheese.
- 4
- 5 Once drained to desired consistency, knead salt into cheese to taste.



## YOGURT

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This was the first dairy product I ever learned to make.





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# BASIC YOGURT RECIPE

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Yogurt can be made in many different kitchen appliances including a crock pot, an instant pot, dehydrator or as simply as a jar wrapped in a warm towel. All you really need is a warm place for your yogurt to ferment.



## Ingredients

1 gallon whole milk  
1/4 cup good quality greek  
yogurt (or previous batch  
yogurt, or freeze dried yogurt  
culture)

## Directions

- 1 Heat milk to 180F. This can be done using the yogurt function on an instant pot or in a pot on the stove. Be careful that the yogurt does not boil as this can contribute to grainy yogurt. When I am using the instant pot, I always make sure the pressure valve is open and I try to remove the lid to the pot as soon as it has heated to prevent it from scorching.
- 2 Let milk cool to 110-120F.
- 3 Whisk yogurt well to incorporate any fat that has settled to the top. If using freeze dried culture sprinkle it overtop and leave it for 5 min to rehydrate before mixing it in. If using yogurt as a starter, whisk it in directly. I like to transfer my yogurt into jars at this point for easier storage before fermenting, but you can leave it in the pot if you would rather.
- 4 Leave in a warm place (like an instant pot, dehydrator, yogurt maker, or wrapped in a wool blanket on the counter) for 8-24 hours before moving to the fridge. If you are fermenting jars of yogurt in the instant pot using the yogurt setting (see your manual and be sure you don't have it on boil) you can add them directly into the pot with no water or rack, this is because the instant pot is only keeping them warm, not actually cooking.



# GREEK YOGURT

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I don't make greek yogurt  
very often but when I do  
the kids gobble it up  
quickly!

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## Ingredients

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plain yogurt

## Directions

- 1 Make yogurt as you would normally.
- 2 Gently ladle prepared yogurt into a cloth lined strainer or a yogurt strainer.  
  
Strain for 2-6 hours until desired consistency is achieved. If you overstrain and it becomes hard and grainy like a cream cheese, toss it into the blender with a little bit of whey and pulse it for a few seconds to recombine.
- 3



# YOGURT DRINK

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What kid doesn't love a yogurt drink?! Whip this up at the beginning of the week and store in the fridge for easy kid snacks.



## Ingredients

- 1 Quart unstrained yogurt or kefir or clabber
- 2 tbsp maple syrup or jam
- Fresh or frozen fruit

## Directions

- 1 Combine ingredients in a blender. Blend until combined. You can add a little bit of milk or whey if it is too thick.
- 2 Put it in a jar on a low shelf in the fridge for easy snacks that your kids can grab!

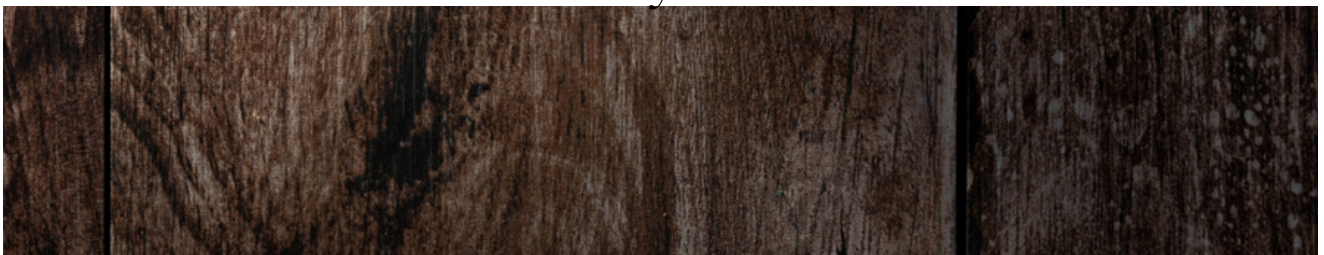




## KEFIR AND CLABBER

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Your grandma used to keep sour milk on the  
counter and you can too!



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# KEFIR

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Kefir grains are a symbiotic ecology of bacteria and fungi's that live together. When you feed them milk, they will ferment the milk into a slightly fizzy yogurt like drink.



## Ingredients

1 tbsp active kefir grains  
1 Quart Milk

## Directions

- 1 Put your active grains into the milk. Put a lid loosely on the jar (the tighter you put it the fizzier it will be) and leave it on the counter for 12-24 hours until it coagulates but has not developed any ferment bubbles or separated from the whey. If it does appear to have gas bubbles in it, or has separated from the whey, it is usually still fine to use for baking, but will have a much stronger taste than if you catch it earlier.
- 2 Separate your grains from your kefir by either scooping them out, (it should be a clump floating on top of your kefir), or by straining it out through a colander (be sure to shake it first or else it is very hard to strain). The stuff you strain off is the stuff you get to eat!
- 3 Add your kefir grains to new milk and repeat the process. If you get tired of looking after your kefir starter, you may put your grains in a jar of milk and put it into the fridge. As long as they are in milk they will keep for a long time in the fridge, but you should try to feed them every few weeks to keep them healthy.



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# CLABBER (SOUR MILK)

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Your grandma used to keep sour milk on the counter and so can you! How convenient it is to always have a substitute for sour cream, buttermilk, yogurt and kefir! Use it in baking, dressings or even as a cheesemaking starter culture.



## Ingredients

Raw milk

## Directions

1

When you first start clabber all you have to do is set warm fresh raw milk out on the counter in a jar. I recommend starting about a pint. Unlike other ferments, it doesn't matter if the lid on the jar is tight or loose, it will ferment either way. Depending on your milk quality, and the temperature in your home, this first ferment will be the longest. You may not see complete coagulation for a few days.

2

As soon as you see coagulation, your starter is ready to be fed. Just like sourdough, you need to discard some of your ferment before adding in new milk. This first discard is not suitable for a cheesemaking starter culture but it can be used for tons of other recipes. Discard the majority of the contents of the jar. Keep about 1 tsp of of the clabber back, or alternatively, don't scrape or wash the sides of the jar, and pour fresh milk into the jar. Put the lid on and let your clabber sit for 24 hours. The ferment time will be much quicker this time.

3

After 24 hours, discard the contents of the jar, leaving back 1 tsp or don't wash your jar, and put in fresh milk, put the lid on and let ferment 24 hours. Continue this cycle indefinitely; Ferment, Discard, Feed, Ferment.