



Interreg
Polska-Słowacja

Europejski Fundusz Rozwoju Regionalnego



Goat cheese

We need:

- 10 litres of milk
- 5 ml of liquid rennet
- 3 dl of warm water

Activities:

1. Milk goats or take the milk from local farmers ☺
2. Prepare fresh milk, rennet, cheese moulds or if no moulds a cotton diaper.
3. Warm up the milk to 35° C
4. Add one spoon (5 ml) of rennet to a glass of warm water, then mix it.
5. Gently transfer the mixture and spread evenly on the whole surface, then gently mix it and leave the milk for 35 minutes.
6. As a result in a pot a cheese mass appears. Now cut it with a long knife into stripes with width of 2 cm and then perpendicularly into small squares. Leave it for 5 min to allow whey separation from the cheese mass.
7. If no manual harps use small whisk to crush the mass into small pieces. Leave again for 5 minutes.
8. Drain to the mould or diaper and let it dry from the excess fluid.
9. Place a bottom insert to allow the whey to trickle out and then put it into the fridge to avoid turning sour. You can hang the diaper in a cooler room.
10. After 12 hours you can put the cheese out of mould and eat. Before eating, it should be salted.

Once again!

1. What quantity of rennet is needed to prepare a goat cheese from 10 l of milk?
 - a) 10 ml
 - b) 15 ml



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c) 5 ml

2. How long should the cheese stay in a cooler room or in the fridge?

- a) 6 h
- b) 12 h
- c) 24 h

3. Why the cheese should be placed in a cooler room or in the fridge?

- a) To avoid turning sour
- b) To avoid softening
- c) To avoid melting

4. What we DO NOT need to prepare cheese?

- a) water
- b) milk
- c) yeasts

5. Cheese mass should not be strained into:

- a) a pot
- b) a mould
- c) a diaper

Cow's cheese

We need:

- 5 litres of milk
- Rennet



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Activities:

1. Warm up the milk to 30-40° C.
2. Add one spoon of rennet.
3. Mix it and leave for 45 minutes.
4. Throughout this time the cheese begins to harden. We separate the mass with a whisk or with a knife to avoid dropping the cheese to the bottom of pot.
5. We put on a strainer gauze (a diaper) on a sieve and overflow the cheese.
6. Leave it for a night to strain.

Once again!



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1.									
	2.								
3									

1. What is the key ingredient in cheese making recipe?
2. What should be added to the milk to create a cheese?
3. What should be done with milk when it's still cooking?
4. What is on the gauze after straining?
5. What is needed to strain the mass?

Rebus solution

Syrek (local dish)

We need:

- 10 eggs



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- 1 l of cow's milk
- Pinch of salt
- 3 spoons of granulated sugar



Activities:

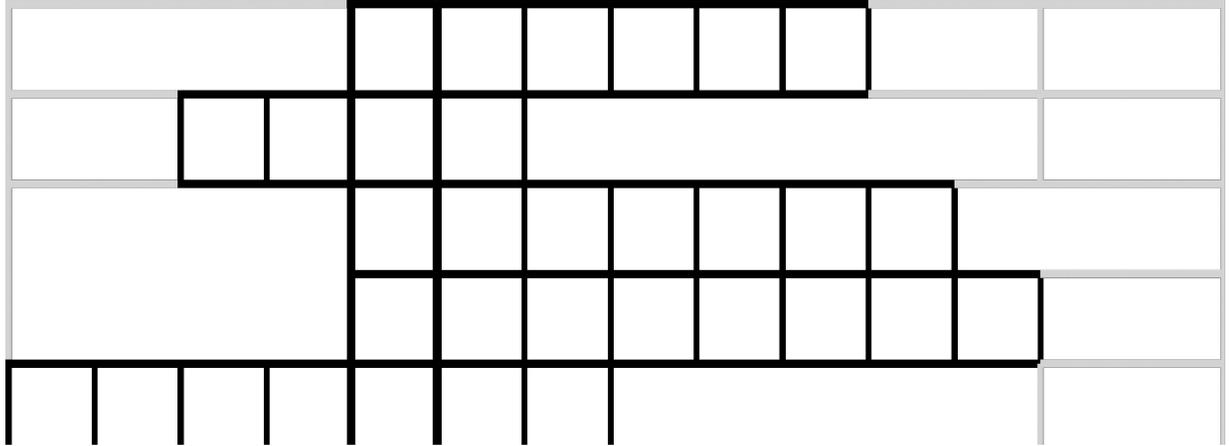
1. Pour into a pot 1 liter of milk and warm it up to about 60°.
2. Add 10 eggs to a bowl.
3. Mix the eggs with sugar and add to milk.
4. Cook and mix until it turn into a mass with consistency similar to a cottage cheese that will separate from the fluid.
5. Put the mass on a double-layer gauze or a dishcloth then bind it and form into a shape of an egg. If it possible, hang it.
6. In this way the excess fluid will trickle down and the Syrek will be almost ready. Serve it after cooling, cut into pieces.

Once again!



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1. Syrek can be served as a sweet dish or as a ...?
2. What is the colour of Syrek?
3. What milk should be added to Syrek?
4. On what occasion Syrek is usually prepared?
5. Where Syrek should be overflow to get harden?

Rebus solution



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Polish home-made cheese from cottage cheese

We need:

- Small ball of cottage cheese from a cow's milk
- Some milk
- Some butter
- A half of spoon of baking soda
- One egg yolk



Activities:

- 1.** Crumble cottage cheese in a bowl.
- 2.** Add some milk.
- 3.** Cook it.
- 4.** After 10 minutes add butter, baking powder, 1 egg yolk mixed with some milk.
- 5.** Cook until the mass gets harden.
- 6.** Put the mass on food wrap, form a roll and leave it in a fridge to get harden.



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Have a good appetite! 😊