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Cynzyme® -- Application Bulletin- Cheese

Basic Pressed Cheese

This is often called Farmer's Cheese or Queso Fresco

Equipment:

One non-reactive stockpot, large enough to contain the amount of milk with which you are working • Slotted spoon or ladle • Kitchen thermometer • Cheesecloth • Colander or Kitchen sieve • Measuring spoons and cups

Ingredients:

8L (2 Gallons + 1 ½ Cups) Milk, Sheep or Goat's Milk Preferred, but cow milk will work too

¼ cup Buttermilk or Kefir

¼ tsp Calcium Chloride diluted in ¼ cup non-chlorinated water, such as bottled water

½ tsp Cynzyme™ diluted in ¼ cup of non-chlorinated water.

1 ½ tsp Kosher or cheese salt

Method:

1. Read the recipe thoroughly while sterilizing your equipment and cleaning your workstation.
2. Heat the milk over medium heat to 32°C (90°F), stirring occasionally. It should take about 20 minutes to reach the temperature. Once the milk reaches 32°C turn off the heat.
3. Add your Buttermilk or Kefir into the milk, stir in with a spoon using 20 up and down strokes. Cover the pot, to maintain the temperature, and let it sit for 30 minutes to ripen the milk.
4. Add your diluted calcium chloride solution and stir using 20 up and down strokes.
5. Add the diluted Cynzyme™ solution and stir again using another 20 strokes. Cover the pot and let sit for 45-60 minutes or until you get a clean break.
6. In the pot, cut the curd to ¼ inch pieces and let them sit for 10 minutes.
7. Return the pot to the heat and gradually heat the curd to 35°C (95°F) over 20 minutes, gently stirring every few minutes. Once the curd reaches 35°C, leave the pot on the heat and let the curd settle for 10 minutes.
8. Remove the pot from the heat and ladle off enough whey to expose the curds.
9. Gently ladle the curds into a cheesecloth lined colander and let drain for 5 minutes.

Page 1 of 4



Cynzime® -- Application Bulletin- Cheese

10. With the curd still in the cheesecloth, sprinkle it with salt and mix it in by hand.
11. Next, gather the ends of your cheesecloth and tie off to form a bag (alternatively you can use a cheese mold).
12. Place the cheesecloth bag (or cheese mold) between two cutting boards and press with a total of 8 lbs. for 3 hours. Note you will get whey draining from the cheese, so this should be done in a container that will catch the whey.
13. After 3 hours, remove the weight and flip the cheese-cutting board sandwich upside down, which rotates the cheese 180 degrees and return the 8 lb weight to the top. Press for another 3 hours.
14. After pressing the cheese is ready to eat right away and will keep in an air tight container for 2 – 3 weeks in the refrigerator.



*Cynzime™ is a trademark of Fytozimus Biotechnology, Canada



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CHÈVRE (SOFT GOAT CHEESE)/FROMAGE BLANC (SOFT COW'S MILK CHEESE)

This is a “SET AND FORGET” cheese, with little effort you get a cheese with maximum flavor.

Equipment

One non-reactive stockpot, large enough to contain the amount of milk with which you are working • Slotted spoon or ladle • Kitchen thermometer • Cheesecloth • Colander or Kitchen sieve • Measuring spoons and cups

Ingredients:

4 liters (1 Gallon + $\frac{3}{4}$ cup) Goat Milk or Cow Milk
 $\frac{1}{4}$ cup active Buttermilk or Kefir or culture of your choice
0.25 ml of Cynzime™
1 tsp kosher or cheese salt

Method

1. Read the recipe thoroughly while sterilizing your equipment and cleaning your workstation.
2. Pour milk into pot and stir in Buttermilk, Kefir or Culture. Heat milk mixture slowly to 26°C (79°F), then remove the pot from the burner.
3. Add your Cynzime™ to the milk mixture and stir in with a spoon using 20 up and down strokes.
4. Cover the pot, and leave undisturbed for 12 -24 hours inside your oven, or a warm place where it won't be agitated or stirred. Turn on your oven light to maintain temperature. (*Special note, newer ovens have an LED light and no heat is generated*).
5. After 12-24 hours check the curd. The curd will look like custard, with a clear separation between the curds and whey around the side of the pot. You will see a clean break when tested with a knife.
6. Ladle the curds into a cheesecloth lined colander and let whey drain off.
7. Once the bulk of the whey has drained in the sieve, tie the cheesecloth into a bag hang the cheese for 6 hours. The weight of the curd will assist the draining process. Tying the bag to the middle of a wooden spoon and placing the spoon across the top of a bowl, so that the bag is hanging in the bowl, works well.



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8. After six hours, if whey is still dripping from the bag, leave it two more hours. Note: the longer you drain the cheese the drier it will be.
9. Once the curd has finished draining, sprinkle it with salt and mix it in by hand.
10. Form curd into a log, wrap in plastic and refrigerate. If using an herb mixture, roll log in herbs before wrapping in plastic.
11. Plain cheese can be enjoyed right away and has a shelf life of 10 days. Herb cheese should be made a few days in advance, giving the herbs time to flavor the cheese and has a shelf like of a little over two weeks. You can freeze Chèvre/Formage Blanc without loss of texture or flavor.