

5-MINUTE RICOTTA



Ricotta-style cheese made in the microwave

Ricotta cheese is traditionally made from whey left over from cheese making. The whey is heated and has acid added to it in order to form curds.

SCIENCE

Two types of proteins are involved while making ricotta - **whey** and **casein**

WHEY



Whey proteins unravel when heated exposing "sticky"* portions of their structure. They will now clump together or to other proteins.

*it actually has to do with sulfur groups

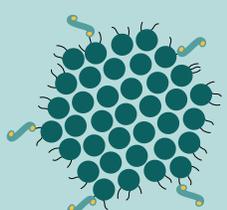
CASEIN



Casein proteins are usually negatively charged and thus repel each other. Acid neutralized this charge allowing them to clump

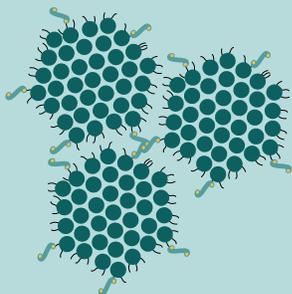
These two proteins interact with each other and are responsible for ricotta's final texture. Both heat and acid are needed.

HEAT



The heated, unravelled whey proteins begin to clump to each other and to casein proteins

ACID



Acid allows for the caseins to begin to clump and the final cheese texture is formed

RECIPE

Ingredients

- 2 cups whole milk
- 2 tablespoons vinegar

Instructions

1. Heat milk in microwave for ~three minutes on high.
2. Remove, stir in vinegar for several seconds.
3. Let sit until curds separate from liquid.
4. Transfer curds to a strainer lined with cheese cloth
5. Let drain until desired texture