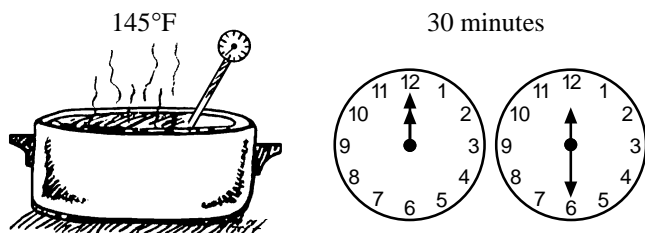


Heat Treatment of Fresh Unpasteurized Milk

To kill bacteria in milk . . .

Heat milk to 145°F for 30 minutes

- ◆ Place a cooking thermometer into the milk to measure its temperature.
- ◆ Do not heat milk over 145°F. It may change the texture and flavor of the cheese. Under 145°F will not kill harmful bacteria.



Sanitation

To help prevent infection . . .

1. Boil all cheese-making equipment between uses.

or

Soak all cheese-making equipment in a bleach-water solution for 2 minutes.

2. For best-quality cheese, use new cheesecloth each time you make cheese. (Reuse cheesecloth only if it has been washed, then boiled, or soaked 2 minutes in bleach-water.)

Bleach-water

- ◆ Make a bleach-water solution by adding one tablespoon of bleach to one gallon of water.
- ◆ Make a new bleach-water solution each time you make cheese.
- ◆ This recipe for bleach-water can be doubled if necessary.



SAFE Queso Fresco Recipe*

- ☐ Place one tablet Junket Rennet into 1/2 cup cold tap water until dissolved.
- ☐ Mix one quart cultured buttermilk with two quarts heat-treated or pasteurized milk.
 - a. Add 7 teaspoons white vinegar to the milk mixture.
 - b. Mix well.
 - c. Heat milk to 90°F. Remove pan from the heat.
 - d. Add dissolved Rennet and mix for about 2 minutes.

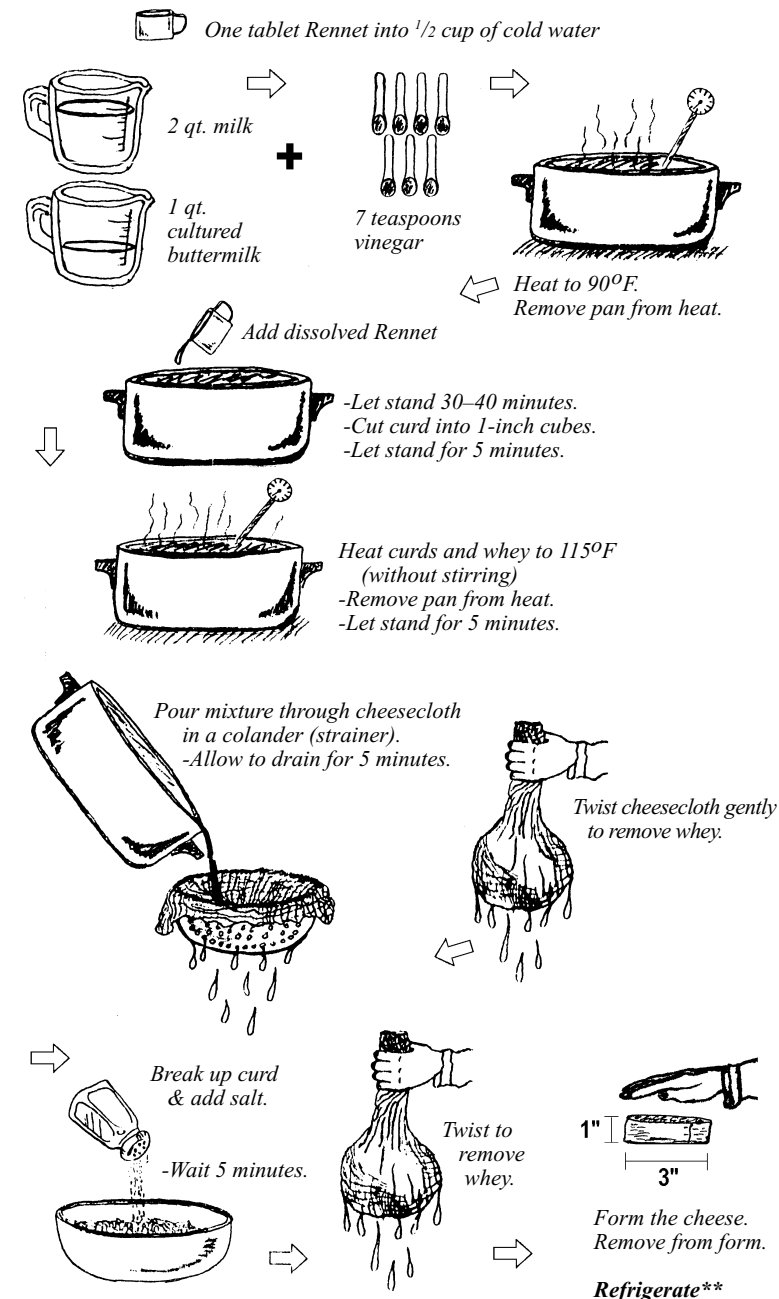
- ☐ Let stand for 30–40 minutes until curd is firm.
- ☐ Cut curd into 1-inch cubes and let stand for about 5 minutes.
- ☐ Heat curds and whey to 115°F (without stirring), remove pan from the heat, then let stand for 5 minutes.

- ☐ Pour mix through cheesecloth and allow to drain for 5 minutes.
- ☐ Form curd into a ball and twist the cheesecloth gently to squeeze out the whey.

- ☐ Break up curds into a bowl and add 1 3/4 teaspoons of salt.
- ☐ Mix in salt and let stand for 5 minutes, then squeeze again as before.
- ☐ Form the cheese. Remove from form. Refrigerate.**

*This recipe can be doubled or tripled to make more cheese.

**Cheese made from this recipe can be safely stored in a refrigerator for no more than 1 week.



Introduction

- ❑ **Queso fresco** has been made for generations. Traditionally, **queso fresco** is made using fresh dairy milk that has not been heat-treated or pasteurized. Unfortunately, this method of making queso fresco can cause serious illness.
- ❑ Topics of this pamphlet include:
 - ◆ Heat treatment of fresh, unpasteurized dairy milk.
 - ◆ Sanitation of cheese-making equipment.
 - ◆ Hands-on preparation of queso fresco from a recipe using heat-treated or pasteurized milk.
- ❑ Remember, even the freshest milk from the cleanest dairy may contain harmful bacteria if it is not pasteurized or heat-treated. To protect others and ourselves from harmful bacteria, we must use pasteurized milk or milk we heat-treat ourselves.

This flyer was originally developed for the Abuela Grandmother project. Grandmothers taught this recipe for safely making fresh cheese to people in eastern Washington.

The result was a rapid decrease in salmonella illnesses in Yakima County and surrounding areas of Washington State.

Sale of Queso Fresco

- ❑ **This procedure for making queso fresco does not mean a person can sell cheese legally. If you are interested in becoming licensed to sell queso fresco, contact your local health department or state department of agriculture.**

Credits:

Washington State University
 Department of Food Science and Human Nutrition

- Ryan Bell
- Lloyd Luedecke
- Mike Schmitt
- Val Hillers
- Mike Costello

Yakima County Cooperative Extension

- Theo Thomas
- Frances Herrera
- Anna Zaragoza

Special thanks to Julia Herrera for allowing the use and modification of her queso fresco recipe.

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