



Printable Recipes for Home Cheese Making

Volume II

Yogurt, Feta, Gouda, Cheddar, Triple Creme & Recipes With Cheese



new england
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Welcome

Welcome Back For More Cheese Making Fun!



Creating the second book in our series, Printable Recipes for Home Cheese Making has been filled with adventure!

Recently, my husband Mark and I renovated our kitchen, by hand, from electric and cabinets to flooring and sheetrock, and we did it in 60 days. Did I mention that we did it ALL ourselves, with our toddling daughter in tow?

Why am I talking about our kitchen renovation in a cheese making book? Well, the renovation was prompted by a call from tv chef, Joe Gatto, who asked us to be guests on a series he's creating called "From Scratch." He wanted to make Swiss with us and film the whole process in three hours. We said YES, who could resist such an adventure? Innocently Joe asked if we could also make Cheddar and Gouda, in the same three hours.

I quickly got to work perfecting my cheese-making-multitasking skills while renovating the whole kitchen. Needless to say it's been a busy summer.

To cut a long story short, cheese making with Joe was awesome! We made three cheeses in four hours which will turn into 5-10 minutes of tv time. During the show I used recipes from this very book and Mark worked magic in the background with five cheese pots/vats going at once so we could show each step.

After printing and laminating the recipes I used a dry erase marker to take notes and stay on track. So, This book was put to the test, and passed with flying colors.

With Love,

Sarah Carroll & The Whole CheeseMaking Crew 

ps. the kitchen looks amazing!

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Cheese Making Recipes

Milk + Culture + Rennet = YUM!



Jim's Collection Each of the following recipes by Jim Wallace, our tech guru at cheesemaking, is the perfect addition to your cheese making library.

Recipes For Your Kitchen These recipes were created with the home cheese maker in mind. Each one has been tried, tested and adored! We hope they will help guide you when making cheese in your own kitchen.

Safe Equipment When making cheese you want a clean environment, this includes your equipment. Here's a quick and easy way to sterilize equipment.

- Fill your cheese pot with 4-6" inches of water
- Place all heat safe equipment into your pot
- Place the cover on your pot and bring water to a boil
- Allow pot to boil for 15 minutes
- Carefully remove equipment and place on a clean surface

Note: The steam from your pot will be VERY hot so use extreme caution when removing the pot lid and taking out your equipment.

Looking for a Recipe? If you'd like to see a particular recipe in the future, please let us know by sending a note to info@cheesemaking.com

YOGURT

RECIPE



Skill

Beginner

Advanced

Make Process



Aging



Yield

About 2 qts.

Time

30 min.
+Ripening

Aging

None

Make Sheet

Simple Soft
Cheese

Equipment

Sanitized Before Use

Stainless steel pot
(4 quart or larger)
Dairy thermometer
Yogotherm, Yogurt Maker
or 2 quart container
Butter muslin & collander*
**Optional*

Ingredients

½ Gallon whole milk
1 Packet yogurt culture
Fruit or sweeteners*
**Optional*

True Yogurt

Defined by a very specific process that dates back in time. Although no one really knows how old it is, yogurt has evolved as a natural way to preserve milk by converting lactose to lactic acid.

Modern Yogurt

In the western world yogurt dates back only to the early 1900s and wasn't produced in the US in any large amounts until 1940. It never really became popular until the 1970s when Dannon (originating in Spain) popularized their version. What currently passes as Yogurt now is a product thickened with many additives and sweetened for the mass market.

All The Whey

A true yogurt will release whey when the surface is broken (it can simply be poured off or stirred back in). This is because there are no thickeners or emulsifiers added to the yogurt - simply milk and cultures.

Goats Milk Yogurt

Yogurt from goats milk will always be thinner because the proteins in this milk are so different from cows milk. The thickness can be improved by adding 3 tablespoons of dry milk powder for each quart of goats milk.

Yogurt & Health

There are claims to yogurts health benefits especially in the "Probiotic" realm. Acidophilus and Bifidobacterium are two cultures that survive in the digestive tract and have positive effects in enhancing immune responses.

- 1. Heat Milk** Pour the milk into the pot and heat to 185°F on a stove top or in a sink surrounded by hot water. If using a stove, stir the milk while it heats slowly. Once heated, hold the temperature for up to 20 minutes. Holding the temperature will alter the milk proteins and produce a thicker yogurt.
- 2. Cool Milk** After heating cool, the milk as quickly as possible to 120-125°F by placing the pot into a sink filled with cold water.
- 3. Transfer Milk** Transfer cooled milk into your yogotherm, yogurt maker or container and allow milk to cool to 108-115°F.
Note: If using single portion containers finish cooling the milk in your pot and add the culture before transferring the milk into containers.
- 4. Add Culture** When milk reaches 108-115°F sprinkle 1 packet of yogurt culture onto the milk surface. Let it sit 2 minutes to re-hydrate, then mix it in.
- 5. Incubate** Place the cover onto your container and allow to sit for 4-12 hours. The milk needs to stay warm, if not using a yogurt maker wrap your container with towels or place in an insulated container.

The time of incubation will determine the thickness and texture of the final yogurt as well as the final acidity. Longer times and/or higher temperatures will make a thicker yogurt and a tangier flavor. Shorter times and/or lower temperatures will make a sweeter but thinner yogurt.
- 6. Chill** Quickly place yogurt in a refrigerator as soon as you find that the texture and acidity is to your liking. Once cooled, it will have a much more solid texture.

Greek Yogurt "Greek Style" or drained yogurt, provides a more concentrated yogurt flavor and a rich creamy texture for mixing with fruit, herbs, etc. The other advantage for the lactose intolerant folks is that it reduces the lactose level of yogurt even further than regular yogurt by draining the residual lactose away with the whey.

To make this at home simply spoon your yogurt into a strainer lined with a butter muslin before placing it into the fridge and let it drain for several hours until you have achieved the desired thickness.

Fruit and Sweeteners Go ahead and add fruit, sweetener or extract to your finished yogurt, the sky's the limit so have fun and enjoy some delicious yogurt.

"Helping Cheese Makers Since 1978" 

FETA

RECIPE



Skill

Make Process

Aging

Beginner

Advanced



Equipment

Sanitized before use
 Stainless steel pot
 (6 quarts or larger)
 Dairy thermometer
 Ladle
 Butter muslin
 Measuring cup & spoons
 Basket mold (2 lbs size)
 Follower
 1 lb weight

Ingredients

2 Gallons whole milk*
 ¼ tsp Calcium chloride
 1 Packet C21 buttermilk culture
 ¼ tsp Liquid rennet single strength
 2 tsp Salt
 2 lbs Salt for brine solution**

* *Not Ultra Pasteurized*
 ** *Recipe for Brine Solution is in the left hand column*

Yield

About 2.5 lbs.

Time

2 hours
 +Molding
 +Salting

Aging

1 Month to
 1+ Years

Make Sheet

Aged Soft
 Cheese

Talk About An Old Cheese

The earliest record of Feta dates back to the Byzantine Empire. It has been associated closely with Crete, located in present day Greece. An Italian traveler to the city of Candia makes express mention of the curing processes in brine cellars in his writings, dated 1494.

A Cheese That Cyclops Made

The word "feta" comes from the Italian word fetta (meaning slice). Fetta, in turn, is of Latin origin from offa (meaning bite or morsel). It first appeared in Greek language in the 17th century, possibly referring to the process of serving the cheese by cutting it in thin slices. Many, however, attribute a Classical Greek origin. According to myth, the Cyclops Polyfimos was the first to have prepared it. In the museum of Delphi, 6th century BC artifacts also make references to the process of feta cheese-making.

Store Bought

Feta is usually made from ewe's or goat's milk. However, today there's an abundance of "Feta Style" cheese made with cow milk.

A Note For The Recipe

This tends to be a high salt cheese, if it's too salty for your taste simply soak your Feta for several hours (up to a day) in milk before serving and enjoying it.

Saturated Brine Recipe

In a nonreactive pot boil 1 gallon of water. Add 2 lbs. of salt, 1 tbs. of calcium chloride, and 1 tsp. white vinegar. Mix and cool to 60°F.

- 1. Heat Milk** Pour milk into pot and heat to 93°F on a stove top or in a sink surrounded by very warm water. If using a stove, stir the milk while it heats slowly.
- 2. Calcium Chloride** As milk heats add ¼ tsp Calcium Chloride to ¼ cup water. Mix it into the milk.
- 3. Culture** When milk is 93°F, sprinkle 1 packet of C21 buttermilk culture onto the milk surface. Let it sit 2 minutes to re-hydrate, then mix it in. Let the milk ripen for 60 minutes.
- 4. Rennet** Add ¼ tsp. of single-strength liquid rennet to ¼ cup non-chlorinated water. Mix it into the milk with an up-and-down motion for 1 minute. Let it sit for 40 minutes.
- 5. Cut Curds** Slowly cut the curd into ½ inch cubes by making a checker-board pattern with the curd knife. With the ladle, break the curd into ½ inch pieces as uniformly as possible. This should take about 5 minutes total.
- 6. Cook Curds** Gently stir the curds for 20-30 minutes while maintaining a temperature of 93°F. Once done let curds settle to the bottom of the pot for 10 minutes.
Note: If using farm fresh milk the longer stir cook time is for rich late season milk.
- 7. Remove The Whey** After the curds have settled for 10 minutes remove whey from the pot.
- 8. Forming** Transfer curds into a basket mold and place a follower and 1 lb. weight on top. Allow curds to drain for 8 hours at a room temperature of 68-72°F. During the first 2 hours un-mold and turn the cheese frequently.
Note: A pint container filled with water can be used as the weight.
- 9. Cut & Drain** After pressing cut the cheese into smaller ½ lb. pieces. Arrange pieces on a draining mat sprinkle with a small amount of salt and allow to drain for 6-12 hours.
- 10. Salting** Place cheese into a saturated salt brine for 4 hours.
- 11. Drying** Remove the cheese from the brine and place on a draining mat. Allow to dry for 1-3 days at 48-56°F with a piece of butter muslin or cheesecloth draped over loosely to prevent contamination. Turn each piece several times a day to allow even drying.
- 12. Brine Storage** Prepare an 8% brine solution by adding 6-8 oz. of salt to 3 qts. sterilized water. Place Feta into a container and pour brine overtop. Be sure the container has minimal head space to avoid mold development.
Store at 48-50°F for up to 30 days then transfer to 45-55°F for a few weeks to a year or more. Younger cheese will be milder in flavor.

GOUDA

RECIPE



Beyond Expectation

The common expectation is that this cheese is very mild, creamy, and coated in colorful wax. However, the truth is that it can be a quite remarkable cheese as it's made in "Noord" Holland as a "Boerenkaas" (literally a barn cheese) or as a well aged version with a caramel color and texture similar to a Parma.

A Town Called Gouda

Gouda originated in the south of Holland in a town called "Gouda" but is today produced by many countries around the world.

Washed With Beer?

It can be varied with smoke or spice additions such as nettle, pepper, clove, mustard, cumin, caraway, fenugreek... Sometimes it's even washed with beer.

How Does It Get "Sweet"

The distinguishing characteristic of Gouda is that it's relatively sweet. This is accomplished by removing a portion of whey and replacing it with hot water. Thus removing some of the milk sugars to prevent excess acid from being produced.

This goes back to the days of wooden vats in which cheese was made. These vats could not be heated so hot water was added to increase the temperature of the curds.

Saturated Brine Recipe

In a nonreactive pot boil 1 gallon of water. Add 2 lbs. of salt, 1 tbs. of calcium chloride, and 1 tsp. white vinegar. Mix and cool to 60°F.

"Helping Cheese Makers Since 1978" 

Skill

Make Process

Aging

Beg.

Adv.



Equipment

Sanitized before use

Stainless steel pot (10 quarts or larger)
Dairy thermometer
Curd knife
Ladle
Colander
Butter muslin
Mold & follower (2-4 lb size)
Measuring cup & spoons
Cheese press or weights

Ingredients

2 Gallons of milk*
1 Packet C101 mesophilic culture
½ tsp Calcium chloride
½ tsp Liquid rennet single strength
2 lbs Salt for brine solution**

* Not Ultra Pasturized milk
**Recipe for Brine Solution is in the left hand column

Yield
About 2 lbs.

Make Time

2 Hours
+Pressing

Aging Time

2-6 Months

Make Sheet

Aged Hard Cheese

- Heat Milk** Pour the milk into the pot and heat to 86°F on a stove top or in a sink surrounded by very warm water. If using a stove stir the milk while it heats slowly.
- Calcium Chloride** As milk heats, add ½ tsp. of the calcium chloride to ¼ cup water. Mix into the milk.
- Culture** When the milk is 86°F sprinkle ½ packet of C101 mesophilic culture onto the milk surface and let sit it for 2 minutes to rehydrate. Then mix in. Let the milk ripen for 30 minutes.
- Rennet** Add ½ tsp. of single-strength liquid rennet to ¼ cup non-chlorinated water. Mix it into the milk with an up-and-down motion for 1 minute. Let it sit for 40 minutes.
- Heat Water** Heat 3 gallons of water to 130°F to use in step 7.
- Cut & Stir Curds** Slowly cut the curd into ½ inch cubes by making a checkerboard pattern with the curd knife. With the ladle, break the curd into ½ inch pieces as uniformly as possible. Handle the curds gently to avoid shattering them. Gently stir the curds for 15 minutes than let them settle.
Note: If needed heat curds to maintain 86°F while cutting and stirring.
- Wash & Cook Curds** Remove ⅓ the whey, then add hot water and gently stir so the curds reach 98-102°F in 15 minutes. Continue stirring gently for 30 minutes.
- Forming** Place the cheese mold lined with cloth into a large pot with sides that are taller than the mold. Pour whey over the mold to warm it up then fill with curds. Pour in more whey so the whey rises 1-2 inches above the curd level within the mold. Place the follower on top of the curds and add 3 lbs. of weight on top. Press curds for 15 minutes.
- Pressing** Remove the mold from the whey and place in a press with 6 lbs. of pressure for 30 minutes. Remove the cheese from mold, flip, re-mold and press with 8 lbs. for 30 minutes. Repeat these steps and press with 13 lbs. for 30 minutes. Repeat once more for 13 lbs. for 8 hours.
- Salting** Unmold cheese and place it in a saturated brine for 6-8 hours. Sprinkle the exposed cheese with 2 tsp. of salt. At 4 hours, flip the cheese and salt again. When done remove from the brine, wipe the cheese and air-dry for 3-7 days. Flip as needed.
- Aging** Once dry, the cheese can be waxed. For waxing details visit our how-to page online. Age at 56-64°F with 80-85% moisture for 2-6 months.

Note: Small internal holes may develop. The higher the temperature during drying and aging, the greater the chance for eye development.

CHEDDAR

RECIPE



**Traditional Bandaging Method For Aging Cheddar

1. Start by cutting 2 circles of muslin slightly bigger than the top and bottom of the cheese.
2. Sanitize and soak cloth in warm water spread evenly onto the cheese surface and smooth from the center out.
3. Apply a light coat of lard or butter and work it into the cloth (this will help the bandage adhere). Press the cheese for an hour at max pressure then unmold the cheese.
4. Next the side should be finished in a similar manner as the top and bottom and pressed overnight at max pressure.
5. Once removed from the press you will have a cheddar wrapped in cloth and ready to age for the next 8-24 months.

Notes: The bandage will now form an ideal surface for the ripening of your cheddar. With little effort this will develop into a wonderful natural surface for mold growth while ageing.

After about 2-3 weeks the first natural molds will begin to grow and will spread over time.

This mold will eventually dry off as the cheese moisture decreases leaving a rather rustic surface after 8-12 months.



1. **Heat Milk** Pour milk into the pot and heat to 86°F on a stove top or in a sink surrounded by warm water. If using a stove, be sure to stir the milk while it heats slowly.
2. **Calcium Chloride** (Optional) As milk heats, add ½ tsp. of calcium chloride to ¼ cup water. Mix into the milk.
3. **Culture** When the milk is 86°F sprinkle 1 packet of C101 mesophilic culture onto the milk surface and let sit it for 2 minutes to rehydrate. Then mix in. Let the milk ripen for 45-60 minutes.
Note: If using raw milk use only ½ packet of C101 mesophilic culture.
4. **Rennet** Add ½ tsp. of single-strength liquid rennet to ¼ cup non-chlorinated water. Mix into the milk with an up-and-down motion for 1 minute. Let it sit for 45 minutes.
5. **Cut Curds** Slowly cut the curd into ¼-¾ inch cubes by making a checkerboard pattern with the curd knife. With the ladle, break the curd into ¼ - ¾ inch pieces as uniformly as possible. Handle the curds gently to avoid shattering them.
6. **Heat & Stir Curds** Gently stir the curds and slowly heat to 102°F over 30 minutes. Maintain 102°F and continue stirring for another 30 min then let the curds settle under the whey for 20-30 min.
7. **Cheddaring** Pour off whey and curds into a cloth lined colander. Place colander and curds into the empty pot. Place the pot in a sink of 95-100°F water to keep warm. Turn the curd mass at 15 min intervals for 2 hrs (at the 1 hr point cut the mass in half and stack the 2 halves).
8. **Milling** Break the curd mass into ½-¾ inch pieces. Over 30 minutes add salt in 3 phases allowing it to dissolve between additions. Stir curds often to keep from matting.
Note: Use 2% of the curd weight in salt.
9. **Forming** Place the cheese curds into a cloth lined mold and press at 10 lbs for 15 minutes.
10. **Pressing** Remove the cheese from mold, flip, re-mold and press with 12 lbs. for 30 minutes. Repeat these steps and press with 20 lbs. for 1 hour, 50 lbs for 4 hours and 50 lbs. for 24 hours.
Note: If the cheese has not consolidated well enough by this point, press for another 24 hrs. and increase the weight to 100 lbs.
If still not consolidated the curds may have been too dry. Try cutting larger curds or stirring the curds less to make a moister cheese.
11. **Aging** Dry the cheese for 1-3 days and wax or follow our traditional bandaging method**. At 55°F with 85% humidity age for 3-9 months depending on cheese moisture. The drier the cheese, the longer it can be aged. Turn cheese daily for 8-12 weeks then 2x weekly until done.

Skill

Beginner

Advanced

Make Process



Aging



Equipment

Sanitized Before Use
Stainless steel pot
10 quarts or larger
Dairy thermometer
Ladle
Curd knife
Cheese Cloth
2 lb Mold & Press
Large colander

Ingredients

2 gallons whole milk*
1 packet CC101 Mesophilic Culture
½ tsp Liquid rennet single strength
½ tsp Clacium chloride (optional)
Cheese salt
Cheese Wax (Optional for aging)
**Not Ultra Pasteurized.*

Yield

About 2 lb

Time

5 Hours
+pressing

Aging

3-24 Months

Make Sheet

Aged Hard
Cheese

TRIPLE CREME

RECIPE



Double & Triple Crème

Today in America, what we call cream cheese is a far-removed descendant of the rich, creamy, fresh and briefly cured cheese known as double and triple crèmes. Originally from France, more recently they also are being produced in parts of Spain, Italy and Denmark. All are exceptionally rich and luscious.

Many Varietys

These cheeses vary in texture from very soft to semi-firm, and range from subtle creaminess to tangy and aggressive in taste.

Some are "unripened" with a fresh, delicate tang; those that are cured for about three weeks before coming to market develop a thin, bloomy crust.

Other triple and double crèmes are blended with a mix of herbs, garlic or spices; still others have blue veining. While double and triple crèmes vary in flavor and style, they all share a richness and creaminess.

It's All About The Cream

Triple crème cheeses are the result of extra cream added to milk when making soft-ripened cheeses. Think Camembert or Brie taken to another level!

How Does It Taste?

This recipe guideline was created with a pasteurized milk right from the store plus heavy cream that was ultra-pasteurized. Since the cream is mostly butterfat and water, the UP will not be a problem because most of the proteins will be provided by the milk.

Skill

Make Process

Aging

Beg.

Adv.



Equipment

Sanitized before use

Stainless steel pot
(6 quarts or larger)
Dairy thermometer
Ladle
Curd knife
Butter muslin
Colander
Measuring cup & spoons
Draining mat
3-4 small soft cheese molds

Ingredients

1 Gallon whole milk*
1 Pint heavy cream
¼ tsp Calcium chloride
1 Packet C21 buttermilk culture
1/16 tsp Penicillium candidum
1/64 tsp Geotrichum candidum
¼ tsp Liquid rennet single strength
2 tsp Salt

* Not Ultra Pasturized milk

Yield

About
1.5 lbs.

Make Time

2 Hours
+Draining

Aging Time

0-6 Weeks

Make Sheet

Aged Soft
Cheese

- Heat Milk** Pour milk into the pot and heat to 86°F on a stove top or in a sink surrounded by very warm water. If using a stove, stir the milk while heating slowly.
 - Heat Cream** Pour cream into a small pot and heat to 100°F on a stove top, then add to milk (the cream and milk will blend better when heated)
- Calcium Chloride** Add ¼ tsp. calcium chloride to ¼ cup water. Mix it into the milk and cream.
- Culture & Candidum** When the milk is 86°F, sprinkle 1 packet C21 buttermilk culture, 1/16 tsp. penicilium candidum and 1/64 tsp. geotrichum candidum onto the milk surface. Let it sit 2 minutes to rehydrate. Then mix them in. Let milk ripen for 60 minutes.
- Rennet** Add ¼ tsp. single-strength liquid rennet to ¼ cup non-chlorinated water. Mix into the milk and cream with an up-and-down motion for 1 minute. Let sit for 90 minutes.
- Cut & Stir Curds** Slowly cut the curds into 1 inch cubes by making a checkerboard pattern with a curd knife. Let curds sit for 5 minutes. Next use a ladle to break the curds into 1 inch pieces as uniformly as possible. Handle the curds gently to avoid shattering them. Allow the curds to rest for 5 minutes, then stir gently for 10 minutes to release more whey.
 - Note:** If needed heat curds to maintain 86°F while cutting and stirring.
- Remove Whey** Allow the curds to settle and skim out the whey.
- Transfer Curds to Colander** Transfer curds to a colander lined with butter muslin and allow to drain for 30 minutes.
- Forming** Transfer the curd into 4 small cheese molds placed on a draining mat. Let curd sit for a total of 24 hours at a room temperature of 70-74°F. During the 24 hour period unmold and flip the cheese 3 times, beginning 4-6 hours after molding.
 - Note:** The curd will compress to about half it's initial size.
- Salting** Use 1 tsp salt divided between all the cheese. Unmold each cheese and sprinkle salt onto the top and sides, then place cheese back into the mold and let sit for about 6-8 hours.
 - Use another 1 tsp of salt divided between all the cheese. Unmold each cheese and sprinkle salt onto the bottom and sides then place cheese back into the mold and let sit for about 12 hours.
- Aging** Unmold cheese, place on a drying mat and let dry for 4-12 hours at a room temperature of 58-65°F with 65-75% humidity.
 - After the initial drying time move cheese into a damper environment for proper mold growth. The cheese can be aged briefly for a few weeks at a temperature of 52-58°F with 90-95% humidity. This can easily be accomplished by using a plastic container with a tight fitting lid.
 - Note:** If aging for more than a week, the white mold should begin to cover the surface, adding a dimension of flavor. Otherwise you can eat them fresh after just a couple of days to allow the salt to stabilize.

Recipes With Cheese

A Table Full of Cheesy Goodness



Jennifer's Recipes

My sister, Jennifer Novak, has been creating the "Cheese Queens Feast" at our cheese making 101 workshops for years. We have to admit, the feast is out of this world AMAZING!

Visit A Better Whey

Stroll over to our blog "A Better Whey" located at blog.cheesemaking.com to find many more amazingly cheesy recipes. We hope you will love them as much as we do!



STRAWBERRY, FETA AND SPINACH SALAD

This salad is quick to make and big on flavor!



Ingredients

4 cups fresh spinach
2 cups fresh strawberries
1/4 cup sliced almonds
1/2 cup feta
2 Tbs aged balsamic vinegar
2 Tbs olive or grapeseed oil

Servings
Four

Time
20 Minutes

Directions

1. Preheat oven to 350°F.
 2. Slice strawberries and divide into two equal portions.
 3. In a small heat safe container combine 1 cup sliced strawberries, oil, and aged balsamic vinegar.
 4. Cook at 350°F for 15 minutes.
 5. Remove strawberry mixture from oven and puree in a food processor, blender or vitamix until creamy. Set mixture aside.
 6. Cut feta into small cubes or crumble.
 7. In a large bowl combine spinach, feta, sliced almonds and the remainder of fresh sliced strawberries.
 8. Pour strawberry dressing over the salad and gently toss.
- Serve and enjoy!**

GARLIC, LEMON & YOGURT MARINATED CHICKEN

Cook this great dish in the oven or on the grill!



Ingredients

4 chicken legs (thighs included)
4 garlic scapes
1 cup plain Greek yogurt
2 Tbs grapeseed oil
1/2 tsp dried oregano
1 medium lemon
1/2 tsp salt
1/2 tsp fresh cracked pepper
3 sprigs fresh parsley

Servings
Four

Prep Time
40 Minutes

Cook Time
45 Minutes

Directions

1. Mince the four garlic scapes and combine in a bowl with the yogurt, grapeseed oil, juice from lemon, oregano, salt and cracked pepper. Stir ingredients until mixed well.
 2. Roughly chop the fresh parsley and add to the marinade.
 3. Coat chicken pieces with marinade and place in a baking dish. Refrigerate for at least 30 minutes.
 4. Remove the marinated chicken from the refrigerator and let it sit for 10 minutes.
 5. Preheat the oven to 375°F.
 6. Place chicken in oven and bake for 45 minutes or until golden brown on top. **Note:** Chicken can also be cooked on the grill
- Serve and enjoy!**

TWICE BAKED GREEN VEGGIE POTATOES

A tasty green twist for twice baked potatoes!



Ingredients

2 russet potatoes
1 cup broccoli
4 large kale leaves
1/2 cup sour cream
1/2 cup grated cheddar cheese
1/4 cup butter
1 tsp salt
1 tsp pepper
Hot pepper flakes (optional)

Servings
Two

Prep Time
25 Minutes

Cook Time
1 - 1.5 Hours

Directions

1. Preheat oven to 425°F.
2. Scrub potatoes clean, dry & pierce them with a fork several times.
3. Wrap potatoes in foil, place on a baking tray & bake for 50-60 min or until tender.
4. While potatoes are baking wash & dry the kale leaves & broccoli.
5. Remove & discard the thick inner stem from the kale leaves, finely chop the kale and broccoli & set aside.
6. Once cooked, slice potatoes lengthwise & scoop insides into a large mixing bowl.
7. Add sour cream, butter, salt and pepper to the bowl, mix until smooth and creamy.
8. Fold the broccoli & kale into the potato & sour cream mixture.
9. Scoop the mixture back into the potato skins, sprinkle with grated cheddar cheese, and bake for another 10-12 min.
8. Once done let the potatoes cool slightly before serving.

Note: For added flavor, sprinkle hot pepper flakes on top.

KEIFER OR YOGURT SUNRISE

This probiotic rich smoothy tastes amazing!



Ingredients

8 oz Keifer or Yogurt
1 frozen banana
1/4 cup frozen pineapple
Juice from 1 orange
1 peach
3 ice cubes

Servings
2

Time
10 Minutes

Directions

1. Chop banana, pineapple & peach in chunks that are a safe size for your blender.
2. Slice the orange in half & juice it. You can easily do this by squeezing the orange or you can use a citrus juicer.
4. Place all ingredients into a blender & puree until smooth. Pour into a glass and... **ENJOY!**

"Helping Cheese Makers Since 1978" 