

Cream Cheese



Makes 3 cups or 24 (2 tablespoons) servings

Active Time: 10 minutes **Total Time:** 26 hours

The key to this cheese is the mesophilic starter culture, which sets the milk and cream mixture, turns it into cream cheese, and gives the final product a buttery flavor. It's also a probiotic, which aids in gut health. The starter is widely available online.

In a large pot, combine the milk and cream. Gently stir in the mesophilic starter. Loosely cover the pot with the lid and let stand at room temperature for 10-12 hours. The cream cheese will have the consistency of yogurt and will become tangier the longer it stands.

Line a bowl with a double thickness of 100%-cotton cheesecloth.

Pour the cream cheese into the cheesecloth-lined bowl. Gather the ends of the cloth to make a bundle. Hang the ends on a hook with the bowl directly beneath it and let the cheese drain for 14 hours.

Remove the cheesecloth and transfer the cheese to an airtight container. Store tightly covered in the refrigerator for up to 7 days.

Note: Do not use ultra-pasteurized milk or cream.

Tip: For the flavored cream cheese, stir in salt, honey, Ceylon cinnamon, or fresh herbs such as oregano, parsley, thyme, and basil after transferring the cheese to an airtight container.