

RICOTTA CHEESE



Ricotta cheese is made from cow's whey and few are made from sheep's whey. When making cheese the milk must be coagulated first, separating the solid part to make cheese from the liquid the whey.

On separation the liquid part still contains some solid that can be recovered. Thus, boil the serum and the solid part with small white pieces comes to the surface. The mixture is then strained, resulting in a soft, off-white product which is ricotta.

A good quality ricotta should be firm but not solid and should not crumble as the true ricotta melts in the mouth and coarse chunks of clots result in an inferior product.

Grain and sandy ricotta and those with excessive moisture should be avoided. There is also the smoked ricotta used for grating.

Ricotta with a very mild flavor can be used in the composition of pasta and pie fillings, in the preparation of desserts and for making canapes pastes.