

Kefir cheese

Ingredients:

2 cups Kefir

small amount of salt

Directions:

1. If using cheese muslin, lay a 12" by 12" square in a bowl.
2. Pour the kefir into the bowl.
3. Pull up the corners of the cheese muslin and tie into a knot on top.
4. Hang the knot on a wooden spoon placed over the bowl, or on a cabinet knob over the bowl. The kefir should not be in contact with the whey. Drain at room temperature for 2 to 12 hours depending on desired consistency.
5. For a dense, cream cheese-like consistency, hang for the full 12 hours and then open up, thoroughly mix in a teaspoon of salt, tie it back up and press between two plates with a weight on top. Drain 2 – 4 more hours. Then refrigerate up to 2 weeks.

