



Fromage Blanc STARTER CULTURE INSTRUCTIONS



You can make delicious fromage blanc!

Total time: 18-24 hours ★ **Active time:** 20-60 minutes

**YOU
CAN DO
THIS**

Fromage Blanc is a rich, creamy cheese with a mild taste. It makes an excellent spread for crackers or bread and a tasty dip for fruits and vegetables. This starter culture is so easy to use, even kids can help make Fromage Blanc.

What You'll Need

- ➔ 1 packet starter culture (store extras in the freezer)
- ➔ Fresh raw or pasteurized milk (avoid ultra-pasteurized or UHT milk)
- ➔ Stainless steel pot with lid (avoid aluminum)
- ➔ Non-aluminum mixing utensil
- ➔ Thermometer
- ➔ Tight-weave towel or butter muslin
- ➔ Colander and bowl
- ➔ Cheese salt (if freezing your cheese)



Instructions for Making Fromage Blanc

1 Over low heat, **slowly heat** 1-4 quarts of fresh milk to 86°F, and then **remove** the milk from the heat. *The milk should be heated no faster than a rate of 1°F per minute. This can take 30-40 minutes for a gallon.*

————— / 86°F ⌚ 30-40 MINUTES —————

2 **Add** 1 packet of fromage blanc starter and **mix** thoroughly, using an up-and-down motion rather than a stirring motion. Do not mix longer than 15 seconds.

3 **Cover** the pot with its lid and **culture** in a warm spot, 72°-77°F.

————— / 72°-77°F ⌚ 12 HOURS —————

4 After 12 hours the fromage blanc should be set. Some whey separation is normal.

5 **Place** a colander in a bowl and **line** the colander with a tight-weave dishtowel or double layer of butter muslin. **Spoon in** the curds, and then **gather up** the corners of the cloth and **tie** the ends together to make a bag.

6 **Hang** the cloth filled with cream cheese over a bowl to drain the whey for 6-12 hours.

————— / 72°-77°F ⌚ 6-12 HOURS —————

7 **Store** the fromage blanc in a closed container in the refrigerator for up to a week. To freeze it, remove as much whey as possible and salt your cheese well using cheese salt before freezing.

What's next? Eat your fromage! Or try two fromage blanc recipes, plus troubleshooting tips. ➔

Recipe: Fromage Blanc Garlic Dip

This strongly flavored dip makes a great companion for corn chips or a spread for warm bread with pasta dishes like spaghetti or alfredo.

Total time: 2-3 hours ★ **Active time:** 15 minutes



INGREDIENTS

- ➔ 8 ounces (½ cup) fromage blanc
- ➔ 3 tablespoons chives, diced
- ➔ 1 large clove of garlic, minced fine or crushed
- ➔ Salt, to taste
- ➔ Black pepper, to taste

INSTRUCTIONS

1. **Combine** all ingredients in a small bowl and **beat** until mixed well.
2. **Cover** and **chill** the dip for 2 to 3 hours.

Recipe: Pasta with Fromage Blanc

This is a quick and easy dish that can be served warm or cold, and when served with bread makes a delicious, filling supper.

Total time: 10-15 minutes ★ **Active time:** 10-15 minutes

INGREDIENTS

- ➔ 1 pound spaghetti or fettucine
- ➔ 1¼ cup fromage blanc
- ➔ ¼ cup green bell pepper, diced finely
- ➔ ¼ cup carrot, diced finely
- ➔ ¼ cup green onions, diced finely
- ➔ 1 jalapeno, minced, with seeds removed
- ➔ Salt and pepper to taste

INSTRUCTIONS

1. **Boil** the pasta until tender. **Drain** it and **toss** it with a small amount of olive oil to prevent sticking. **Cover** and **place** in the refrigerator.
2. **Combine** all sauce ingredients. **Add** salt and pepper to taste.
3. **Toss** the sauce with the noodles. Eat immediately or store in the refrigerator for up to a week.

Questions? We can help!

Q What is whey?

A Whey is the yellowish liquid left over when you make various cultured milk products. There are lots of ways to use it rather than discarding it! Find out more:

www.culturesforhealth.com/whey

If your starter isn't performing as expected, don't throw it away! Put a tight lid on your culture, store it in the fridge, and contact customer support: www.culturesforhealth.com



Q Can I use skim or low fat milk to make fromage blanc?

A You can, but it will have a drier consistency and it will make a lower quantity of cheese.

Q Is the rennet in the starter animal or vegetable?

A Vegetable.

Q Why can't I use ultra-pasteurized milk or heat my own milk quicker than recommended?

A Milk that is heated too hot or too quickly will not set and may taste unpleasant.



Fermented foods often have a sour but clean aroma and flavor. **Never consume anything that smells or tastes unpleasant.**

Q Can I use half or just part of the packet with less milk?

A No, this will result in failed fromage blanc.

Q Can I use a half gallon of milk instead of a full gallon with the full packet of starter?

A Yes, but it will set faster, so keep an eye on it.

We have dozens of recipes, how-to videos, and articles for beginners and culturing pros on our website, www.culturesforhealth.com

