

Fermented Cream Cheese



Ingredients:

- **Ingredients:**
- 1 quart (4 cups) of high-quality whole milk plain yogurt (preferably organic, made from raw milk if available)
- 1/4 teaspoon of unrefined sea salt (optional, for flavor)
- **Equipment:**
- A large glass or ceramic bowl
- A fine-mesh strainer or colander
- Cheesecloth or a thin, clean kitchen towel
- A large spoon or spatula
- A clean glass jar with a lid (for storing whey)

Directions:

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- **Instructions:**

- Prepare the Strainer:

Line the fine-mesh strainer or colander with a double layer of cheesecloth or a clean kitchen towel. Set it over the large bowl to catch the liquid whey as it drains.

- **Add the Yogurt:**

- Pour the yogurt into the lined strainer. If you're using store-bought yogurt, ensure it has live active cultures and no added thickeners or sugars.

- **Drain the Whey:**

- Cover the yogurt with the edges of the cheesecloth to keep it clean. Let it sit at room temperature (around 70°F) for 6–12 hours. For a thicker cream cheese, allow it to drain longer (up to 24 hours).

- **Collect the Whey:**

- The liquid whey will drip into the bowl below. Check periodically to ensure the whey isn't touching the yogurt. Once the yogurt has reached a thick, spreadable consistency, it is ready.

- **Transfer the Cream Cheese:**

- Scoop the thickened yogurt (now cream cheese) into a clean bowl. If desired, mix in the sea salt for added flavor. Store in a glass container with a tight-fitting lid.

- **Store the Whey:**

- Pour the collected whey into a clean jar and refrigerate. It can be used as a probiotic starter for fermenting other foods, such as vegetables, beverages, or sourdough bread.

- **Serving Suggestions:**

- Spread fermented cream cheese on sourdough bread or crackers.
- Mix with fresh herbs, garlic, or spices for a savory dip.
- Use as a filling for stuffed vegetables or as a topping for baked potatoes.

- **Tips:**

- The fermentation process enhances the probiotic content and flavor. For a tangier taste, allow the yogurt to drain longer.
- Store the cream cheese in the refrigerator and consume within 1–2 weeks.
- Whey can be refrigerated for up to 6 months if stored in a sealed jar.

