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**Each group will need**

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 Large saucepan	 Stove
 Thermometer	 Mixing spoon
 Cheese cloth (or clean shirt)	 Squeeze of lemon juice (or 1 teaspoon of rennet mixed with a little water)
 Large bowl	 Heavy book
 Tray	 2 litres of whole milk

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**What to do**

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1. Ask an adult to heat the milk in a large saucepan to about 38°C (until the milk is warm, but not hot) and then turn off the heat.
2. Next, add the lemon juice (or rennet) slowly and stir the milk gently. The lemon juice will cause the milk to curdle so that the milk fat (curds) separates from the liquid (whey).
3. Wait for about half an hour for the milk to become more solid. If it doesn't, add more lemon juice.
4. Place a piece of clean cloth over a bowl and pour the milk carefully into the cloth. The liquid whey will drain into the bowl and the curds will stay in the cloth and should look a bit like cottage cheese.
5. Gently squeeze out as much whey as you can into the bowl and then roll the curds up in the cloth, lay it on a tray and press it under a large book for 2 to 3 hours.
6. Unwrap the cheese from its cloth and examine it carefully. You could add some salt, herbs, or wrap it in wild garlic leaves.