



## Your DIY Pantry with The Gefilteria

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### How to prepare for class:

1. Pick one or two recipes from the packet below that you'd like to cook along with us and purchase/gather the ingredients.
2. Read through the recipes you'd like to cook, from start to finish.
3. On the day of class, prepare a clean work surface, and pre-measure any ingredients you are planning to use that day and take out any equipment you might need (Ex: a large pot for the cheese, a food processor for the mustard, a baking sheet for the breadcrumbs/croutons).

### Quick and Creamy Farmers' Cheese

*Makes 2 pounds*

#### Ingredients:

- 1 gallon whole milk
- ½ cup white vinegar or lemon juice
- 2 tsp salt

1. Pour milk into a medium sized, heavy-bottomed soup pot or saucepan. Heat over a medium low flame, stirring frequently to avoid burning milk until bubbly white foam forms on the surface. Remove from flame. If you have a thermometer, remove from flame when milk reaches 180-190 degrees Fahrenheit.
2. Once removed from flame, pour in vinegar (or lemon juice) and gently stir. The milk will instantly begin to curdle. Milk solids will form, separating from the yellowish-whey liquid. Let sit for 15 minutes.
3. While the cheese curdles, drape a large piece of cheesecloth over a colander or large mesh strainer and place in a large bowl (to catch the whey that will drain off). Gently pour or ladle the milk mixture over the cheesecloth to strain out the liquid whey and catch the solid bits of cheese. Run cold water for about five seconds over the cheese mixture, then sprinkle salt. Let drain for at least 10 minutes. Put whey aside for later use.



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below beneath your dripping cheese to catch the whey.

4. Take each of the four corners of your cheesecloth and tie a knot to wrap up a bundle of cheese. Hang the knot on a hook, ideally over the sink, and let drip for about an hour. You may have to improvise to find a way to

if you don't have a hook handy. Hooks on wire hangers work well. Just place a

5. After about an hour, open your cheesecloth bundle. If mixing-in herbs, stir them in once you remove from cheesecloth. Pack cheese in a Tupperware container to store in refrigerator or use immediately in another recipe. Farmers Cheese will last about two weeks in your fridge.

### **Seasoned Croutons and Breadcrumbs**

*Makes about 1 ½ cups breadcrumbs (or 50-60 croutons)*

Ingredients:

6 slices stale bread (rye, pumpernickel, challah, etc.—about 6 ounces)

pinch of salt

1 Tbsp caraway seeds or sesame seeds (optional)

3 Tbsp olive oil (for croutons only)

*For breadcrumbs:*

Preheat oven to 400 F. Place slices of bread directly on oven rack to bake for about seven minutes, or until bread is well toasted and completely firm when pressing the middle of the slice. Remove slices from oven and pulse in food processor with salt and caraway seeds (if using), until fine crumbs are formed. If crumbs aren't breaking down finely, spread on a baking sheet and put back in oven another 5 minutes. Remove and pulse again. Let cool to room temperature and store in an airtight container. Breadcrumbs for a good 6 months or longer.

*For croutons:*

Preheat oven to 350 F. Cut bread slices into bite size squares (1-inch squares or your preference) and place in a bowl. Coat with oil and sprinkle with sesame and caraway seeds, if using. Spread them out on a heavy baking sheet. Let bake for 12-15 minutes, or until croutons dry out, brown and completely crisp up. Keep an eye on them to make sure they don't burn and stir halfway through to ensure even browning. Let cool before use and store in an airtight container for up to 6 weeks.

### **Spicy Whole-Grain Mustard**

Makes 2 cups mustard

1 cup whole brown mustard seeds



1¼ cups apple cider vinegar

¼ cup mustard powder

2½ tablespoons honey

½ teaspoon kosher salt

1. Place the mustard seeds and vinegar in an airtight glass container and let sit at room temperature until the seeds absorb the vinegar and plump up.
2. Pour the seed mixture into a food processor and add the mustard powder, honey, and salt. Process for a minute or two until a paste forms.
3. Scoop the mustard into a glass jar, seal, and refrigerate for about 2 days to allow the flavor to mellow out. Don't be alarmed if the initial smell is rather pungent. The mustard will keep in the refrigerator for 4 to 6 months.