

MARCH 2023



MOZZARELLA COMPANY NEWSLETTER



Cheese of the Month FRESH RICOTTA

RICOTTA is the second cheese I learned to make 41 years ago. That's because it is a by-product of fresh mozzarella, my first cheese and the raison d'être of our company!

Our fresh ricotta is made the traditional way — from the whey of our mozzarella curds. But just what does this mean? When we make our mozzarella we coagulate the milk by adding selected bacteria (called cultures) and rennet (an enzyme) that reacts with the lactic acid that is produced by the milk, so that our milk soon resembles a vat of white jello or yoghurt. Once the milk is coagulated we pull cheeses knives, actually frames stretched with stainless steel wires, through the coagulated milk to cut the curd into soft, little pieces. Immediately upon being cut, a cloudy yellow liquid called whey begins to come out of the curds. Because milk is mostly liquid, eventually there is a lot of yellow whey and a smaller amount of curds. When the curds are mature we stretch them with hot water to become fresh mozzarella. Simultaneously we drain off the whey and heat it. When it is almost boiling, we add an acid that precipitates the remaining solids in the whey. This is evidenced when soft, white frothy curds of ricotta float to the top of the vat of hot whey. We use perforated ladles to hand-scoop these curds into basket molds imported from Italy. After draining overnight, the baskets are inverted and we have cakes of ricotta that weigh about 3 lbs each. Our ricotta is very low and fats and calories and a wonderful cheese for cooking or just eating: for breakfast or dessert drizzled with honey and sprinkled with cinnamon or toasted nuts or as a savory dish drizzled with extra-virgin olive oil and sprinkled with black peppercorns or fresh herbs. And did you know that ... the name Ricotta mean recooked in Italian because the whey is reheated and a secondary cheese is produced.

Recipe of the Month

CAULIFLOWER FLAN WITH WHIPPED RICOTTA

1 head cauliflower (about 16 ounces florets)
1 garlic clove
2 tablespoons butter
¼ teaspoon salt
2 eggs, beaten
1 ½ cups Bechamel sauce
1 tablespoon bread crumbs
Salt and pepper, to taste

Bechamel sauce
2 tablespoons butter
2 tablespoon flour
2 cups whole milk, warm
¼ teaspoon salt
1/8 teaspoon white pepper
1 pinch ground nutmeg
½ cup Parmigiano, grated

Whipped Ricotta Topping
¼ pound Fresh Ricotta
1 Tablespoon fresh herbs, minced
1 Tablespoon Extra-Virgin Olive Oil
1 big pinch salt
Fresh herb leaves for garnish

Sauce
1/2 cup Bechamel sauce
1/4 cup milk

Saute Cauliflower and steam until tender. Chop in food processor, adding Bechamel sauce and other ingredients. Pour into 8 3-inch ramekins and bake in 350 oven for 30 minutes. Invert and unmold onto serving dishes and top with Whipped Ricotta Topping. Drizzle Sauce around flan and garnish with fresh herbs. Serves 8.

Recipe by Paula Lambert

HANDS-ON CHEESEMAKING CLASSES on SATURDAYS

March 18, April 8, April 22, May 6 and May 20

WINE & CHEESE CLASS ... April 19 and June 22

GIFT CERTIFICATES FOR CLASSES MAKE GREAT GIFTS

VIAGGI DELIZIOSI

Nothing is more Fun than Traveling with Paula !!

Tuscany in the Fall and Spring (April 27, May 4 and Sept 21, 2024)

The Douro on the AmaDouro in May 2023

Iceland to Southampton on The Silver Moon in July 2023

The Seine on AmaLyra in October 2023

www.mozzco.com/travel

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SHOP AT A SATURDAY FARMERS MARKET

at

THE FARMERS MARKET

768 W MAIN ST

COPELL

ST MICHAEL'S FARMERS MKT

8011 DOUGLAS AVE

DALLAS

OPENS APRIL 22

SHOP AT OUR CHEESE FACTORY

in Deep Ellum

9am-5pm Mon-Friday

9am-3pm on Sat

**BUY FRESH MOZZARELLA
ON THE DAY IT IS MADE!!**

(Monday, Tuesday & Thursday from noon)

Just like in Italy!

Plus a great assortment of ALL our
cheeses... at LOW PRICES!!!

If you can't come to Deep Ellum for our cheeses, they are also available at your local Central Market and select Tom Thumb, Whole Foods and Kroger stores. You can also find our cheeses locally at Eataly, Empire Baking Company, Community Market, Scardello's, Burgundy Pasture Beef Markets (Dallas & FW), Stone's Throw TX Grocery in FW, Mockingbird Food Co in FW, Bear Creek Spirits & Wine in Colleyville, Farmers Market of Grapevine, Greens Produce in Arlington, Cox Farms in Duncanville, Georgia's Farmers Market in Plano, Ten: One Artisan Cheese in Denton, Paris Bakery/Grocery in Paris, TX