

# Soft Kefir Cheese (or Yogurt Cheese)

A creamy soft cheese made from kefir or yogurt. Easy to make and a perfect substitute for sour cream, cream cheese, and more!

Yield:

Varies

Ingredients:

8 cups (or more) homemade kefir or homemade yogurt

Supplies needed:

Strainer

Bowl

Cheesecloth or thin dish towel

Instructions:

1.  
Place your strainer in the bowl. (Ideally the bottom of the strainer should rest at least a few inches above the bottom of your bowl.) Line with the cheesecloth (2 layers of 90-count cheesecloth works perfectly!) or clean thin dish towel.

2. Pour your kefir or yogurt into the cheesecloth or towel. Allow to drain for 15-20 minutes. Carefully and gently tie the towel ends together to cover the kefir (or yogurt). Allow kefir to drain for an additional 8-24 hours (can be kept out on the counter or in the fridge

while draining), until the cheese is the consistency desired.

For a sour cream consistency, I like to drain for about 8 hours. This makes a creamy spreadable texture, perfect on tacos, beans and rice, or spread on crackers!

For a thicker cream cheese consistency, drain for 18 hours (approximately). This is great for cheese balls or cheese spread.

Drain for 24 hours or so for a thick soft cheese consistency.

Add herbs if desired! Store cheese in fridge until used (keeps for several weeks).



Kefir Cheese Preparation



Kefir Cheese and Whey



Kefir Cheese