MAKING GOAT MILK FETA CHEESE

Dr. S. Steve Zeng, Ph.D.

Food Technologist/Dairy Extension Specialist

E (Kika) de la Garza Institute for Goat Research
Langston University
Langston, Oklahoma  73050

Step-by-Step Procedure

Feta cheese is a heavily salted cheese variety (up to 7% salt). Feta cheese was invented by Greek people and made mainly from raw sheep and goat milk. Due to its increased popularity in many countries in the world and the shortage of sheep and goat milk, cow milk is commonly used for Feta cheese manufacturing in the modern time. This cheese is relatively easy to make. It can be consumed fresh or aged and stored for a long time for later use. It is customly used as a flavor enhancer in many fresh salads.

The following is a step by step procedure of Feta cheese making at home. Two gallons of fresh goat milk is used.

Pasteurize at 145°F for 30 minutes

Cool down to 86-88°F

Add one (1) gram (1/4 teaspoon) of starter (MAO11)

Ripen the milk for 1 hour (do not stir)

Add 3 ml (1/2 teaspoon) of cheese rennet (diluted with water: 1:40)

Mix well for 30 seconds

Leave the milk unstirred for 45 to 60 minutes to form cheese curd while keeping the temperature at 86-88°F

Cut the curd into ½ inch cubes and leave the curd undisturbed for 5 minutes

Stir the curd gently for 20 minutes at the same temperature

Pour the curd in colanders with cheese cloth
Drain the whey for a few minutes

Hang the curd to drain for 4 hours or longer. For a shortcut, use a cheese press for 1 hour

Cut the curd into ½ inch cubes and apply 5-7% salt (cheese weight) and cure the cheese at refrigerator temperature for 7 days before consumption

Or cut the cheese into slices/blocks and salt in 18-20% brine solution for 2 hours, or up to one month for stronger flavor

Package the cheese into cups or jars with or without olive oil and herbs
The proper citation for this article is: