

Make Your Own Cream Cheese

When cream is on sale, this is more economical than buying, and has a fresher flavour. Mix in a tablespoon or two of fresh, plain yogurt if you like a more 'clabbered' flavour.

Ingredients:

1 1/4 qt. 5% cream

1/2 t. sea salt

2 T. white vinegar/fresh lemon juice

1-2 t. soy yogurt

Instructions:

- Put a couple of layers of cheesecloth over a colander and set over a bowl.
- Heat the cream until it begins to simmer.
- Turn off the heat and add 1 T. of the vinegar and stir well.
- Add the second tablespoon after a couple of minutes and continue stirring.
- When it has curdled and the whey is fairly clear, pour into the colander.
- Allow it to sit until no longer dripping and the cheese is quite dry.
- Add the salt and beat with a mixer until very smooth and creamy.
- Pour into an air-tight container and cover with plastic wrap before covering.
- Chill for 8 hours, and keep in in the fridge, using it within a week.
- After chilling, you may add garlic and green herbs for spreading on crackers, or mixing in some orange marmalade for serving with dark rye.