

# How To Make Homemade Ricotta Cheese

Hands-on 20 minutes Overall 2-4 hours

**Nutritional values (per 1/4 cup/ 60 g/ 2.1 oz):** Total carbs: 1.8 g, Fiber: 0 g, **Net carbs: 1.8 g**,

Protein: 6.8 g, Fat: 7.8 g, Calories: 104 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes about 500 g/ 2 cups)

2 L full-fat milk (8 1/2 cups/ 4.2 pints/ 1/2 gallons)

3 tbsp fresh lemon juice (45 ml)

*Optional:* 1/2 tsp [sea salt](#)

## Instructions

1. Add milk to a large saucepan over low to medium heat. Let it gradually heat to around 95 °C/ 200 °F. If you don't have a thermometer, this will be after small bubbles start to appear on the surface and it gets a little foamy, but just before it starts to boil.
2. Remove from heat and add the lemon juice and stir through. Allow to sit for 10 minutes to allow the curds and whey to separate.
3. To strain the cheese, put a cloth over a fine sieve (I use a [nut milk bag](#) to do this, however you could use cheesecloth or a clean tea towel), with a bowl or container below to catch the whey.
4. Gently scoop out the bigger curds, and then pour the remaining liquid through the cloth/strainer.
5. Bundle up the curds within the cloth and allow to sit over a bowl for up to an hour depending on how solid you would it ... A shorter resting time will produce softer curds with more liquid, a longer resting time will produce more firm ricotta. The ricotta can now be used, or stored in the fridge for 4 to 5 days.

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