

# [Directions for Making Cheese]

**Date:** 1791/03/01

## **Publication Format**

Print

## **Type**

Food

## **Ingredients**

milk  
saltpeter  
salt  
common salt  
rennet

## **Places**

Nova Scotia

**Source:** Nova Scotia Magazine

**Institution:** Nova Scotia Archives | **Source Origin:** Nova Scotia Newspapers on Microfilm | **Reference:** Microfilm Reels 8062, 8063

## **Description**

A discussion of the importance of salting cheese properly followed by a recipe for making it. Vol. 4. (March 1791) nn.84. Microfilm Reel 8063.

## **Transcription**

### DIRECTIONS FOR MAKING CHEESE.

TO farmers who live in the country and keep many cows, it would doubtless be an advantage to know how to make their milk into good cheese; for through the want of that knowledge the dairy-women are often as much pains to spoil their milk by making it into very bad cheese, as they would then be to make that which was very good.

Much depends upon having a portion of salt-petre used with common salt in salting the cheese:--If the latter only is used, and a quantity sufficient to keep the cheese sweet is put in, the cheese is apt to be very hard, and to have a biting disagreeable taste; but if not so much is taken, then, when the cheese is drying a putrid fermentation comes on, and the cheese swells up much in the middle, often till

it is twice as thick as it was before. If the cheese should now be cut, it would be found to send forth a disagreeable stench, and could not be eaten; but if suffered to stand, the fermentation gradually abates, and the cheese falls, even lower than it was at first, so as to be concave on both sides: By age such cheeses grow much sweeter than they were when fermenting, yet always retain something of the same disagreeable strong taste. Cheeses that are not salted enough, will be more or less according to the above description, in proportion as they lack more or less of being salted enough; so that whenever the dairy-woman perceives the above appearance in her cheeses, she may know that it is time for her to alter her hand in salting. The people of England have perhaps as many different ways of making cheese as there are different counties in England; which is sufficient to shew that cheese may be

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good, and yet differ in some respects as to the way of its being made; for the best of cheeses are made in divers parts of England; yet whatever particulars they differ in, they doubtless agree in adopting the use of salt-petre, though perhaps not all in the same proportion; for it is well known that cheeses from different parts vary in quality, and yet are all very good.

Cheese made according to the following receipt have by long experience been found to be of a very excellent quality, and perhaps inferior to none that are made in England:

‘Let the runnet be prepared by soaking the calve’s bag in cold water, and salting it enough to keep it sweet; to the milk, first made blood warm, add enough of this to turn the milk to a curd in half an hour, which the quantity will soon be found by experience; then heat it as hot as you can well bear your hand in it, and having strained the whey well from it, break or chop the curd to pieces, and to every five pounds of cheese put a tea spoonful of salt-petre, and a large table spoonful of common salt; (it will soon be learned by experience how much milk or curd will produce five pounds of cheese) it must now be put in the press and turned within an hour; keep it in the press two days, --turn it twice the first day, and once the last.’

They should while drying be kept in a dark room, or otherways kept from flies.

If any cracks come in them when drying, let them be filled with a paste made of butter and flour to keep the flies from coming at them, if any should get into the room.

Directions for Making Cheese recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/71>