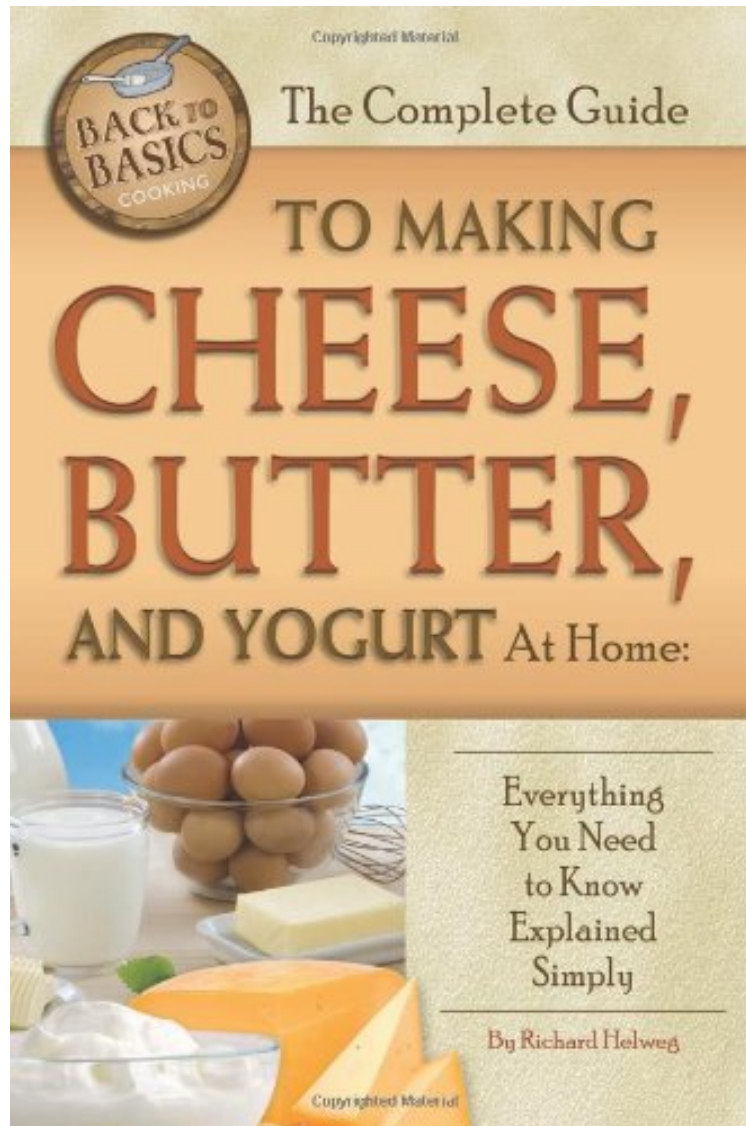


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## The Complete Guide to Making Cheese, Butter, and Yogurt At Home: Everything You Need to Know Explained Simply (Back to Basics Cooking)

*Rick Helweg*

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Since the earliest human civilizations in the west, milk has been gathered from domesticated animals such as the goat, sheep, and cow to create a wide variety of high protein and tasty foods including cheese, butter, and yogurt. With more than 3,000 kinds of cheese registered to the FDA and dozens of different recipes for butter and yogurt available, many people see great opportunities both to save money and to make a little profit in creating their own milk based products. The secret to making these products all lies in the recipes you have and the steps you take though. This book was written to provide every prospective cheese, butter, or yogurt maker the tools they need to prepare, create, and enjoy their favorite dairy products from the comfort of their home. You will learn everything you need to know about the various dairy products found in cheeses, butter, and yogurt to start creating your own at-home dairy goods. You will learn which ingredients are used for these assorted dairy products and what at-home equipment you will need to start benefiting from your own recipes. You will learn how to clean and care for your equipment, making sure everything remains sanitary and that your dairy products are always safe. You will learn the myriad of basic techniques necessary to understand the dairy product process, starting with raw milk and continuing until you make any number of soft, hard, or Italian cheeses. Dozens of top cheese makers and home dairy aficionados have been interviewed for this book and provided their experiences with dairy products. You will learn from them and this book the basics of creating queso blanco, fromage blanc, ricotta, feta, cheddar, gouda, Monterey jack, mozzarella, parmesan, and many other cheeses in addition to sour cream, yogurt, and butter. For anyone with a desire to start experimenting with dairy products at home, this book is the ideal starting point. Atlantic Publishing is a small, independent publishing company based in Ocala, Florida. Founded over twenty years ago in the company president's garage, Atlantic Publishing has grown to become a renowned resource for non-fiction books. Today, over 450 titles are in print covering subjects such as small business, healthy living, management, finance, careers, and real estate. Atlantic Publishing prides itself on producing award winning, high-quality manuals that give readers up-to-date, pertinent information, real-world examples, and case studies with expert advice. Every book has resources, contact information, and web sites of the products or companies discussed. This Atlantic Publishing eBook was professionally written, edited, fact checked, proofed and designed. The print version of this book is 288 pages and you receive exactly the same content. Over the years our books have won dozens of book awards for content, cover design and interior design including the prestigious Benjamin Franklin award for excellence in publishing. We are proud of the high quality of our books and hope you will enjoy this eBook version.

About the Author Richard Helweg has more than 25 years experience working in the nonprofit sector as an artistic director, managing director, and executive director. He is an award-winning playwright and has recently written *And Justice for All*, *A History of the Supreme Court*, a book for young readers, and *How to Get Your Share of the \$30-Plus Billion Being Offered by U.S. Foundations: A Complete Guide for Locating, Preparing, and Presenting Your Proposals* (Atlantic Publishing). Richard has written several books for Atlantic Publishing Group. He lives in Lincoln, Nebraska, with his wife, Karen, and sons Aedan and Rory.