



The Ethnic Communities' Council
Love Food Hate Waste project celebrates
the diversity of food and cultures in NSW

Making cheese or yoghurt

This is a good way to use up extra milk in the fridge

Cheese

Bring the milk to boil
Add half cup of vinegar to the milk.
Once the solids have separated from the whey, pour into a strainer.
The solid part is the cheese.

Yoghurt

Bring milk to boil
Put it aside to cool
When the milk is lukewarm add two tablespoons of yogurt culture
Stir and then cover with a tea towel or cloth for 8-9 hours



Recipe shared by the Ashfield Multicultural Group workshop participants

