Halloumi

Halloumi can be made with either full fat, semi-skimmed or skimmed milk. Traditionally made with sheep's milk, its firm, 'squeaky' texture and high melting point make it ideal for frying, grilling or barbecuing, and it lends itself particularly well to salads or vegetables.

As always, read through the entire recipe before you start.

Makes approximately 400g

Ingredients

3 litres milk
90ml cider or white wine vinegar
½ tsp salt

Equipment

stainless steel pan
digital thermometer
stainless steel colander
large bowl
30cm muslin square, scalded
conical soft cheese mould
baking tray
2 chopsticks, boiled for 3 minutes

A Cypriot delicacy that is relatively long-keeping, with a tough, salty texture, Halloumi is often served with chopped mint to enhance the flavour, and pairs equally well with finely chopped chilli.
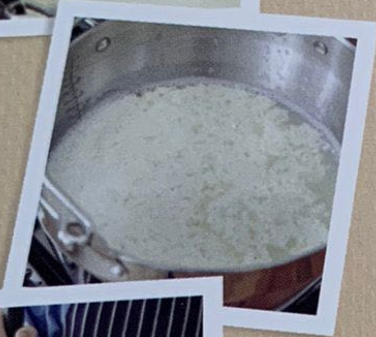
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Method

Place the milk in a stainless steel pan set over a medium-high heat until it reaches 95°C when tested with a digital thermometer.

Add the vinegar and turn off the heat. A float of curd will form over the course of 3 or 4 minutes. Do not disturb this as it forms. The whey will gradually clear as the curd forms.

Skim the solids, and transfer to a colander lined with muslin set over a bowl.

Sprinkle the curds with a little salt to taste.

Transfer the salted curds to a Lakeland cheese mould and press lightly, then place the mould on two chopsticks set in a clean tray to drain.

To store, transfer the cheese mould to an airtight container and store in the fridge for up to 3 days.

Serving suggestion

Add chopped herbs or green chillies to the curd as you salt it – 2 tbsp soft herbs like basil, parsley or coriander, or 1 tsp woody herbs such as rosemary or thyme.

To cook the halloumi, heat a non-stick frying pan over a medium to high heat. Cut the cheese into slices and lightly season and oil both sides. Place the slices in the hot pan and allow them to brown quickly on both sides. Sprinkle with a little chilli and lime juice then serve with sliced peaches and rocket.