

# Acid Whey Recipe

Gabi Bean and  
Priyamvada Thorakkattu

## Ingredients:

- ½ gallon milk (any percentage)
- ½ tsp salt
- 4-5 Tbsp white vinegar

## Equipment:

- Large pot
- Cheesecloth
- Fine-mesh strainer
- Slotted spoon



## Instructions:

1. Heat milk with salt in a large pot over the stove until it reaches 185 F.
2. Turn heat to low and slowly stir in the white vinegar until there is a clear separation of curd and whey. Slowly stir for 2 minutes.
3. Turn off the heat and cover for 20 minutes.
4. Fit a fine-mesh strainer with cheesecloth folded over 3 times and place over a large bowl.
5. Use a slotted spoon to remove the curds into the strainer and cheesecloth apparatus, allowing the whey to drain into the bowl below. Once most of the curd is in the cheesecloth, slowly pour the remaining whey through the apparatus to fully separate the whey and the curds.
6. Now you have ricotta and acid whey! Refrigerate both components until further use.

**Note:** *The protein-rich ricotta can be used in lasagnas, salads, sandwiches, and more!*

# Brazil-Inspired Whey Lemonade



Servings: 2 glasses

## Ingredients:

- 2 cups (500 mL) acid whey
- 2 Tbsp lime juice (or juice from 1 lime)
- ½ of lime rind
- 4 Tbsp sugar, or to taste
- *Optional: lime slices for garnish*

## Equipment:

- Fine-mesh strainer
- Blender



## Instructions:

1. Add the acid whey, lime juice, lime rind, and sugar into the blender and pulse until smooth.
2. Taste lemonade and adjust sweetness level if desired\*.
3. Pour the lemonade through a fine-mesh strainer and into desired container(s) to remove the excess pulp.
4. Garnish with desired toppings (lime slices) and enjoy!

### **Ingredient Breakdown:**

- *Acid whey provides the minerals and body*
- *Lime juice and rinds add the acidity and flavor*
- *Sugar adds sweetness*



# Turkish Ayran with Whey

Servings: 2 glasses

## Ingredients:

- 1 cup plain yogurt
- 1½ cups (400 mL) acid whey
- 4-5 mint leaves
- ½-1 tsp sea salt, *to taste*
- *Optional: mint leaves for garnish*

## Equipment:

- Blender



## Instructions:

1. Add the yogurt, acid whey, mint leaves, and ½ tsp salt into the blender and pulse until smooth.
2. Taste drink and adjust salt level if desired.
3. Garnish with mint leaves if desired and enjoy!

## Ingredient Breakdown:

- *Plain yogurt provides the texture and probiotics*
- *Acid whey adds volume and minerals*
- *Mint leaves and salt contribute to the distinct flavor*



# Sirap Bandung “Rose Milk”

*Servings: 2 glasses*

## Ingredients:

- 1½ cups (400 mL) whole milk
- 1 can (350 mL) evaporated milk
- ¼ cup (50 mL) rose syrup
- *Optional: rose syrup and hydrated chia seeds for garnish*



## Equipment:

- Blender

## Instructions:

1. Add the whole milk, evaporated milk, and rose syrup into the blender and pulse until smooth.
2. Taste drink and adjust sweetness level if desired.
3. Garnish with rose syrup streaks and chia seeds if desired and enjoy!

## Ingredient Breakdown:

- Whole milk provides the body and creaminess
- Evaporated milk adds a subtle caramelized note
- Rose syrup provides the signature flavor and color