

Bainne Clábair Cheese



H.E. Ahrens' recipe for homemade cheese sauce; perfect for making homemade macaroni and cheese. This large batch sauce recipe can be broken into 4ths and frozen – it works great, and is an efficient use of your time. Raw Normande milk works wonderfully for this recipe.

1-1/2 gallon of clabbered raw milk
4 Tablespoons of soft sweet butter
3/4 teaspoon of baking soda

1-1/2 teaspoons of salt
2/3 cup of sour cream
1/2 teaspoon of cheese “coloring” (carrot water) optional

- Heat clabbered milk for 30 minutes at temperature of 110°-115°
- Strain & squeeze curds until fairly dry
- Place curds in mixing bowl. Stir in soft butter & soda mix well. Let stand at room temperature covered for 2 1/2 hours.
- Heat at stovetop in double- boiler adding sour cream, salt, & cheese coloring. Cook until it looks like melted cheese. It will take a little while for the curds to melt into the cream. Stir constantly during this process.
- Pour into butter or lined mold. Chill until set. This cheese can be frozen and melts well into cheese sauce.

Note: for carrot water, you just boil raw grated carrots until water is condensed down and orange.