

University of the Philippines  
Los Baños, College, Laguna



# How to Make “KESONG PUTI” (Soft Cheese)



**DTRI** soft cheese or "Kesong Puti" is a fresh, unripened soft cheese prepared by concentrating the protein, fat, some vitamins and minerals of milk, usually through enzymatic milk coagulation and natural draining of the resulting curd.

On a per weight basis, soft cheese or DTRI "Kesong Puti" contains five times more protein and milk fat than fresh milk.

### Ingredients\*

- 2 liters fresh milk (carabao, cow, or goat's)
- 3 tbsp. DTRI coagulant/rennet extract \*\*
- 2-3 tbsp. heaping table salt

### Materials Needed

- kettle (casserole)
- perforated plastic tray
- cheesecloth ("katsa")
- basin
- ladle
- knife
- cheese wrappers
- kitchen thermometer (optional)
- 8 pcs. cheese moulds  
(example: open-end milk cans)

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### \*Yield:

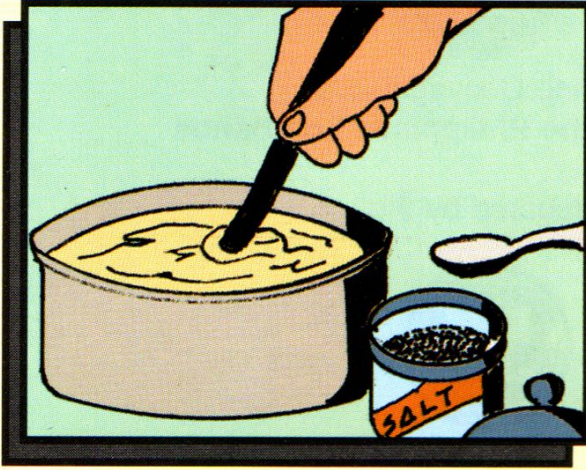
**Carabao's milk** - about 6 blocks  
(approximate weight of 200g each)

**Cow's or goat's milk** - about 3 blocks  
(approximate weight of 200g each)

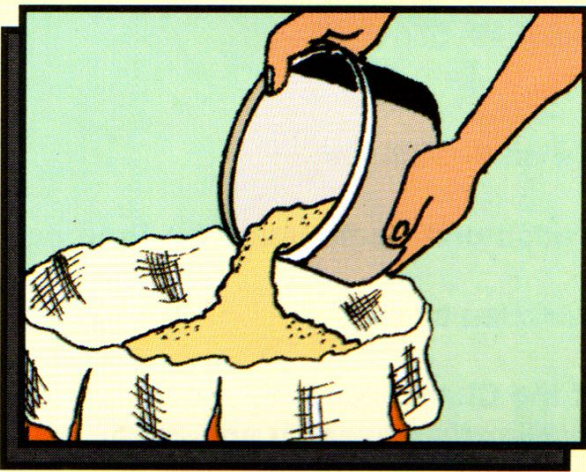
\*\* **Rennet** is an extract prepared from a mixture of abomasum, glacial acetic acid, and salt. DTRI Coagulant and rennet are available at the Dairy Training and Research Institute at UP Los Baños.



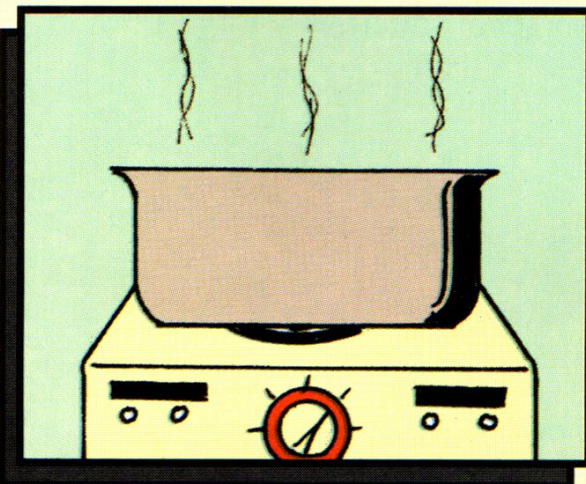
# Procedure on Making “Kesong Puti”



1. Dissolve the table salt into the milk.

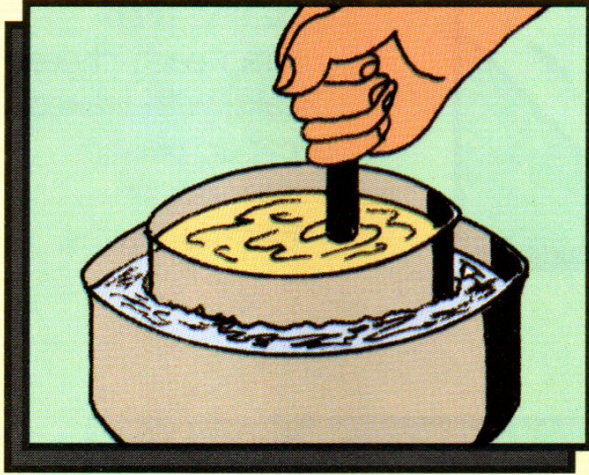


2. Filter the salted milk into a clean kettle (casserole).

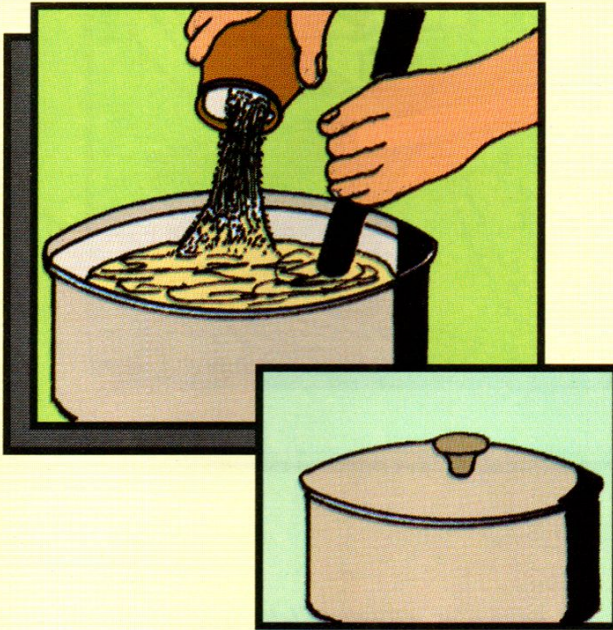


3. Heat the milk to about 72°C for one to two minutes (at this temperature, vapor or steam is seen rising from the surface).



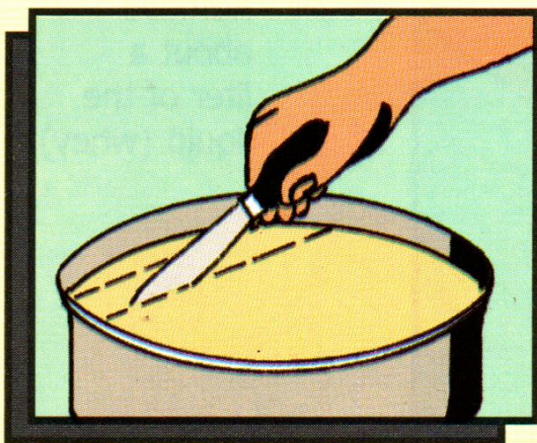


4. Immediately place the kettle of milk in a basin of cold or tap water and stir the milk until lukewarm (about 40 to 42°C).



5. Add the coagulant and stir for one minute. Cover and leave the milk undisturbed for 20 to 25 minutes. After this period, the milk should be coagulated (custard-like or has a texture similar to "taho").





6. Cut the coagulated milk or coagulum across with a knife at a distance of one inch between cuts. Leave the cut coagulum undisturbed for 5 to 10 minutes.

***Arrange cheese mould in a perforated plastic tray lined with cheesecloth. The tray should rest on a basin.***

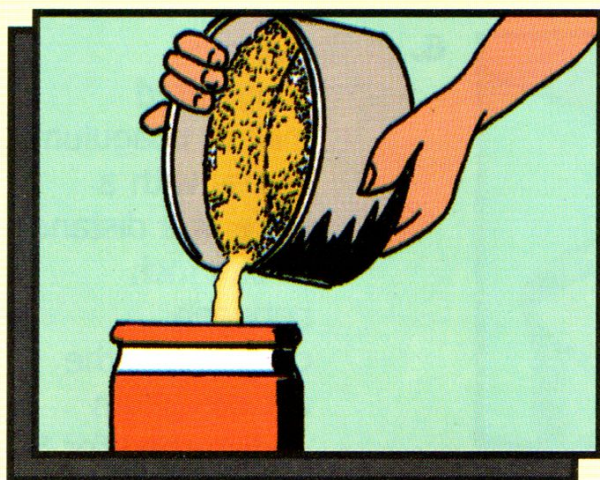


- 7a. For carabao's milk, scoop the cut coagulum (2 to 3 cms. thick) into the cheese moulds.

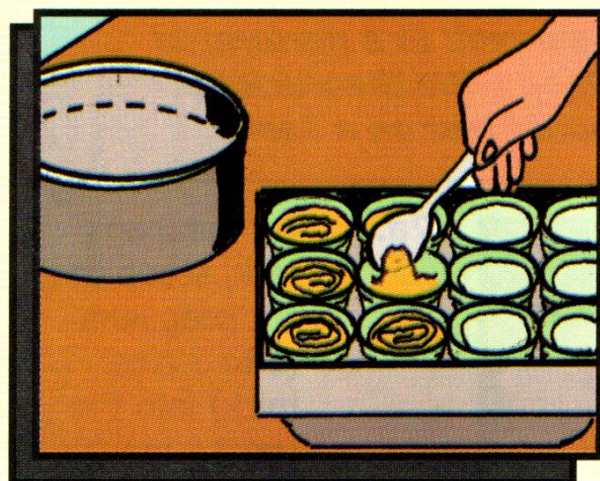


- 7b. For cow's or goat's milk, stir the coagulum slowly for 10 to 15 minutes (avoid shattering the coagulum into fine pieces.)

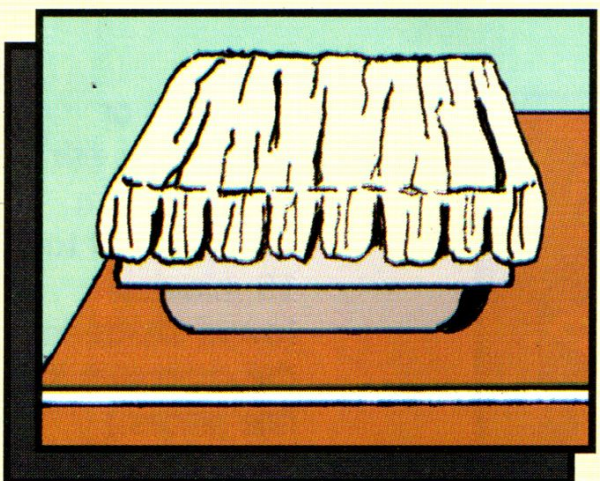




**7b.1.** Remove about a liter of the liquid (whey).

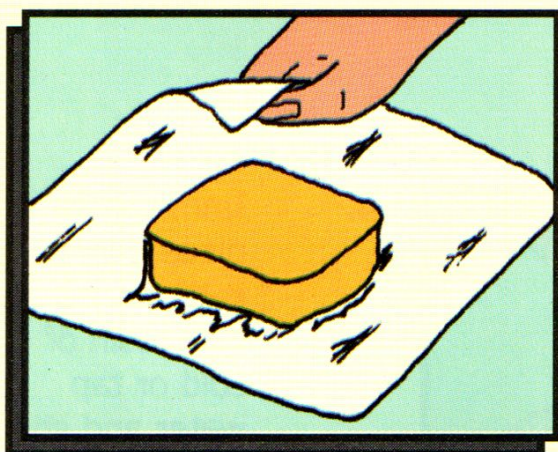


**7b.2.** Pour or scoop the partly drained curd into the cheese moulds. The thickness of the coagulum inside the mould should be about 2 1/2 to 3 inches.

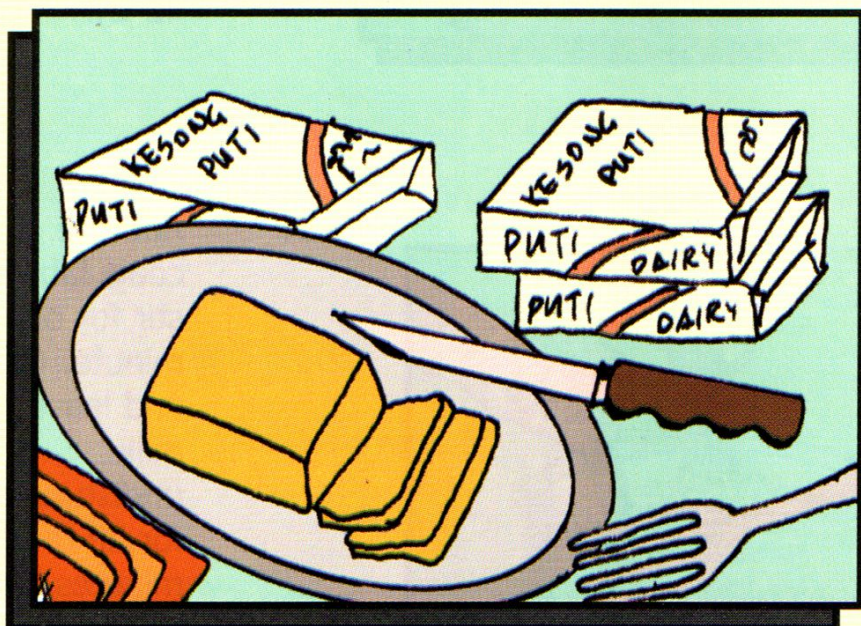


**8.** Cover the moulds and drain the cheese for 3 to 5 hours at room temperature or 6 to 8 hours at refrigerated temperature.





9. After the draining period, lift the moulds leaving the cheese behind then wrap each cheese cake with waxed paper, plastic wrapper or banana leaves.



**Note:**

- *Soft or white cheese will remain acceptable within 2 days at room temperature and 5 to 7 days when stored in a refrigerator.*
- *Shelf-life of soft or white cheese is longer if the amount of salt is doubled.*
- *The flavor and texture of the cheese are enhanced or improved 24 hours after its manufacture.*
- *If cheese becomes moldy within the predicted shelf-life period, do not discard, wash the surface of the cheese with water and it will still be acceptable.*





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