



Primo Sale with Honey & Sardinian Flatbread

Calcium lactate is available from some health food stores and online. You'll need muslin (or a similar thin cloth) to strain the cheese; a digital thermometer is handy too. While this fresh style of primo sale is best eaten the day it's made, it keeps refrigerated for at least a week (I leave it wrapped in its cheesecloth).

Makes about 400g/14oz



INGREDIENTS

- 1 litre full-cream milk (2 US pints)
- 300ml single cream (1¼ cups)
- 1 teaspoon salt flakes, crushed, plus extra for sprinkling
- 1 tablespoon (12g/½oz) calcium lactate powder
- Pane carasau (carta di musica), for serving
- Extra virgin olive oil, for drizzling
- Honey, for drizzling

METHOD

1. Combine milk, cream and salt in a saucepan over a low heat, stirring occasionally until it reaches 80–85°C (175–185°F); a digital thermometer is the best way to measure this, but if you don't have one it's the point where some steam just starts to appear.
2. Stirring constantly with a wooden spoon, sprinkle in the calcium lactate.
3. Increase heat to medium and bring to the boil.
4. Reduce heat and simmer for 5 minutes; it will separate into curds and whey.
5. Scoop curds into a muslin-lined strainer and leave to drain until cool.
6. Twist muslin to squeeze the curds lightly then refrigerate for at least an hour (overnight is fine).
7. Remove cheese from the fridge 20–30 minutes before serving.
8. Preheat oven to 180°C (355°F).
9. Place pane carasau on a baking tray, drizzle with oil, sprinkle with salt and place in the oven for 5–8 minutes, until lightly coloured.
10. Place a scoop of cheese on a plate, drizzle with honey and serve with pane carasau on the side.