

Whey: check the cheese-making ingredients

What whey is

Whey is the liquid separated from curd during cheese-making. It can be processed into ingredients such as whey powder or whey protein.

What to ask the manufacturer

Ask which cheese-making process and coagulating enzymes were used for the exact whey ingredient. An unspecified enzyme or rennet description does not establish its animal source or the certification of the finished product.

Compare the evidence

Match the product, manufacturer and market. Check any halal certification and the precise product it covers. For the site's ingredient criteria, read the cheese and gelatin guides.

Further reading

Johnson and Lucey's cheese-technology paper was published in 2006. Its publication date describes that research; product-specific evidence is needed for the whey you are buying.

Sources

[Johnson and Lucey \(2006\): exact publication record](#)

Sources checked October 17, 2026.

[Cheese and rennet guidance](#)

[Strawberry cannoli recipe](#)

REFERENCES:

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- [4] Vogt, Donna and Parish, Mickey (1999). "Food Biotechnology in the United States: Science, Regulation, and Issues." U.S. Department of State, Domestic and Social Policy Division. Reference not verified
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- [6] Abu Dawoud. Book 27, Number 3810
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- [8] "How is Cheese Made Kosher?" Gordimer; Rabbi A. AskMoses.com, OUKosher.org. Reference not verified
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RECIPE: CRUSTLESS STRAWBERRY CANNOLI BAKE

Spring is finally here! Juicy, ripe fresh strawberries are in season. Sliced over this delicious low-fat, low-carb, high-flavored dessert, they taste fantastic!

*Our easy to make **Crustless Strawberry Cannoli Bake** recipe is inspired by the creamy filling you'd find inside a **cannoli**, but it's **diet friendly**. To make it non-diet, use ingredients marked with an asterisk (*), instead. While preparing, all ingredients should be kept cool until ready for the oven.*

INGREDIENTS

- 1 tbsp. butter
- 1 tbsp. flour
- 2 lbs. (900 g.) part-skim
or whole milk* RICOTTA cheese
- ½ cup Splenda granulated, or 6 packets Splenda plus a generous squeeze of Agave nectar or honey
or ½ cup superfine granulated SUGAR*
- 1 tbsp. Nielsen-Massey REAL VANILLA POWDER or VANILLA SUGAR (at Whole Foods Market),
or artificial vanillin
- ZEST of one orange.
(If you do not have a citrus zester or grater to zest the orange, do not substitute orange juice.)
- 3 egg YOLKS
- 1 lb. fresh STRAWBERRIES (or other fresh berries)



A spoonful of rich cannoli-like filling topped with fresh sliced strawberries.

DIRECTIONS

1. PREHEAT oven to 350° F / 176° C.
2. GREASE and flour a glass, ceramic or metal pie plate using butter.
3. COMBINE ricotta, sugar/sweetener, vanilla/vanillin in a medium mixing bowl using a wooden spoon.
4. ZEST outer layer of orange peel off of the orange, being careful not to remove any of the bitter white orange pith beneath.
5. SEPARATE egg yolks from whites. Store whites in refrigerator for future use.
6. ADD orange zest and egg yolks to the ricotta mixture. COMBINE together.
7. POUR into greased and floured pie plate.
8. BAKE with a watchful eye for 40-45 minutes, or until top turns slightly golden.
9. TEST readiness by sticking a butter knife into the center. If center still liquid, bake more.
10. REMOVE from oven and COOL.
11. SLICE strawberries and arrange atop pie in a pattern.
12. SERVE with a spoon.