Carrot Pineapple Cottage Cheese Ring

One carrot-pineapple cottage-cheese ring, about 3½ cups (840 ml); 8 small luncheon side portions · Active 30 min · Total 10 hr

Ingredients

- 2 standard ¼-ounce envelopes unflavored powdered gelatin (14 g total), of specified setting strength
- 6 tablespoons cold drinking water (90 ml)
- 1 cup canned or heat-processed unsweetened pineapple juice (240 ml), not fresh cold-pressed juice
- 1¼ cups plain pasteurized small-curd cottage cheese (300 g), kept cold
- ⅔ cup finely grated peeled carrot (80 g), washed and blotted dry
- ¾ cup commercially canned pineapple cut into tiny dice (120 g drained), blotted dry
- 2 teaspoons lemon juice (10 ml)
- ⅛ teaspoon fine salt (0.75 g)
- ⅛ teaspoon white pepper
- ¼ teaspoon neutral oil (1.25 ml), for wiping mold

Set out

Sieve over measuring jug, Kitchen scale, Fine grater and knife, Small blender or food processor, Small saucepan, Mixing bowl and whisk, Metal ring mold of at least 1¼-liter capacity, Paper towel, Food thermometer, Cold platter, Refrigerator

Allergens

Milk. Check labels and substitutions.

Make it

1. Check mold capacity with water, then empty, dry and oil lightly. Drain pineapple and measure 120 g dry small dice plus 240 ml suitable juice separately. Keep fruit and cottage cheese cold. Bloom gelatin over 90 ml cold water in the mixing bowl for 5–10 minutes.

2. Warm pineapple juice to 140–150°F (60–65°C), remove from heat and stir into bloomed gelatin until completely dissolved. Cool until merely lukewarm, using an external cool-water bath if useful. Do not boil gelatin or replace juice with fresh pineapple.

3. Blend cottage cheese until smoother, stopping before scraping. Whisk 3 tablespoons cheese into the lukewarm gelatin base gradually, then whisk that tempered base into remaining cheese with lemon, salt and pepper. Refrigerate 20–35 minutes, stirring gently every 10 minutes, until lightly thickened.

4. Fold in fine dry carrot and pineapple. Transfer to ring, leaving at least ½ inch (1.25 cm) headroom; use a separate small refrigerator cup for any excess. Cover and refrigerate at 40°F (4°C) or below at least 8 hours until fully set. Allow 10 hours total including draining and preliminary chilling.

5. For unmolding, set a cold plate beside the refrigerator. Dip only the outside of the metal mold in warm, not hot, water, about 100°F (38°C), for 5–8 seconds without letting water touch food. Dry the outside, loosen just the upper edge with a clean fingertip and invert onto the plate. If stuck, repeat a brief dip rather than shaking violently. Refrigerate again immediately if not serving now. Cut 8 small side wedges.

Carrot Pineapple Cottage Cheese Ring

One carrot-pineapple cottage-cheese ring, about 3½ cups (840 ml); 8 small luncheon side portions · Active 30 min · Total 10 hr

Gelatin starting strength

Use food-grade unflavored powdered gelatin with a manufacturer benchmark of 7 g for about 2 cups (500 ml) plain liquid. Weigh the stated grams: envelope sizes and powder density vary. A flavored dessert packet, collagen peptides, sheet gelatin or agar is not an equal substitute.

Cold service

This is an original retro-inspired recipe, not a recovered 1960s formula. Gelatin is animal-derived; the vegetable ingredients do not make the dish vegetarian. A reliable refrigerator and the stated earlier ingredient deadlines are essential.

Ingredient labels

Check cottage cheese, canned fruit, juice and gelatin labels. Gelatin is animal-derived.

A useful detail

Free juice/water/lemon totals 340 ml, plus 300 g cottage cheese and 200 g drained fruit/carrot. Fourteen grams gelatin supports this moist mixture. Keep drained inclusion weights rather than adding a second can because the first looks small.

Keep it well

Keep covered at 40°F (4°C) or below. Use within 2 days of assembly or the earliest ingredient deadline, whichever comes first. Include the overnight setting period in that limit. Keep total unrefrigerated preparation and serving below 2 hours, or 1 hour above 90°F (32°C). Chill slices promptly after service; discard food exceeding those limits. Do not freeze; freezing damages the gel and releases water.