

Introduction to Cheese Making

With Jill Johnstone

Try something new: Make your own cheese!

This live online course of 6 sessions will walk you through the processes of making cheese in your own kitchen. Each session will focus on a different style of fresh cheese, progressing from butter to feta cheese and mozzarella. Along the way, you will develop an understanding of the properties of milk that make cheese possible, how culturing creates a microbial ecology of cheese, and which processes lead to which cheese types and flavours. By the end of the course, you'll have increased your appreciation for cheese and be able to make a variety of fresh cheeses at home.

How it works:

Using live videoconferencing, every two weeks we'll focus on a different type of fresh cheese. Each module involves a cheese making day in which we'll simultaneously work through a recipe for making a given cheese:

- Sessions are every 2nd Friday (15 January–26 March, 2021) from 9:30 am - 4:30 pm, with multiple breaks for troubleshooting, questions, discussions, and feedback.
- Modules 1-4 include a 90-minute information session on Thursday evening.

Module	Main Processes
15 Jan: Cultured Cream + Butter + Ricotta	Cultured milk products, behaviour of fat
29 Jan: Paneer + Cream Cheese or Chèvre	Milk coagulation and forming curds
12 Feb: Fresh Queso Blanco + Whey Ricotta	Culturing and stirring curds, intro to pressed cheese
26 Feb: Salt-cured Feta Cheese	Brining pressed cheese, cheese types & tasting
12 Mar: Halloumi	Heat-treated, pressed cheese
26 Mar: Stretched Curd Mozzarella	Stretching of acidified, heat-treated cheese (pasta filata)

What you'll need:

- A computer, tablet, or phone with a camera, allowing you to video conference while in your kitchen.
- Basic kitchen equipment... and of course you'll have to buy fresh milk or cream for each module.

Registration Information:

Registration fee: \$240 for 6 modules (+materials) which includes electronic or printed recipes and handouts.

- Reduced registration for Modules 1-4 only: \$190 (+materials). Since the course builds your skills iteratively, it is not possible to register for single modules only.
- Deadline: 4 January 2021. Enrollment will be limited to 8 students; registration secured upon payment
- Cancellation: fees refunded if cancelled by 4 January, minus a small processing fee (\$5). After that date, cancellations refunded if there is a replacement from the waiting list.
- Register by email with Jill Johnstone (jfj.npel@gmail.com)

Materials fee:

- \$45 from instructor: Customized pack of materials to be picked up from the instructor in Whitehorse before the first session (dry cultures, rennet, calcium, reusable cheese cloth, and small cheese molds).
- \$70 online: You can also purchase the soft cheese starter pack from Glengarry Cheese Making (Canada) which includes all of the above items plus a few we won't need.

Bio: Dr. Jill Johnstone returned to Whitehorse a few years ago after retiring as Biology professor. Since then she has been developing her interests in cheese making and textile arts. Fascinated by the microbiology and alchemical processes of transforming milk into cheese, she has made over 100 batches of cheese at home and continues to learn about the process of making great cheese. She is excited to share the science and magic of cheese making with other food enthusiasts, making the world a little cheesier for us all.