**Camel Charisma Workshop Outline**

Day 1 - Start lactic, discuss and feed kefir and clabber.

Day 2 - Make rennet curd for feta.

Day 3 - Salt feta once past stretch point. Drain lactic (chèvre if made from goat milk). Start Caciocavallo from cow milk.

Day 4 - Make Halloumi and ricotta. Stretch Caciocavallo.

Day 5 - Make Tomme, or large wheel, semi-hard cheese. Discuss cheese aging, resources, tools, and close with group review.

I will focus on 2 styles (lactic and stretched curd) that can be eaten fresh or aged, with the option of being consumed at any point in their ripening. In addition we will learn to make Feta, Halloumi, Ricotta, and Tomme. We will work with buffalo milk, and discuss the character of this milk, contrasting it with other milks.

• Lactic - Is easy to make, can be consumed fresh or made into a range of shapes and ripened to various stages (1-8 weeks). Many formats and aging styles can be elaborated.

• Stretched curd - Caciocavallo is an aged version of Mozzerella. The same technique can be used to make a spectrum of versions with various levels of moisture, eaten at different ages. Having the proper conditions to age cheese is one of the most difficult aspects of cheesemaking, and caciocavallo is a more forgiving style to age.

• Feta is an easy cheese to keep, and is essentially a fresh cheese preserved in salt brine. No aging space is required.

• Ricotta made from whey can be eaten fresh, or made into an aged cheese, called Ricotta Salata in Italy. We will make it as a part of the process of making halloumi, which is boiled in whey.

• Tomme is a wheel of semi-hard cheese that can develop a range of rind styles.

Day 1 - We will jump right in, start a lactic cheese, and introduce a large amount of information that will be elaborated on in the coming days. We will initiate our clabber starter, and feed a pre-made one. This technique is the core of the workshop.

In the morning we will start lactic cheese with the pre-made starter, and discuss the concepts of the style. While demonstrating this, I will begin the days presentation on:

• CHEESE SCIENCE LEVEL ONE (fermentation, coagulation)

- What is milk and how does it become cheese?

• NATURAL CHEESE FUNDAMENTALS (Clabber and kefir starters, coagulants, materials, contrast this with the industrial paradigm)

• HOW TO: initiate and maintain our starters.

• Cheese style #1 concepts: Lactic

Day 2 - We will introduce rennet coagulation by making a curd that will become Feta.

• CLABBER CHECK: then start a second batch, or decide to wait. This will be done on days 3, 4, and 5 as well.

• Cheese style #2 concepts: rennet curd

After lunch, I we will discuss:

• SOURCING MILK that is fresh and microbially rich, and generating clabber as a test.

• MICROBES, HEAT, AND ACID as the basis of food safety.

Day 3 - We will salt our feta if it is past the stretch point. We will also ladle and drain the lactic curd made on day 1.

The schedule will vary depending on how these cheeses are fermenting. This teaches a valuable lesson, that there is no set timeline, and we must use our senses to monitor the fermentation.

• START CACIOCAVALLO, the aged version of Mozzerella.

- This will be a firmer curd, introducing the concept of expelling moisture from curd during the make for an aged cheese.

• We then move into a discussion of coagulants, the options available, how rennet is made, and how you can work plant rennets.

After lunch we will talk more about rennet and:

• CHEESE SCIENCE LEVEL 2 - discussing the role of moisture content, ph, and salt in preserving cheese.

Day 4 - We test the Caciocavallo, and decide the day’s schedule. The lactic curd will be salted, eaten, packed into jars, and made into shapes for a geo cheese. The day will be busy with cheesemaking.

• With the mornings milk we will make the curd for halloumi.

After lunch we will make ricotta and finish the halloumi.

• Cheese Style #3 Acid and heat coagulated (ricotta, paneer)

Day 5 - Is a bit more open, and will depend on how the previous days went. We will make Tomme, a semi hard wheel that can be aged.

• We will discuss cheese aging, and how to care for the caciocavallo, aged lactic cheese, and Tomme.

• I will discuss methods of making aging spaces, using coolers with ice packs, plastic bins, or repurposed refrigerators.

• I encourage students to think about what would make sense for their milk, kitchen space, possible aging conditions, climate, and lifestyle.

After lunch we will review the science and methods that have been presented and demonstrated, and discuss ways to continue the cheese education that has been seeded in the last 5 days.