

Cheesemaking and Fermentation

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Outcomes. Students will be able to make one of four choices of soft cheese. Students will be able to follow the basic steps in curdling milk for cheese with weak acids and heat. They will start to become familiar with the terminology and ingredients involved in cheesemaking. Compare soft cheeses.

Learning objectives. Explore with students the basic biochemistry of cheesemaking and explain how weak acids and heat can precipitate proteins out of solution to make cheese. Demonstrate how to make cheese and help students practice heating milk, coagulating milk, and straining the curd. Optional: Explore how different cultures make soft cheeses. (ie queso blanco or paneer)

Assessments: successfully make a soft cheese, use terminology appropriately

Activities: Use the powerpoint lecture to explain some simple, easy ways to make soft cheeses. Students build their knowledge base slowly with some terminology, some practice adding coagulating agents, using CaCl₂, heating milk without scalding, precipitating curds and ladling and draining curds.

Because students get to choose from four recipes, and because they may be using different milk sources, they will be able to see how cheeses they produce are similar and how they are different. They continuing learning to compare cheeses and milk products.

Notes: The actual lab part of the class takes about a half and hour, depending on how much control students have over the milk heating process. Make sure they have containers to put the cheese in an take home.



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