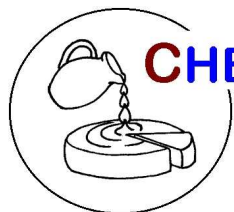


# CHEESE-A-HOLIC



**CHEESELINKS**

The ultimate newsletter for cheese enthusiasts, cheesemakers and cheese-a-holics everywhere!

Issue 1

21st September

## Welcome to our first ever Cheeselinks Newsletter



Welcome to the first edition of CHEESE-A-HOLIC!

We are so excited to begin this newsletter, with the aim of sharing news and ideas about cheesemaking with fellow cheese lovers.

In Australia there is so much happening in the

dairy industry, and it is such an exciting time for home cheesemakers as well.

So our idea is that through this newsletter we will share information about cheeses, cheese events and other news in the dairy industry. More importantly, however, we want our readers to contribute as well. We want to hear your stories, and we want others to hear them also. We encourage you to email us with your own cheesemaking experiences, recipes that you have tried, be it making cheese or cooking with cheese.

We plan to feature different cheese on our front cover each edition—cheeses made by people from our Chees-

elinks family, the smaller-scale boutique cheese manufacturers that produce delightful, unique flavours you'll never find in Coles or Safeway! We hope that you enjoy this edition of CHEESE-A-HOLIC, and we look forward to hearing your cheesemaking stories and your feedback about our newsletter!



## Featured Cheese: Mountain Goat Blue, Red Hill

In every edition we intend to feature a cheese from a small commercial producer, one that you are unlikely to find at your local supermarket.

In this edition our feature cheese is Red Hill's Mountain Goat Blue. It is one of my favourite cheeses, characterised by a subtle goat

taste and a balanced blue flavour. As the cheese ages it develops a stronger taste but this is also in balance with the salt, the goatiness and the blue flavour. I would definitely recommend it as one of the best blue cheeses in the area, and one of the best goat blue cheeses that I have ever tasted.

And it seems that the judges

agree, because Mountain Goat Blue has just been awarded a Gold Medal at the Australian Specialist Cheese Association Annual Cheese Show, held in Melbourne in August. Next time you see it at a farmer's market, or at one of Melbourne's specialty cheese stores, snatch it up, and I promise—you won't regret it!

## BREAKING NEWS

**Cheeselinks is about to go online! Soon you will be able to order all your cheesemaking ingredients through our online store!**

[www.cheeselinks.com.au](http://www.cheeselinks.com.au)

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Mountain Goat Blue, made by Red Hill Cheese, VIC. For details contact: [www.redhillcheese.com.au](http://www.redhillcheese.com.au)



Catch Carole Willman speaking about cheesemaking LIVE on Radio National AM 621 at 11am 26 Sept!

## Featured Cheesemaker of the Month

### WENDY WHITE

Our featured home cheesemaker this edition is Wendy White. Wendy recently appeared in an article in Epicure (food insert in The Age newspaper). Wendy works as an IT manager and is also a keen amateur paleontologist, having been on a number of digs for dinosaur fossils.

She started making cheese in 2001 when she attended a Cheeselinks workshop, and her passion for the craft grew from there. She describes cheesemaking as one part art, one part science and several parts mys-



Wendy White making Mozzarella at a Cheeselinks workshop in Little

tery! 'It's almost impossible to get the same cheese twice, but I look at the mistakes as wonderful adventures. I've made camembert dip when I meant to make cheese. It turned out really good!'

Wendy recently took her love of cheesemaking to the next level, by joining the Cheese Expertise tour de Fromage in May this year. Touring around France with fellow cheese enthusiasts, visiting markets, factories, and eating lots of French cheese provided her with ample inspiration for a new range of cheeses to try in her kitchen.

Despite her love of cheesemaking, Wendy says that she has no intention of giving up her day job, as this gives her the finance to allow her to follow her dual passions of cheese and dinosaurs (who knows which of the two will win out? We think it will be cheese!)

### CHRISTMAS WORKSHOP!

**Wed December 3rd**  
**\$150 including GST**  
**Places still available**

**Timed so you can make cheese and yoghurt for all your friends, ready to eat on Christmas day!**



**Participants will make traditional fetta cheese, gourmet fetta, and Greek-style yoghurt. Ricotta will be made as a demonstration.**

### Recipe Ideas: Sweet Chilli Dip

Here's a simple idea for something to do with your quarg or cream cheese. Quarg makes an excellent base for a range of dips, even better than Philadelphia Cream Cheese from the supermarket, and it's so much cheaper and nicer when you make it yourself. Now it is coming into spring, why not try making sweet chilli dip to go with your chips as a pre-barbecue starter?

Start with your home-made quarg, one of the easiest cheeses to make. All you need is UHT milk plus a couple of granules of type B starter. Sit at room temperature overnight, then drain in a colander lined with chux. Mix in some sweet chilli sauce, and add chilli flakes to give it some kick. There you have the ultimate in home made dips, made from home made cream cheese!

*"I've made camembert dip when I meant to make cheese. It turned out really good!"*

We wish Wendy all the best with her cheesemaking and look forward to sampling the results of her cheese experimentation!

### Dairy News

One interesting event in the Australian dairy industry this month has been the take-over of Dairy Farmers by National Foods, owned by Japanese beer company, Kirin. This move will leave Murray Goulburn as the only major farmer co-operative remaining in

Australia, although there a few smaller co-operatives still in existence.

The concern that farmers have is that the acquisition might mean less choice when selling their milk, which could also affect their selling price.





## Problem solving/Q&A Section

**Why are the recipes that you provide with workshops sometimes different to the recipes that are in the book?**

The truth is that there is no one single way to make any cheese. It is like cooking in that ten different chefs will have ten different recipes for making a chocolate cake. All are still chocolate cakes, but made in different ways. It is the same with cheeses. We can use different ways to make the same cheese. Sometimes in workshops we have to adjust the recipe to fit the time and facilities available. It will hopefully help you

**My curd is shattering, what should I do?**

There are several reasons that curd may 'shatter'. Firstly, homogenised milk tends to shatter in cheesemaking so it could be as simple as checking the source of milk you are using.

If the shattering occurs late in the process then the milk/curd could be too acidic and not fusing together well. Shattering in cheesemaking often occurs if it is too acidic or too

**What should I do if my yoghurt is too runny or too stringy?**

To make yoghurt thicker there are a couple of things that you can do. Firstly you can drain the yoghurt and get rid of some of the excess liquid that way. Another option is to add 100 grams of skim milk powder to each litre of milk, then heating to 90 degrees before cooling to make the yoghurt, which gives a thicker set due to the increased amount of protein in the milk.

Type C ABY is probably a better culture to use than type C ABT if you are after a thicker set yoghurt, because the mixture of thermophilus and bulgaricus strains of starter bacteria.

to understand how some things can be changed. Having said this, it is important to remember that there are some things that can be changed and some that can't. The exciting part about cheesemaking is recognizing which is which.

*The truth is that there is no single way to make any cheese. It is like cooking, in that ten different chefs will have ten different recipes for making a chocolate cake.*

dry and in such cases the curd doesn't knit together well.

Going back to the basic controls of time and temperature as stated in the recipe is the best way of controlling acid production, so may fix the problem.

If the shattering occurs early in the process, that is, straight after cutting, it may be possible that either the curd was too soft, in which you should leave it longer before cutting. Alternatively, the milk could be lacking in calcium, in which case adding calcium solution could also help.



Another thing that you should be aware of is if the milk is too cool when the yoghurt is setting it might go 'stringy'. If the milk is at or below 35 degrees when it is set this is a common problem; this tends to happen more in winter than summer.



**Can I make cheese from soy 'milk'?**

The short answer is not really. And to be honest, who would want to? And would people STOP calling it soy 'milk' for goodness sake! If you can demonstrate how it is possible to milk a soy bean you can call it soy milk! Until then, it should be known as soy liquid.

The long answer is that any cheese that requires the addition of rennet cannot be made from soy liquid, which cuts out most of the cheeses in the market.

However, if we take a broader definition of 'cheese' there are certain types of soft curd cheeses, like cottage cheese or quarg that can be made using soy liquid. These types of cheeses are typically made by adding a starter culture (bacteria) which acidifies the lactose (milk sugar) in the milk to produce lactic acid. There is no lactose in soy liquid but there is sucrose and other sugars, and the starter culture acts in the same way with these to produce acid, which will coagulate and sour the liquid which can then be drained to form a type of soy 'cheese'.

You should note, however, that the flavour of any cheese made out of soy liquid will be different to what is produced from real milk, so don't expect it to taste the same or look the same as regular cheese!



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*Bringing cheese and  
yoghurt making to the  
kitchens of Australia!*

**Cheeselinks is an Australian business that is both family-owned and operated. The company was established in 1986 as Home Cheesemaking Supplies, specifically to provide quality cheesemaking ingredients and education to people who wanted to learn to make cheese in their own homes.**

**Over time the business expanded and began to supply small cheese factories with cultures, baskets, and other equipment. The name was changed to Cheeselinks in 1999, to reflect the increasing service provided to commercial manufacturers.**

**With master cheesemaker Carole Willman at the helm, Cheeselinks has over 20 years experience in cheesemaking training and education, serving both commercial cheese manufacturers, and home cheese and yoghurt makers.**

**Visit our recently  
upgraded web page :  
[www.cheeselinks.com.au](http://www.cheeselinks.com.au)**



## 2008 ASCA Cheese Show

Last month Crown Casino hosted the Annual ASCA (Australian Specialist Cheese Association) Cheese Show, and we would like to congratulate all of the companies who entered cheeses in the show. Australia has some of the finest specialist cheeses in the world, and Cheeselinks are proud to supply eight of the gold medal winning companies with their cultures—**Udder Delights, Capra, Red Hill, Holy Goat, Tarago River, Woodside, Milawa and Meredith Dairy**. Cheeselinks has also supplied equipment to four of the other gold medallists, **Maffra, Pyengana, Ashgrove and Donnybrook**. We are so proud to have played even a small part in the creation of all of these magnificent cheeses!

**GRAND CHAMPION CHEESE:**  
Heidi Farm (TAS) Heidi Raclette

### **GOLD MEDALS:**

#### **Fresh Curd - Soft**

Udder Delights (SA), Ashed Chevre  
Capra Cheese Company (VIC), Allegro

#### **Fresh Curd - Textured**

Vannella Cheese Company (QLD), Buffalo Bocconcini

#### **Fresh Curd - Matured**

Red Hill Cheese (VIC), Paradigm Log  
Holy Goat (VIC), La Luna

#### **Fresh Curd - Marinated**

Tarago River Cheese Company (VIC),  
Marinated Goat Cheese  
Udder Delights (SA), Marinated Chevre

#### **White Mould**

Capra Cheese Company (VIC), Velvet  
Tasmanian Heritage (TAS) owned by  
National Foods), Traditional Camembert

#### **Blue Mould**

Red Hill Cheese (VIC), Mountain Goat  
Blue

Tarago River Cheese Company (VIC),  
Strzlecki Blue

#### **Washed Rind**

Woodside Cheese Wrights (SA), Vi-

gneron

Milawa Cheese Company (VIC), King  
River Gold

#### **Cheddar**

Maffra Cheese Company (VIC), Maffra  
Cloth Cheddar

Pyengana (TAS), Pyengana Cheddar

Ashgrove Cheese Company (TAS),  
Traditional Cloth Cheddar

#### **Semi Hard Cooked Style**

Heidi Farm (TAS), Heidi Raclette  
Woodside Cheese Wrights (SA), Figaro

#### **Hard Cooked Style**

Donnybrook Cheese (VIC), Pasterello

#### **Peoples' Choice Award**

Meredith Dairy, Marinated Goat  
Cheese in Extra Virgin Olive Oil

