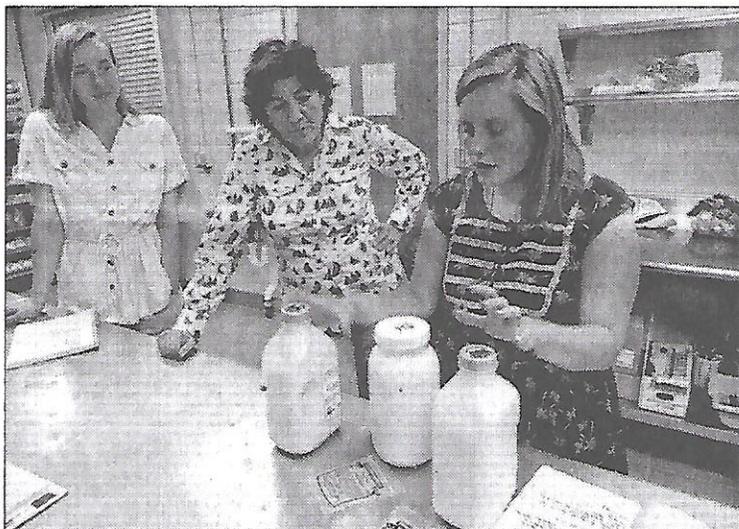


Staff photo by Ashley Saari

Deborah Wyndham of Peterborough pours raw cow's milk into a pot for heating in order to make a simple "farm cheese"



Above: Alleve

A SIMPLE, TASTY SCIENCE

By Ashley Saari

Monadnock Ledger-Transcript

PETERBOROUGH — Cheesemaking is both an art and a science.

Alleve Mazzullo of Peterborough, a teacher at the Well School, has been experimenting with cheesemaking for several years now, an interest that started when she first worked at an artisanal cheese store in New York. But though she could soon speak competently about the aspects of each of the cheeses she was selling, she knew little about the actual process.

That changed once she took positions at educational farms, one in New York and the other in California, where her weekly "chore" became making the cheese from goat's milk.

"My love of cheesemaking really just came from playing around with milk," said Mazzullo.

'Astonishingly simple'

On Wednesday night, during a class at the Peterborough Recreation Center six residents got the chance to learn how to make three different kinds of soft cheese — a chevre, ricotta, and "farm cheese," one of the simplest recipes to make.

"It really is astonishingly simple to make cheese," said Mazzullo. "I'm surprised more people don't do it."

The simplest of cheeses, such as the farm cheese made during the class, are made by a simple process of heating milk — Mazzullo prefers raw milk for a variety of reasons, but any not ultrapasteurized milk will do — and adding an acid such as vinegar or lemon juice. The acid binds to the proteins in milk, making a solid — the "curd" of Ms. Muffit's "curds and whey."

Allow that curd to completely drain of the surrounding whey, flavor it with some salt or herbs, and you have a simple farm cheese recipe that anyone can manage.

Second seminar on Sept. 17

Mazzullo will give a second seminar on cheesemaking, focusing on the more complex brined and aged cheeses, on Sept. 17 at 7 p.m. Having attended the first seminar is not a requirement to attend the second. The cost is \$25 per person, and there is a class limit of 10 people. Sign up online at peterboroughrec.com/info/activities.

HOW TO MAKE "FARM CHEESE"

Ingredients

1 gallon of milk (not ultrapasteurized)
White vinegar or lemon juice
Salt

Directions

- 1.) In kettle, bring milk to light boil on stove top.
- 2.) Once boiling, reduce heat immediately and remove from stove top.
- 3.) Stir in vinegar or lemon juice, about half a