



# QUESO DIEGO

## THE SAN DIEGO CHEESE CLUB

October 2018

### From the desk of Queso Grande, Curt Wittenberg

I'm writing this month's message from the air on my way to South Africa. One of the joys of international travel and, for that matter, even national travel or travel to a new part of town, is the opportunity to discover new cuisines and places to consume them. In my case, that often means seeking out new cheeses and other fermented foods and beverages. My busy schedule has afforded me little time to explore culinary opportunities in South Africa prior to departure. So, as I sit in my seat, I am fantasizing about what I might find there. I'm aware of Braai, traditional South African grilling. But beyond that, I have little to guide my fantasies. But I know that when I hit the ground on the African continent, my eyes, nose, and mouth will be on the lookout for interesting cheese and other experiences to titillate my palate. That story will wait for my return.

September was relatively quiet save for the Fall and Holiday Cheese presentations at the September meeting. Sadly, I have little to report, having missed that meeting (thank you to Olaf and Marci for taking the helm). We did have plans for a fondue meeting in October, but for various reasons fondue will be postponed to after the first of the year. However, the holiday season is already upon us. Consequently, your officers are busy behind the scenes with planning exciting and delectable events for Queso Diego. These include a booth at the Maker's Faire on October 6 & 7 at Balboa Park, our October American Cheese Month Meeting, November's Smoked Cheese presentation, a cider and cheese pairing in early December as well as our annual traditions, the Queso Diego Holiday and Anniversary Parties in December and January. Prepare your appetites!

See you all at the October Meeting celebrating American Cheese Month.

Your President, Curt Wittenberg

#### Update for our October Meeting:

October is American Cheese Month and we thought it would be fun to present a selection of award winning cheeses from Central Coast Creamery in Paso Robles. Cheesemaker Reggie Jones took home four first place ribbons at this year's American Cheese Conference, and Jenny Eastwood from Smallgoods will present those winners, and fill you in on the state of American Cheese. We are also trying to arrange a surprise guest - so stand by and make sure to come celebrate American Cheese Month at our meeting on October 16th!

## OCTOBER EVENTS

October 6 th & 7th

Maker's Faire

October 16th, 6:30 p.m.

General Meeting @ Ale Smith  
Celebrating American Cheese  
Month

## NOVEMBER EVENTS

November 20th, 6:30 p.m.

General Meeting @ Ale Smith  
Smoked Cheeses

The logo for Maker Faire San Diego, featuring the words "Maker Faire" in red and "San Diego" in blue, all enclosed in a blue rectangular border.

Balboa Park

October 6-7, 2018

The annual Makers Faire is back at Balboa Park. If you haven't been it's a great two day event showcasing Makers of all kinds. From 5 year olds making robots to old guys making beer and awesome people making cheese. Come for the fun and support our members who are making presentations. Our booth will be at the Museum of Man and we'll be next to Quaff.

This year the focus is on their thematic motto: *People can do incredible things... when they let themselves do it.* This festival showcases the amazing work of all kinds of makers – anyone who embraces that do-it-yourself or do-it-together spirit. They are looking for exhibitors, performers, speakers, start-ups, tinkerers, and anyone excited to showcase what they create with an interested and curious audience.

Buy your tickets today for the "Greatest Show and Tell on Earth," scheduled for **October 6 & 7, 2018, 10 am – 6 pm.** Take a journey through Balboa Park, and celebrate the **fourth annual [Maker Faire San Diego](#)** showcasing creative and resourceful people in the areas of science and technology, engineering, arts, and crafts.

Tickets purchased at the door are \$39 for both days or \$29 for a single day. You can save a bit if you purchase in advance on [their](#) site.

## Exciting New Additions to the Library of Cheesemaking

A generous donation from the Berry Good Food Foundation has made possible some wonderful additions to the Queso Diego Library of Cheesemaking, a resource for all of your cheesemaking needs open to members of our club. In addition to the books listed below, we have several new cheese cultures and cheesemaking supplies. These are only \$1 per item or dose of culture required for 2-4 gallons of milk, so take a look at the list and expand your cheesemaking horizons.

The books join the many cheese forms and presses listed on other tabs on the spreadsheet and are available to borrow free of charge. Be sure to include the information listed in the documentation for the Library of Cheesemaking spreadsheet found below.

[https://docs.google.com/spreadsheets/d/19fLvk26dKyUlf1Ay5E\\_IFhULYZ1rt8nk0SXIR2R720/edit#gid=1491603828](https://docs.google.com/spreadsheets/d/19fLvk26dKyUlf1Ay5E_IFhULYZ1rt8nk0SXIR2R720/edit#gid=1491603828) .

Simply request the items you'd like by sending an e-mail to: [qd-library-request@quesodiego.org](mailto:qd-library-request@quesodiego.org).

Mastering Basic Cheesemaking	Gianaclis Caldwell
Mastering Artisan Cheesemaking	Gianaclis Caldwell
Artisan Cheesemaking at Home	Mary Karlin
Home Cheesemaking	Ricki Carroll
The Cheesemaker's Manual	Margaret Peters-Morris
The Science of Cheese	Michael H. Tunick
Cheesemonger: A life on the wedge	Gordon Edgar
The Complete Encyclopedia of Cheese	Christian Callec

## American Cheese Month

### Jenny Eastwood, Smallgoods American Cheeses & Provisions

October is American Cheese Month and I thought I'd give a friendly reminder that all those hard working women, men, cows, sheep & goats could all use your support – not just in October, but all year long.

There have been a number of articles and discussions lately as to the state of farming in this country. The industrialized food system has pretty much taken over - whether we realize it or not. A Department of Ag 2012 study stated that 80% of the fresh food we buy in supermarkets (fruit, vegetables) are grown by just 8% of farms – huge, commercial agricultural farms. Sold under a variety of names, one industrial farm can produce up to a dozen labels, each sold right next to each other on grocery shelves.

Dairy is bleaker. Not only are there massive issues with pooling & standardizing milk, buying over state lines many times cuts out smaller, more local farmers. When milk is actually purchased from small farms, pricing is not in farmers favor; it can cost upwards of 25% more to produce the milk than what the market will pay for it. And many corporations are doing what Agriculture has – creating their own processing plants & dairy facilities. This article has some amazing statistics:

<https://www.nbcnews.com/news/us-news/best-advice-u-s-dairy-farmers-sell-out-fast-you-n887941>

On the other hand, there's never been more attention to small batch American makers. Another article here, this one focusing on women cheese-makers and a real joy to read:

<https://www.nytimes.com/2017/11/22/style/cheese-made-by-women.html>

Wherever you buy your cheese, consider buying an American one. You'll obviously get a bigger selection at a more dedicated place, but many grocers are stocking more and more recognizable American cheeses. Becoming more aware of our food system and what we can do to support our producers goes a long way.

Enjoy American Cheese Month!!!!





## Fall: the whey and wherefore of cheese with beans and pomegranates and quince—Lesley Stern

As fall creeps into San Diego, one step forward, two steps back, I start dreaming of warm soups and the vegetables and fruit that come and go around Thanksgiving, those fleeting treasures that complement cheese in surprising and delectable ways. And so the column this month is taken from a section of my book that dwells on fall, but it also includes a mention of the ruby log that I presented at the last meeting.

When you drain the cheese it separates into curds and whey. The curds go into the making of the cheese and the whey—considerably in excess of the curds—is usually treated as waste. Sometimes I use it as a base for soup. Try cooking white beans in whey. Then, keeping some of the beans aside to add in at the end as crunch, whizz most of the whey and beans in a blender for a tangy soup, finished with a swirl of olive oil and scattering of parsley or rosemary. You can also add in towards the end a handful of kale or collards or mustard greens. Improvising with what is in the garden or the fridge yields surprises; one of the best for us was a tossing together of the slightly acidic beans with tuna and the first broccolini of the season.

If I don't use the whey in the kitchen I sometimes feed it to the tomato plants. A much more ingenious method of recycling whey was developed by Frère Nathanaël of the Trappist Abbaye Notre-Dame de Tamié. This abbey, founded in 1132 in Haute-Savoie high in the Alps, is where the monks, since 1863, have made the cheese we now know as Tamié. Cheese production at the abbey produces 1,000 m<sup>3</sup> of whey annually, and Frère Nathanaël developed and installed a methane-generating system that transforms the whey into enough energy to heat water for the domestic needs of the abbey and its dairy for a year. A number of creameries in this country have followed suit.

You can eat the goat cheese within four hours of draining, but you might want to dry out small logs for longer in the fridge so you can roll them in lavender and fennel seeds or pollen, or you could set taste buds popping by rolling the loggettes in a Middle Eastern spice and herb mix like Za'atar or Dukkah. In the fall there are pomegranates, which love goat cheese. For nibbling with pomegranate mimosas, and providing you are not a cheese purist, you can try this concoction: combine fresh goat cheese with some cream cheese and a small quantity of strong blue, fold in lots of chopped up sage, roll it into a log and then, after it has cooled and can be handled easily, roll the log in pomegranate arils. The outside will be ruby jeweled and crunchy, the inside shamrock green. Fall is also the time of quince, those yellow knobby hard fruit that look like misshapen pears. But cook them very slowly in nothing other than sugar and water for a day and a night and you release into the house the most alluring aroma, and can watch as the quince turn slowly rosy and then deep dark vermilion. Eventually you will transform this mush into a paste that will dry over the next several days. And there you have it: membrillo, the most marvelous accompaniment to cheese.

## **Baked Camembert Bites or whole Camembert as main dish**

### **Sabine Friedrich-Walter**

Ingredients for 2 guests as main dish or as a starter for 6-8 servings.

Baked either in skillet, oven or deep fryer.

2 firm (young) Camembert/Brie (mini wheel), cut in 8 wedges

2 eggs beaten

2 Tablespoon milk

8 Tablespoon all-purpose flour

2 cup plain bread crumbs

You need 3 small bowls for coating the cheese:

Bowl 1: Flour only

Bowl 2: Beat eggs with a fork just to combine, add milk and stir.

Bowl 3: Bread crumbs

Line a plate with paper towels. Cut firm Camembert each in 8 wedges and coat each wedge with a light coat of flour. Then draw through the beaten egg wash, lastly coat with bread crumbs. Carefully press down the crumb and bake as desired.

For Skillet: Preheat skillet with grape seed oil, then cook until golden brown on both sides

For Oven: Preheat to 400 F. Line baking sheet with parchment paper. Bake for 15-18 minutes until golden brown

For Frying: Preheat deep fryer to max 350-375 F or follow instructions for your fryer. Fry until golden brown

Transfer cooked cheese to a plate with paper towel to drain excess fat off before serving and serve immediately. Serve with salad, cranberry sauce and baguette. Accompany with dry French Rose Wine, Sparkling Wine or Cider.

This is also delicious made with feta cheese.

Bon Appetite

Happy Autumn



Below are organizations who support Queso Diego. We hope you will support them as well! Click on the logos to get to their websites.

