



## HALLOUMI

### MISE EN PLACE

- Using a heavy bottomed pot or Le Creuset-type Dutch oven, bring 4 litres of milk to 35°C before the class. 35°C is above room temperature, but below body temperature. Be careful when heating the milk to avoid overheating.
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### **HALLOUMI & RICOTTA** *(makes about 600 g of cheese)*

Recipe by ADITYA RAGHAVAN

*4 litres whole, unhomogenized milk (example: Vital Greens milk in Alberta)*

*¼ teaspoon liquid rennet\*\* (or use according to manufacturer's prescription)*

*¼ teaspoon calcium chloride (optional)*

*salt*

*2 tablespoon white vinegar*

- Use a heavy bottomed pot that retains heat well. A Le Creuset type Dutch oven would be nice for this. Make sure the pot is not extremely large compared to the quantity of the milk (for example, don't use a 12 quart pot for 4 litres of milk. Try and use a 6 quart pot).
- Bring the milk to 35°C. Keep it in a warm place in the kitchen and try your best to maintain the temperature of the milk.
- If adding calcium chloride, dilute the calcium chloride in ¼ cup of water. Pour it into the milk and stir in an up-and-down fashion to mix.
- Now, dilute the rennet in ¼ cup of water. Add the rennet to the milk and stir in an up-and-down fashion.
- Cover the milk with a lid and let it set for forty minutes. Do not disturb the milk by moving it around, or stirring it, during the forty minutes.

- Check for a clean break using a palette knife or any straight edge knife. (this will be demonstrated in class)
- Cut the curds vertically into 1" squares. Let rest for 5 minutes.
- After five minutes, gently warm the pot on the lowest heat setting of your stove.
- Using a ladle stir the ribbons of curds, folding them in, very gently, without breaking them up too much. Stirring is an important step to not only break the curds correctly (and thereby release excess moisture) but also transfer heat uniformly.
- Stir for 20 minutes, gently raising the milk to 38-40°C at this time. At the end of the stirring, we want the curds to be approximately the size of chickpeas. To accomplish this, you may have to turn off your heat every now and then, just to modulate the transfer of heat to the pot. Do not heat the curds too much. If it is slightly under, that is better than being slightly over. Do not stir the curds too aggressively, especially in the first ten minutes. It can break into many small pieces, which is not ideal.
- After 20 minutes of stirring, let the curds and whey rest for another 15 minutes. Cover and keep warm.
- Using a colander lined with a cheesecloth, pour the whey through it catching a few of the small curds that may be floating on top. Pour till you expose all the curds at the bottom of the pot.
- Using a scoop of some kind, or a big lade, scoop the curds into the colander. Be gentle and ensure to not break the curd mass too much. Keep a pot under the colander to collect as much whey as possible.
- Fold in the ends of the cheese cloth and tie the ends to make a small ball. It can still sit in the colander, tied, and draining whey slowly. Put a 20 minute timer
- After 20 minutes, unwrap the cheese, flip it in the cloth, so the smooth bottom is now on top, tie it again and drain more.

#### Making ricotta with the whey

- Using the same pot in which you set the curds, pour all the whey in, and heat at medium-high heat, stirring occasionally.
- Once the whey reaches 75°C, stop stirring and let the whey continue to heat up.
- As the temperature gets higher, you will begin to notice curds developing. If the curds aren't visibly big enough add 2 tablespoons of white vinegar to push the curdling of the whey
- The curds will rise to the top floating over the clear whey. It might take some time.
- If it isn't happening immediately, switch the heat off when you hit 90°C and cover with a lid for 10-15 minutes.
- Using a wide slotted spoon, skim the curds gently into a small colander dressed with cheesecloth. This is your ricotta.
- Skim all the curds that you can see. Add a ¼ teaspoon salt and mix it gently. Let drain for 10-15 minutes.

### Poaching the cheese to make halloumi

- Once the ricotta is drained, transfer it to a serving bowl.
- Bring the remaining whey to 85°C.
- Unwrap the cheese and cut it into two pieces. Using the two cheese cloths, wrap each piece with the cheese cloth.
- Poach the two wrapped pieces of cheese for 25-45 minutes. It is ready when the cheeses willingly come up to the top and float.
- Once out, unwrap the cheeses, place on a cooling rack.
- Weigh out two portions of 60 gm of salt.
- Rub each piece with 60 gm of salt all over. Let it cool on the cooling rack, preferably in the fridge, for 1 hour
- Cling wrap the cheeses and store in the fridge, or use immediately.

### **HALLOUMI “STEAK” AU POIVRE** *(makes about 600 g of cheese)*

Recipe by ADITYA RAGHAVAN

*2 x 150 gm pieces of Halloumi*

*2 tablespoon whole black peppercorn*

*2 garlic cloves*

*4 sprigs of thyme*

*1 shallot finely chopped*

*2 tablespoon cognac or whiskey or brandy*

*1 tablespoon Dijon mustard*

*¼ cup heavy whipping cream*

*2 tablespoon cold butter cut into cubes*

*1 tablespoon cooking oil (vegetable, canola, grapeseed, or light olive oil)*

- Crack peppercorns using a mortar and pestle. Dress the Halloumi pieces in pepper.
- Bring a non-stick pan or cast iron skillet to medium high heat.
- Add oil and let it become really hot at which point, gently place the halloumi on the pan (you can cook both pieces at once)
- Fry till it turns a dark brown colour, then flip, lower the heat, add the butter, garlic cloves and thyme
- Baste the fried cheese in the foaming butter and cook till the other side of the cheese is also seared well
- Remove from heat and place on paper towels to remove excess heat.
- Drain all the fat out from the skillet, and start with a couple knobs of butter and a touch of oil.
- Once melted, over medium heat, add the shallots. Let them sweat and become translucent

- Deglaze with cognac, then add the Dijon and whipping cream. Reduce the sauce to desirable consistency
- Pour the sauce over the warm pieces of cheese.
- Serve warm

## **EQUIPMENT**

Heavy bottomed 6-quart pot

Non-stick pan or cast iron skillet

2 pieces of Cheesecloth 12" x 12"

Two colanders. If you have only one, we can make it work.

Slotted spoon, spatula

Thermometer

Kitchen scale

Measuring cups and spoons