ECHO Conference, Chiang Mai, Thailand

Aloha Kitchen

Artisan Farmstead Cheeses, Salsas, Jams and many more value added natural and organic goodies

Aloha House

An Orphanage on an Urban Organic Farm

Aloha Ranch and Organic Farm

Ecological Village Half way to the Underground River

Aloha House Inc.

Registered with SEC
Non-profit, non-stock NGO
Accredited by the DSWD
Orphanage
Christian Ministry
Mother's Program
Train Progressive Organic Farmers

Aloha House, Mitra Road, Santa Monica

Our son Archie stayed in Palawan for University

Farm Business Success

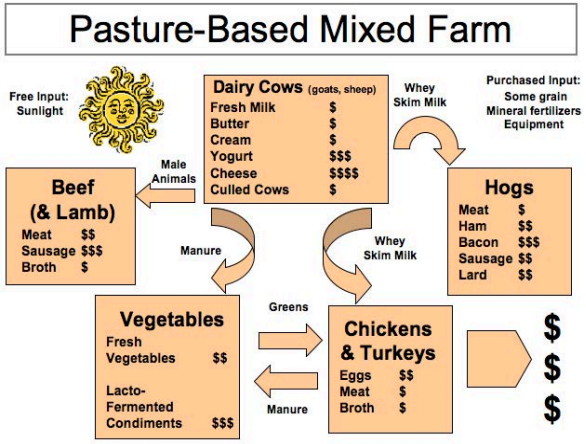
Assessing the 3 main skills

http://www.lulu.com/spotlight/mik

Technical Knowledge/work

http://www.slideshare.net/mik1999/

Management Ability



Business Sophistication

https://www.westonaprice.org

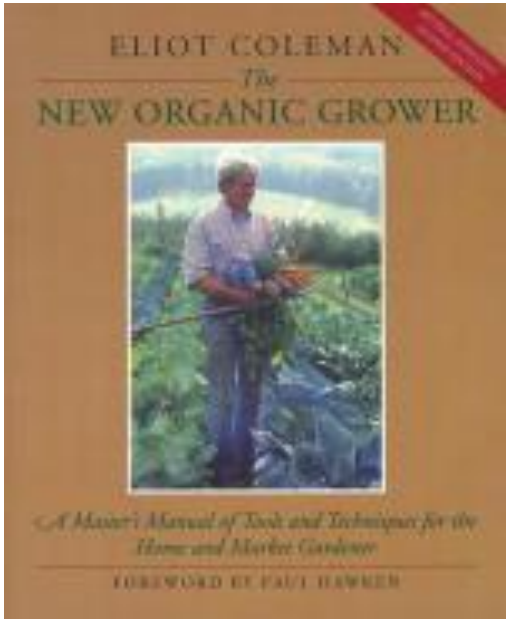
Goal: Develop high quality, nutrient dense food for our customers.

Don't chase profits,
Create value and
Profits will follow

All the competition is at mediocracy.
There is no competition for superior product.

A generous man will prosper; he who refreshes others will himself be refreshed.
Proverbs 11:25

1989- Elliot Coleman

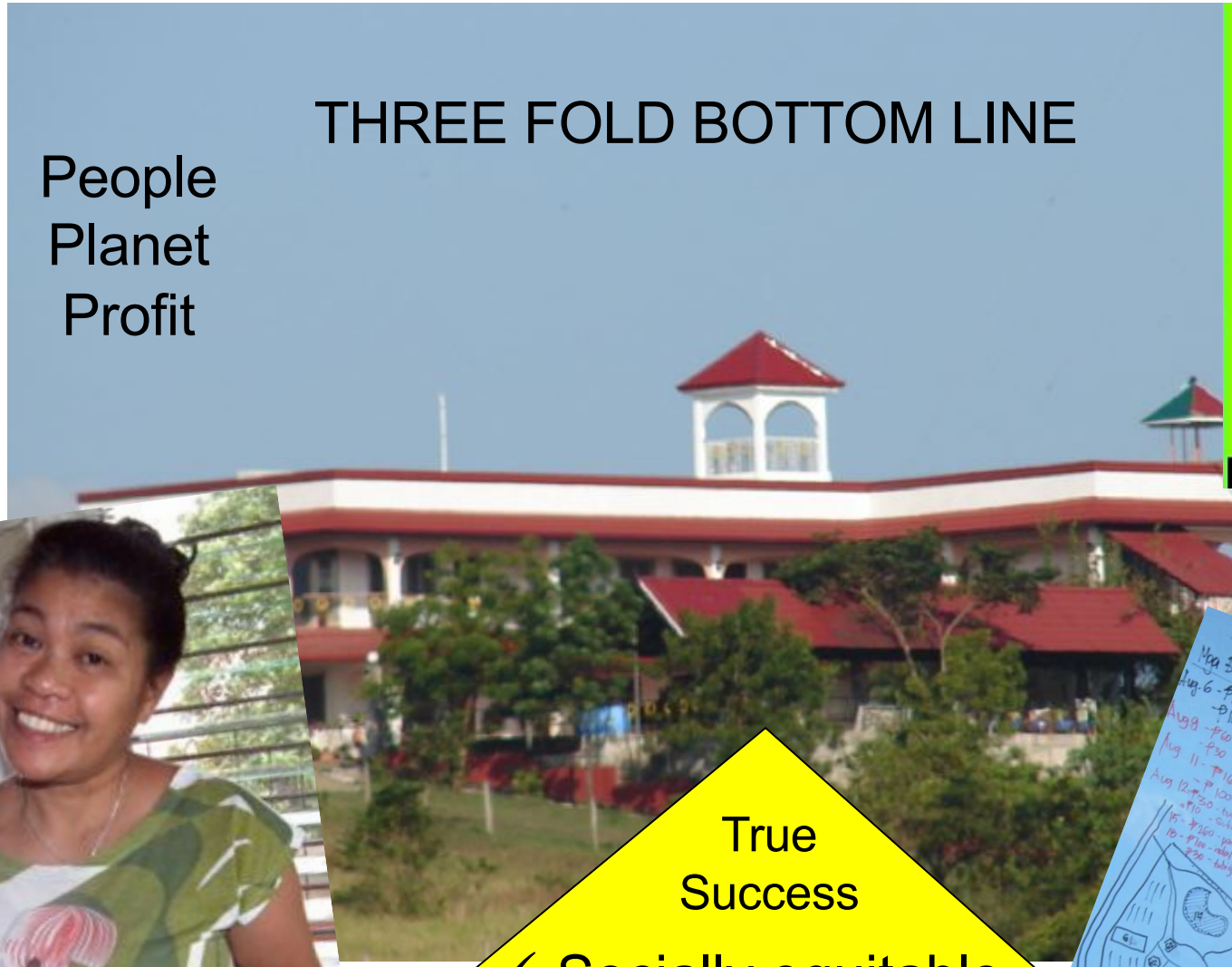


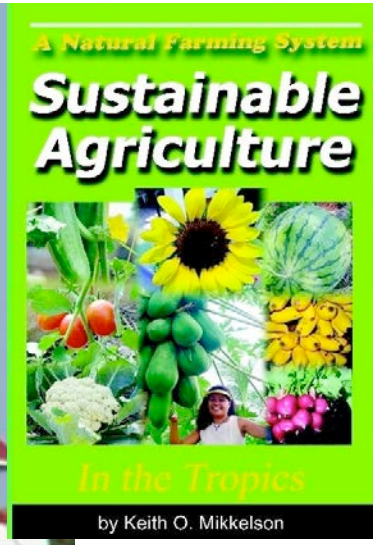
"…when a business succeeds there is always a tendency to multiply the success by getting bigger. I have one word of advice – don't. My experience confirms it**. I have seen too many successful producers make the expansion mistake.**

"Without exception, they have become just another company trading on the reputation they established before expanding. **If demand exceeds supply, bring the two back into line by raising prices.** Income will increase just as it would by expansion, **but quality will not be compromised."**

THREE FOLD BOTTOM LINE

People
Planet
Profit



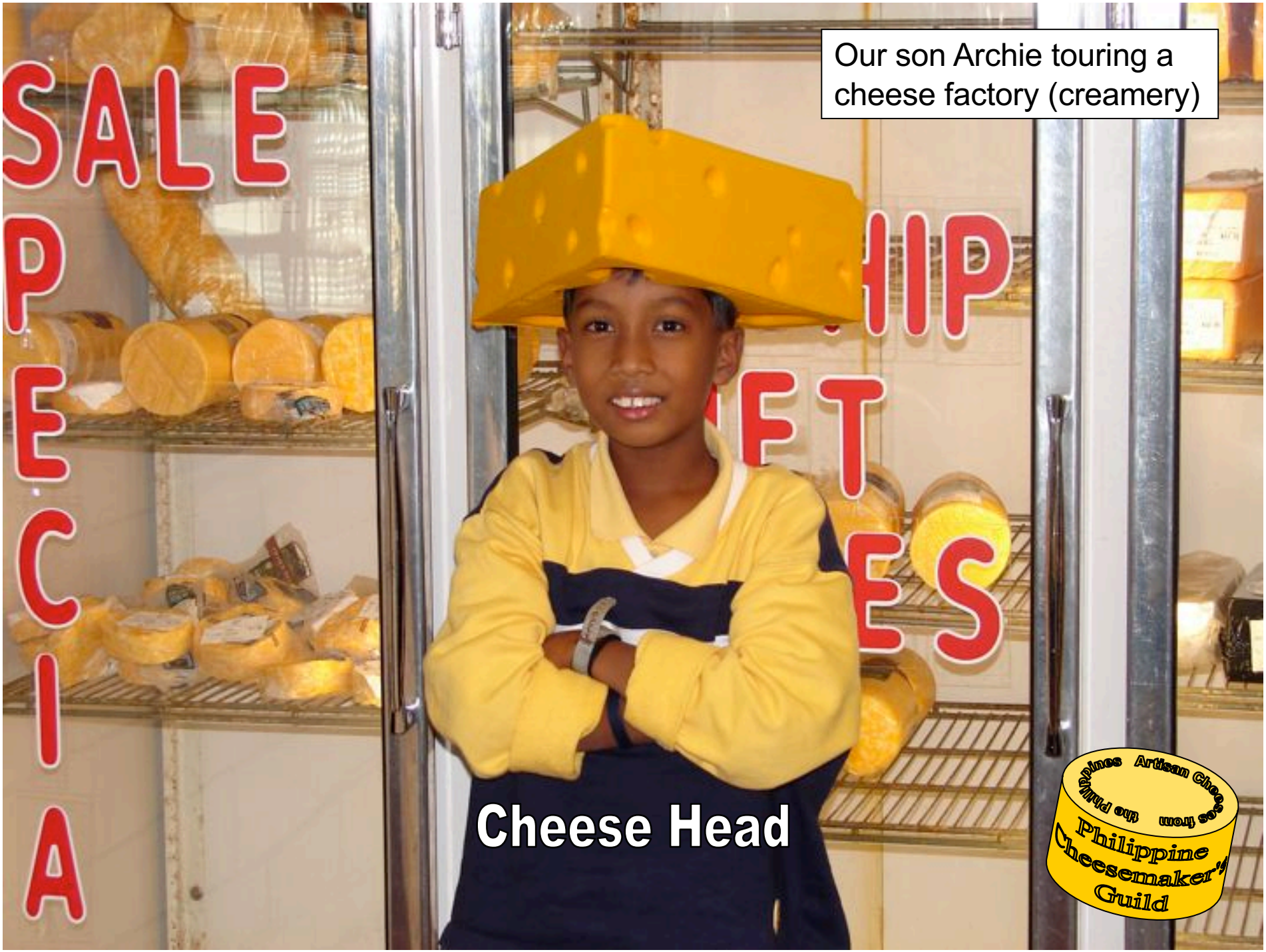


True
Success

✓ Socially equitable

✓ Environmentally Beneficial

✓ Economically Sustainable


SALE
Our son Archie touring a cheese factory (creamery)
Cheese Head
Philippine Cheesemaker's Guild

Aloha Kitchen cheeses made in Palawan

Tropical sheep, Palawan

RICOTTA

from Grass Fed Cows

RICOTTA

ALOHA KITCHEN

ALL NATURAL
NO PRESERVATIVES ADDED

from Grass Fed Cows
200 grams

PRODUCT OF PALAWAN
PHILIPPINES

RICOTTA

from Grass Fed Cows

CHÈVRE

from Grass Fed Goats

CHÈVRE

ALOHA KITCHEN

ALL NATURAL
NO PRESERVATIVES ADDED

from Grass Fed Goats
200 grams

PRODUCT OF PALAWAN
PHILIPPINES

CHÈVRE

from Grass Fed Goats

ROBINSONS MALLS

ROBINSONS MALLS

ROBINSONS MALLS

Foodprints with Chef Sandy Daza: Lifestyle Channel


Artisan Cheeses
from the Philipines
Philippine
Cheesemaker's
Guild
Arena Cheese
FACTORY OUTLET
CHEESE
STORE
DOUBLE CREAM
COLBY JACK
OPEN
Wisconsin USA

Let get started!

- Mozzarella- 3.8 liters (approx. 1 gallon)
  - 40 minutes step by step
  - 20 discussion/presentation
- Extended session- Mozzarella- 18 liters (approx. 5 gallons)
  - 40 minutes step by step
- Saturday session?- 30 liters (approx. 8 gallons)

Fresh Mozzarella Recipe

1 gallon Whole Milk

1 ½ teaspoon Citric Acid dissolved in ½ Cup Cool Water

¼ tsp. Lipase for a stronger flavor (optional)
NOTE: **Dissolved in ¼ Cup Cool Water and allowed to sit for 20 minutes**

¼ teaspoon Calcium Chloride, dissolved in ¼ cup cool water

¼ teaspoon liquid rennet (single strength), diluted in ¼ cup cool water

1 teaspoon pure sea salt or rock salt

NOTE: **water should be unchlorinated**

Fresh Mozzarella Recipe

Procedure:

I. Preparing Equipment/Tools Needed

- Follow steps in preparing utensils and equipment

II. No need for thermization

III. Cheese Making Procedure

1. Pour the raw whole milk into a pot.
Add the diluted calcium chloride.

While stirring add the diluted citric acid to the milk at 55ºF and mix thoroughly.

If using lipase add it now.
NOTE: If lipase is used, add a bit more rennet, as lipase makes the cheese softer.

Fresh Mozzarella Recipe

III.Cheese Making Procedure

2. Heat the milk to 90ºF over medium heat / low heat. The milk will start to curdle.

3. Add the diluted rennet once temperature is reached, gently stirring with up-and-down motion to mix. Keep on stirring gently while heating the milk to 100 -105ºF. Once temperature is reached, turn off the heat. The curds should be pulling away from the sides of the pot.

4. The curds will look like very thick yoghurt and have a bit of shine to them. If the whey is still milky, wait a few more minutes until the whey is clear.

5. Scoop out the curds with a slotted spoon. Or drain using a colander.

Fresh Mozzarella Recipe

6. Heat the whey to at least 175ºF (or up to 185ºF).

7. Cut the curds to 3-inch cubes and put them in a glass bowl or stainless steel bowl.

8. Pour the hot whey into the bowl of cut curds.

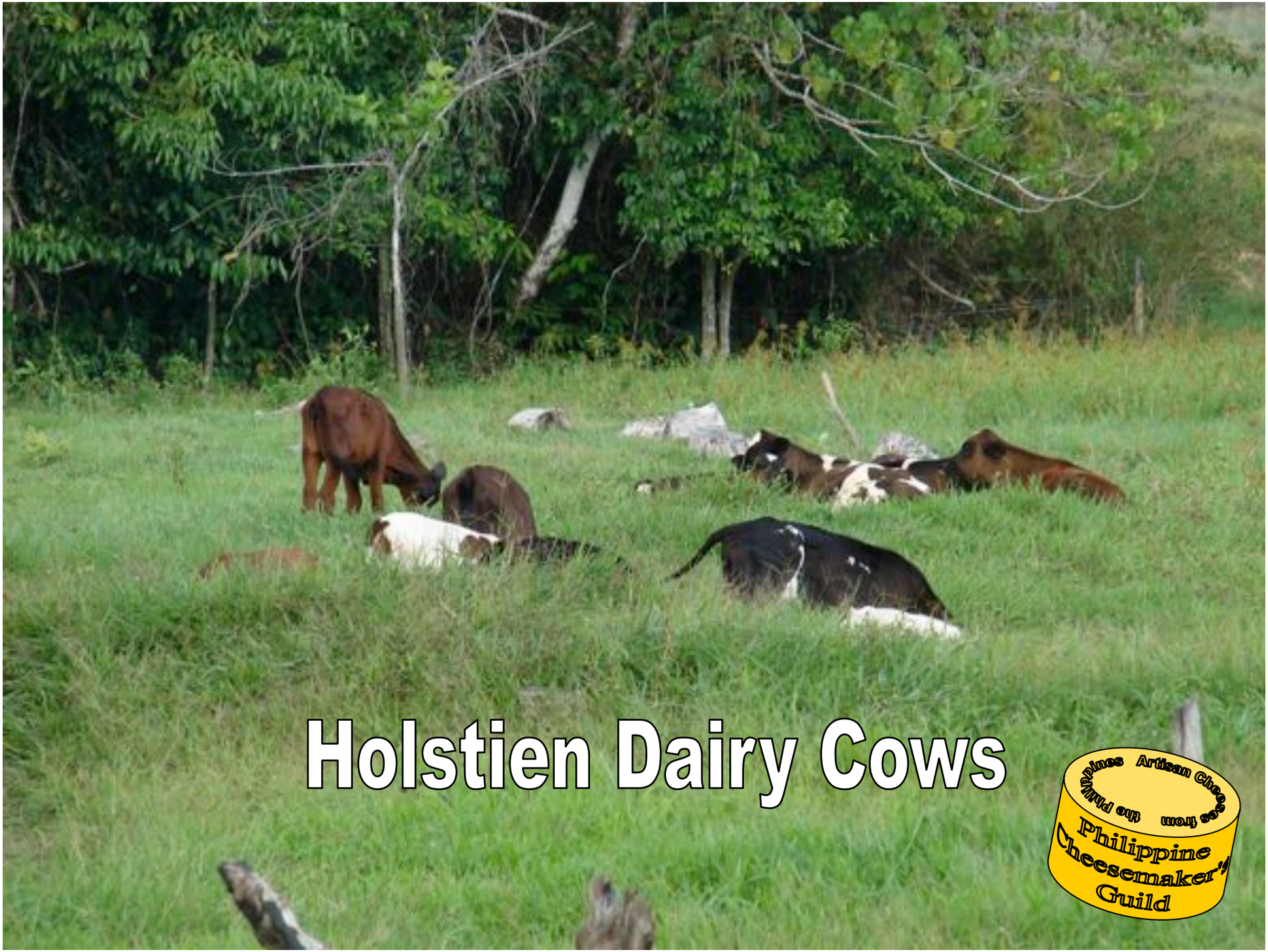
9. Gather the curds together to form small balls and knead the curd. If the curd breaks or has blisters, dip them in the hot whey again. Repeat stretching and dipping until the curds turn smooth and shiny and taffy like.

10. Shape into balls or small logs and place in salted ice water for at least 30 minutes.

11. It is ready to eat …


Commercial Modern Cheese
“emulsifiers”, fillers, extenders, stabilizers, non-dairy proteins
Philippine Cheesemaker's Guild
Artisan Cheese from the Philippines


Calcium 20%
*Percent Daily Values are based
calorie diet. Your daily values may be
or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholest Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Protein 50g 65g
INGREDIENTS: CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [COLOR]); POTATO STARCH, CELLULOSE POWDER, AND CALCIUM SULFATE ADDED TO PREVENT CAKING; NATAMYCIN (A NATURAL MOLD INHIBITOR)
CONTAINS: MILK.
DISTRIBUTED BY
NORTHFIELD, IL
CONTAINS 0g OF LACTOSE PER SERVING
Commercial Modern Cheese
“emulsifiers”, fillers, extenders, stabilizers, non-dairy proteins
Philippine Cheesemaker's Guild


Holstien Dairy Cows
Philippine Cheesemaker's Guild
Artisan Cheese from dairy farms in the Philippines

Palawan Rice Paddy


Multi-Purpose
Philippine Cheesemaker's Guild
Artisan Cheese from the Philippines


Water Buffalo
Carabao
Mura Mozzarella
Philippine Cheesemaker's Guild


DALUYON
Philippine Cheesemaker's Guild
Artisan Cheese from the Philippines


Philippine Cheesemaker's Guild
Artisan Cheese from the Philippines


Artisan Cheese from the Philippines
Philippine Cheesemaker's Guild


Artisan Cheese from the Philippines
Philippine Cheesemaker's Guild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Philippine
Cheesemaker's
Guild
Artisan Cheese from the Philippines


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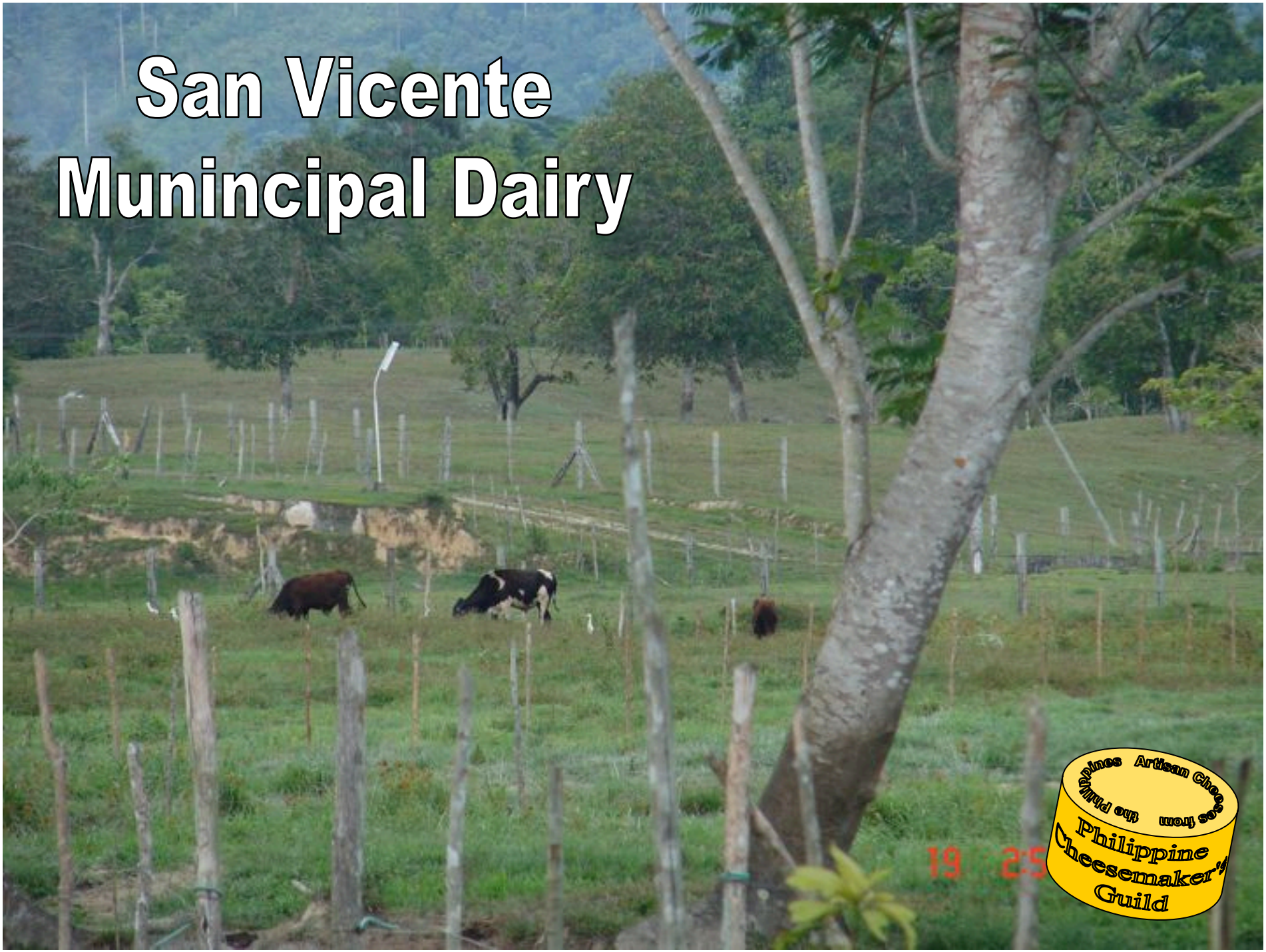
Artisan Cheese from the Philippines
Philippine Cheesemaker's Guild


San Vicente
Munincipal Dairy
Philippine Cheesemaker's Guild


Philippine
Cheesemaker's
Guild


Philippine Cheesemaker's Guild
Artisan Cheese from the Philippines


Milk is collected on a dairy
Philippine Cheesemaker's Guild


A Raised
Floor Dairy
Philippine Cheesemaker's Guild


Artisan Cheese from the Philippines
Philippine Cheesemakers' Guild


Milking Vacuum
Philippine Cheesemaker's Guild
Artisan Cheese from the Philippines


Philippine Cheesemaker's Guild
Artisan Cheese from the Philippines


Pasteurizer
Philippine Cheesemaker's Guild


Bottle milkers


Palawan Creamery


Palawan Creamery

Artisan Cheese Production

Homestead Artisan Cheese


High quality milk is:
✓Raw (unpasturized)
✓Fresh (not stale)
✓Good Brix (>10º)
✓From Grass Fed cows
(no soy or grain)
Brixº as a quality indicator
Philippine Cheesemaker's Guild
Artisan Cheese from Philippine cows

Basic Cheese Making 101

The Old World Origins of Cheese Making

“Cheese Varieties & Descriptions”

- 800 + Cheeses (Cheese Varieties & Descriptions US Dept. of Agriculture ,1953)

- 1,400 named cheeses (The World Cheese Exchange, Wisconsin Center for Dairy Research at UW)
- Extraordinary diversity of cheese flavors, textures, aromas and visual characteristics almost defies imagination.

What shapes the local cheese making technology?

Geographic Location

Climactic Condition

Economic Conditions

Cultural Practices

The Local cheese making technology in turn shaped the chemistry and microbiology of the local cheese…

…which in turn shaped the characteristics and identity of the cheese

Cheese Names

When considering the many cheese varieties that originated from Europe, it is important to note that local cheeses were often given the name of the town or locality, or a significant feature of the area in which they were produced.

Parmigiano Reggiano – A region in Italy - a very hard Cheese made out of skim milk

Emmental –A town in Switzerland - a type of Swiss Cheese characterized by holes and buttery taste.

Cheese Names

Colby Wisconsin

Joseph F. Steinwand in 1885 developed a new type of cheese at his father's cheese factory near Colby, Wisconsin. The cheese was named after the village, which had been founded three years earlier. While Colby cheese is still available for sale, it is no longer produced in its native Colby, Wisconsin. A festival commemorating the cheese is held every year in mid-July where all local food booths offer free Colby cheese.

Gouda is a Dutch yellow cheese made from cow's milk. It is named after the city of Gouda in the Netherlands.

Cheese Names

Cheddar cheese is a relatively hard, off-white (or orange if spices such as annatto are added), sometimes "sharp" (i.e., acidic) - tasting, natural cheese. Originating in the **English village of Cheddar in Somerse**t, cheeses of this style are produced beyond this region and in several countries around the world.

Limburger is a cheese that originated during the 19th century in the historical Duchy of Limburg, which is now divided among modern-day Belgium, Germany, and Netherlands. The cheese is especially known for its pungent odor caused by the bacteria *Brevibacterium linens*, which is partially responsible for body odor and particularly smelly feet

Dairy Products By Products

Whole Milk

Yogurt

Cheese → 1st Whey → Ricotta Cheese → 2nd Whey

Cream → Skim Milk → Parma Cheese → 2nd Whey

Butter → Skim Milk

Cow Milk Production

W.R. 96 Liters/day

Good breed 29 L/day

Tropical Production 11L/day

San Vicente 6 L/day

Carabao Milk 4 L/day

Murrah buffalo 16 L/day

Native cow 1-3 L/day

33 L Milk 4.5 K Cheddar 1.6 K Ricotta 30 L Whey

X P44/L = P1,452 P6,752 P1200 Chicken/Pigs

P7,452 - 1,752 Costs = P5,750 -750Labor = 5,000 profit

Kitchen production

Suggested Learning Progression (per 4 liters)

1. Start with fresh cheeses without coagulant or culture
2. Rennet only
3. Rennet and cheese culture
   - Rennet and thermophilic bacteria
   - Rennet and mesophilic bacteria
4. Fungi, Rennet and cheese culture

Philippine Cheesemaker's Guild


DFP450W
NSF
-40/450°F
-40/232°C


Suggested Learning Progression (per 4 liters)
1. Start with fresh cheeses without coagulant or culture
Farmer's cheese - "Paneer" - lemon or vinegar only 195ºF
Yoghurt cheese - Quick cream cheese –room temp.
Whole milk "ricotta"- citric acid 180ºF


Yogurt (live yogurt) Cheese:
Hang in cheese cloth

2. Rennet only
White cheese - salt milk 165ºF, add rennet, cut curds, and lightly press in cloth
Ricotta: “re-cook” - use the whey

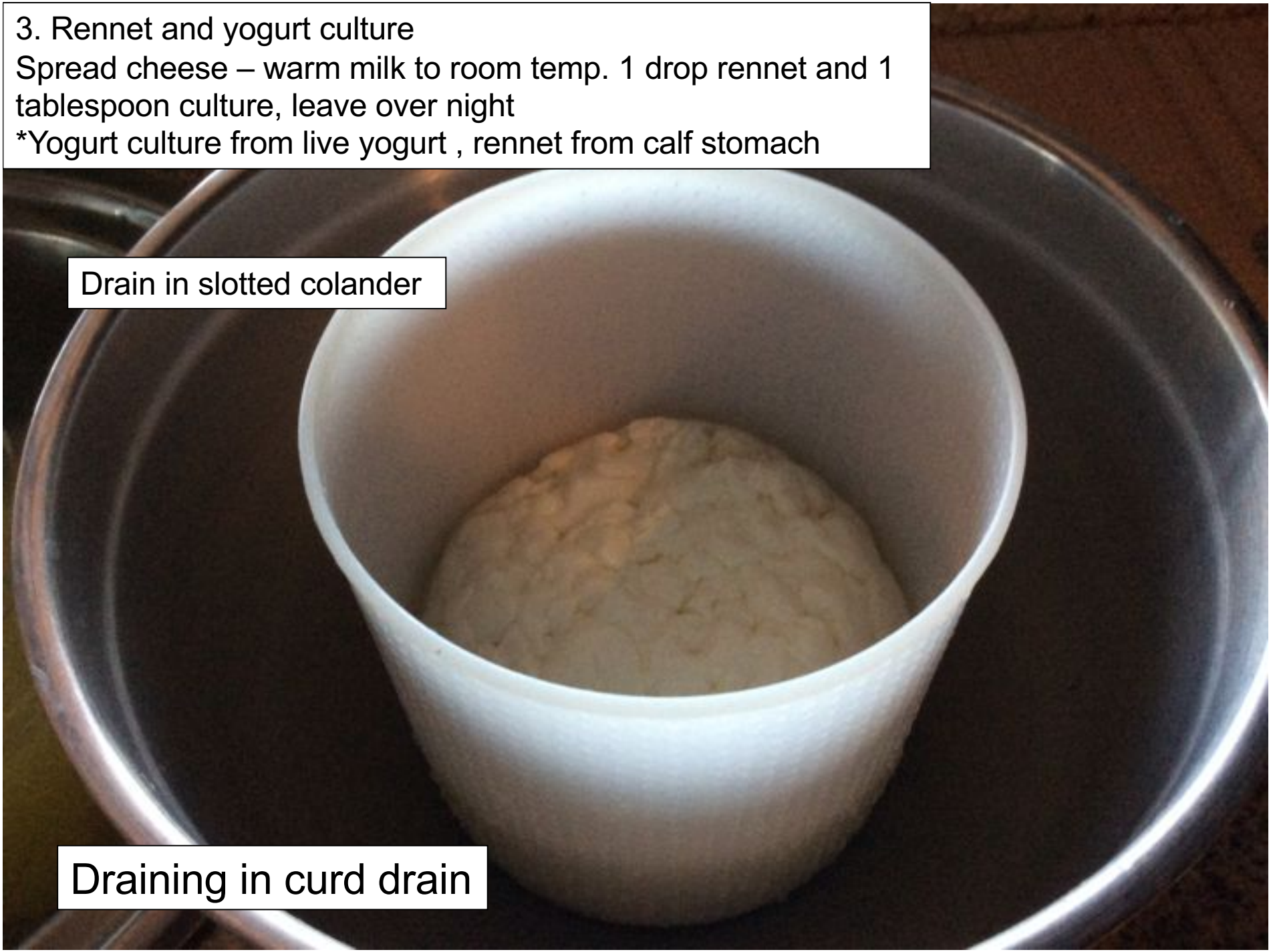
UHT and GMO milk may not coagulate

Wild yeast will interfere with cheese quality in the tropics

Dilute ¼ teaspoon rennet in ¼ cup water for gallon recipe


Cheese can be made in your kitchen to start
3. Rennet and yogurt culture
Spread cheese – warm milk to room temp. 1 drop rennet and 1 tablespoon culture, leave over night
*Yogurt culture from live yogurt , rennet from calf stomach
Philippine Cheesemaker's Guild

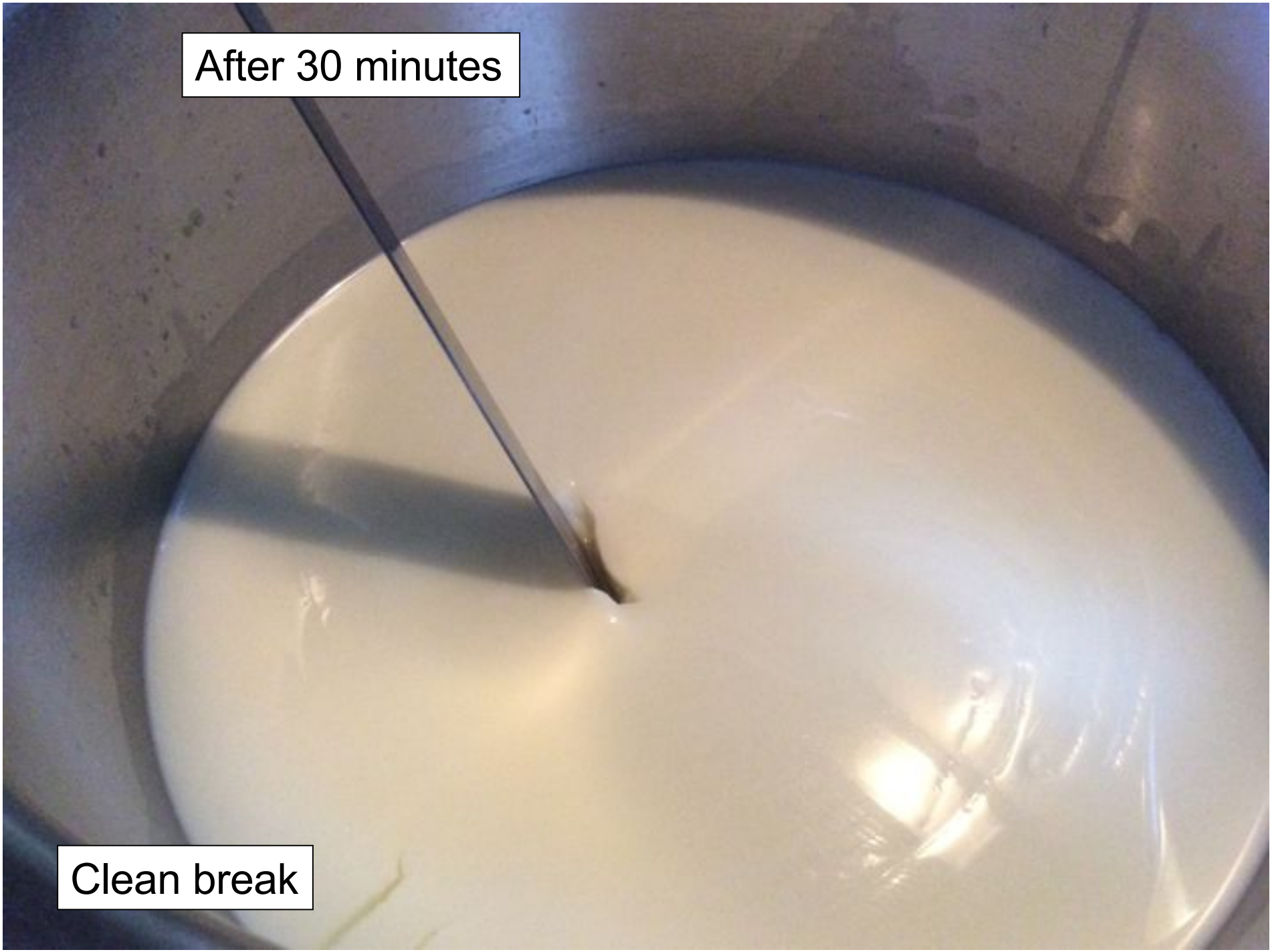
3. Rennet and yogurt culture
Spread cheese – warm milk to room temp. 1 drop rennet and 1 tablespoon culture, leave over night
*Yogurt culture from live yogurt , rennet from calf stomach



Dilute ¼ teaspoon rennet in ¼ cup water for gallon recipe


Using cheese cultures
Wait 5 minutes to hydrate cultures before stirring


Starting w/good
milk and rennet


After 30 minutes
Clean break


3. Rennet and mesophilic bacteria
Cheddar, Gouda, Guyere, Colby
Wild yeast will interfere with cheese quality in the tropics

3. Rennet and thermophilic bacteria

- Mozzarella
- Provolone
- Parmesan
- Swiss- + mesophylls
- Emmental

Fresh cheese


5. Rennet and thermophilic bacteria
• Mozzarella
Fresh cheese


5. Rennet and thermophilic bacteria
• Mozzarella
Fresh cheese

Curing and Aging


Equipment not ergonomic
Need Lower Equipment
Philippine Cheesemaker's Guild
Artisan Cheese from the Philippines

4. Rennet and mesophilic bacteria
Blue cheeses: **Roquefort, Stilton, Danish blue, Cabrales** -
fungus: *Penicillium roqueforti*

Penicillium roqueforti is a common saprotrophic fungus from the family Trichocomaceae. Widespread in nature, it can be isolated from soil, decaying organic matter, and plants.

The major industrial use of this fungus is the production of blue cheeses, flavouring agents, antifungals, polysaccharides, proteases and other enzymes. The fungus has been a constituent of Roquefort, Stilton, Danish blue, Cabrales and other blue cheeses that humans are known to have eaten since approximately AD 50; blue cheese is mentioned in literature as far back as AD 79, when Pliny the Elder remarked upon its rich flavour

Wild yeast will interfere with cheese quality in the tropics


Aloha House
The clean room
EXIT


The clean room


The creamery


The creamery


In the tropics quality cheese is made in a Creamery


In the tropics quality cheese is made in a Creamery
Ergonomic design


Ergonomic design

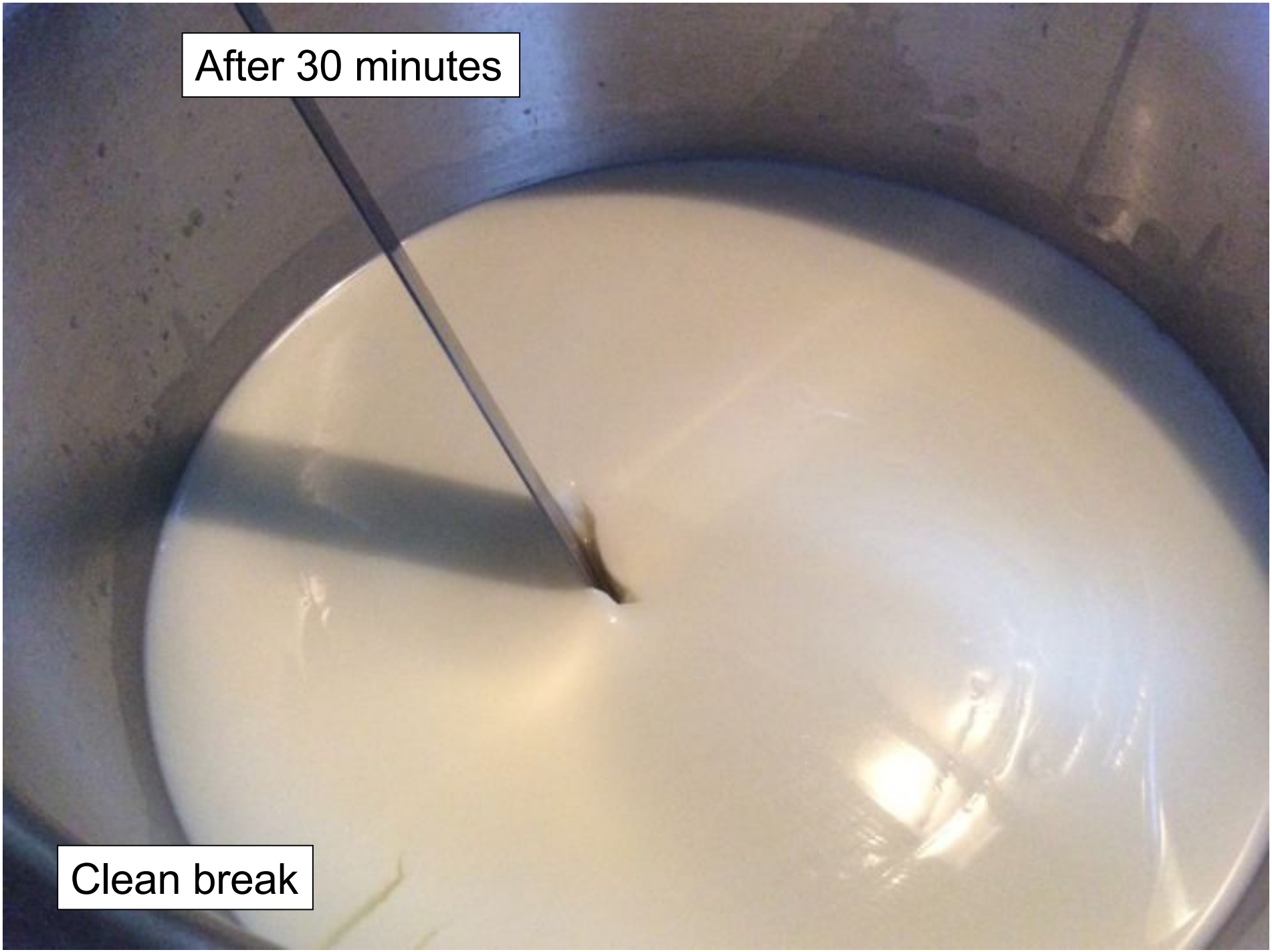

Planned Work space


Washable surfaces


Viewing area


Ergonomic design


Feta Tropicana
CHEESE SPREAD
200g
MOZZARELLA
PARMESAN
CHEDDAR


After 30 minutes
Clean break


Cutting the Curd
Philippine Cheesemaker's Guild
Artisan Cheese from the Philippines

Cutting the Curd


Cooking the Curd
38° C
100° F
Philippine Cheesemaker's Guild
Artisan Cheese from the Philippines


Artisan Cheese from the Philippines
Philippine Cheesemaker's Guild


Philippine Cheesemaker's Guild
Artisan Cheese from the Philippines


Philippine Cheesemaker's Guild
Artisan Cheese from the Philippines


Mozzarella
Philippine Cheesemaker's Guild
Artisan Cheese from the Philippines


Brine
Gouda
Philippine Cheesemaker's Guild
Artisan Cheese from the Philippines


Cheddar
Artisan Cheese from the Philippines
Philippine Cheesemaker's Guild


Feta
Brine
Philippine Cheesemaker's Guild
Artisan Cheese from the Philippines

Curing and Aging


4. Rennet and mesophilic bacteria*
Blue cheeses - fungus: *Penicillium roqueforti*
*The pros formulate by weight not volume
Wild yeast will interfere with cheese quality in the tropics

Whey is dairy or CREAMERY “waste”.

Curing and Aging


Curing and Aging


Alpha Kitchen's
Palawan Cheddar
Palawan Cheddar
Palawan Cheddar
Palawan Cheddar
Puerto Provolone


Farm Store
Alpha Organic Farm Store
Philippine Cheesemaker's Guild


Yogurt
from Grass Fed Cows
from Aloha Kitchen
2 cups
Baby corn
onions
kimchi
Red lettuce
Green lettuce
Ginger Cool
Whole Wheat
Happy Box
Honey
Papaya
Sweet basil
Kangkong
cucumber
Aloha House
Aged Cheddar
from Grass Fed Cows
Pole beans
Thai basil
Chili Pepper


Livelihood Products
Available
Philippine
Cheesemaker's
Guild
Artisan Cheese from the Philippines

PRICE LIST

effective February 2009

Organic Herbs:	Php	
Chinese Celery	30.00	100 grms.
Cilantro / Coriander	70.00	100 grms.
Dill weed	70.00	100 grms.
Garlic Chives	100.00	kilo
Gotocula	70.00	100 grms.
Italian Oregano	70.00	100 grms.
Lemon Basil	30.00	100 grms.
Lemon Grass Stalk	50.00	kilo
Lemonmint	30.00	100 grms.
Orangemint	30.00	100 grms.
Parsley	70.00	100 grms.
Rosemary	40.00	100 grms
Sweet Basil	300.00	kilo
Tarragon	50.00	100 grms.
Thai Basil	30.00	100 grms.

Others:	Php	
Cucumber	60.00	kilo
Flowering Pechay	60.00	kilo
Lettuce	200.00	kilo
Arugula	200.00	kilo
Mizuna	150.00	kilo
Tat-soi	60.00	kilo
Pai-Tsai	60.00	kilo
Pechay	45.00	kilo
Radish	60.00	kilo
Sweet Corn	50.00	kilo
Thai Hot Pepper	300.00	kilo
Tomato (small)	60.00	kilo
Tomato (Big)	100.00	kilo
Upland Kangkong	50.00	kilo

Artisan Cheese from the Philippines

Philippine Cheesemaker's Guild

Kitchen Produce:

Yogurt	120.00	per tub
Kimchi	90.00	per tub
Pickled Cucumber	60.00	per tub
Pickled Papaya	60.00	per tub
Feta Cheese	850.00	kilo
Spread Cheese	800.00	kilo
Ricotta Cheese	600.00	kilo
Gouda Cheese	1,200.00	kilo
Cheddar	1,500.00	kilo
Mozzarella	800.00	kilo
Fresh Milk (Cow)	75.00	liter
Mayonaise	95.00	jar
Ketchup	76.00	jar
Tomato Salsa	95.00	jar
Jam	85.00	jar
Virgin Coconut Oil	220.00	Half Liter
Wild Honey	220.00	liter
	820.00	4000ml
	1,200.00	6000ml
Native Honey Bags	70.00	pc.

*** Price are subject to change without prior notice***

Philippine Cheesemaker's Guild
Artisan Cheese from the Philippines


Aloha Organic Farm Store
Yogurt
from Grass Fed Cows
from Aloha Kitchen
2 cups
Philippine Cheesemaker's Guild
Artisan Cheese from the Philippines


Cheese and Milk Store
Zip
Philippine Cheesemaker's Guild
Artisan Cheese from the Philippines


CHÈVRE
RICOTTA
P 162.00
P 240.00
P 220.00
finello
Mozzarella

ALOHA KITCHEN

Yogurt

400 grams

from Grass Fed Cows

Ingredients: Fresh milk and live cultures

ALL NATURAL NO PRESERVATIVES ADDED

PRODUCT OF PALAWAN, PHILIPPINES

BEST BEFORE _____

ALOHA KITCHEN

Yogurt

400 grams

from Grass Fed Cows

Ingredients: Fresh milk and live cultures

ALL NATURAL NO PRESERVATIVES ADDED

PRODUCT OF PALAWAN, PHILIPPINES

BEST BEFORE _____

RICOTTA

ALOHA KITCHEN

ALL NATURAL

NO PRESERVATIVES ADDED

from Grass Fed Cows

200 grams

PRODUCT OF PALAWAN

PHILIPPINES

RICOTTA

from Grass Fed Cows

RICOTTA

from Grass Fed Cows

Ingredients:

Fresh Milk,

Cheese cultures,

Salt.

BEST BEFORE _____

CHÈVRE

ALOHA KITCHEN

ALL NATURAL

NO PRESERVATIVES ADDED

from Grass Fed Goats

200 grams

PRODUCT OF PALAWAN

PHILIPPINES

CHÈVRE

from Grass Fed Goats

Ingredients:

Fresh Milk,

Cheese cultures,

Salt.

BEST BEFORE _____

CHÈVRE

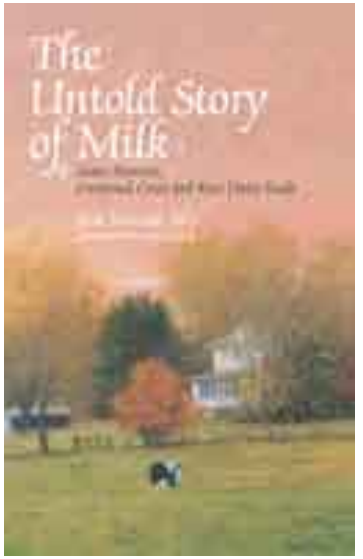
from Grass Fed Goats

Raw Milk is Uniquely Safe

Consider the calf, born in the muck, which then suckles on its mother's manure-covered teat.

How can that calf survive?

Because raw milk contains multiple, redundant systems of bioactive components that can reduce or eliminate populations of pathogenic bacteria.



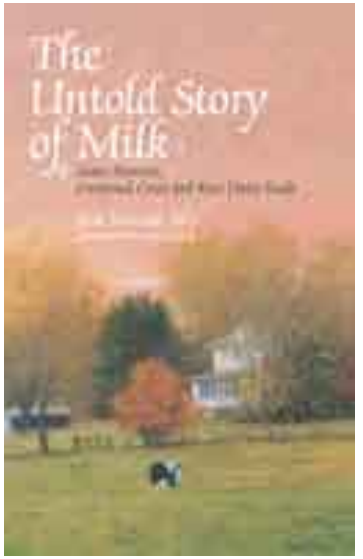
Built-In Protective Systems in Raw Milk
Lactoperoxidase

Uses small amounts of H_2O_2 and free radicals to seek out and destroy bad bacteria

In all mammalian secretions—breast milk, tears, etc.

Lactoperoxidase levels *10 times higher* in goat milk than in breast milk

Other countries are looking into using lactoperoxidase instead of pasteurization to ensure safety of commercial milk



British Journal of Nutrition (2000), 84, Suppl. 1. S19-S25.
Indian Journal Exp Biology Vol. 36, August 1998, pp 808-810.
1991 *J Dairy Sci* 74:783-787
Life Sciences, Vol 66, No 23, pp 2433-2439, 2000

Built-In Protective Systems in Raw Milk
Other Bio-Active Components I

Lactoferrin - Steals iron away from pathogens and carries it through the gut wall into the blood stream; stimulates the immune system.

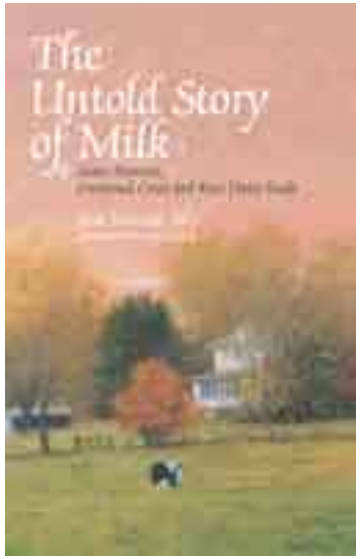
Polysaccharides - Encourage the growth of good bacteria in the gut; protect the gut wall

Medium-Chain Fatty Acids - Disrupt cell walls of bad bacteria; levels so high in goat milk that the test for the presence of antibiotics had to be changed.

Enzymes - Disrupts bacterial cell walls.

Antibodies - Bind to foreign microbes and prevent them from migrating outside the gut; initiate immune response.

(*British Journal of Nutrition* (2000) 84. Suppl. 1, S3-S10, S11-S17)



Built-In Protective Systems in Raw Milk
Other Bioactive Components II

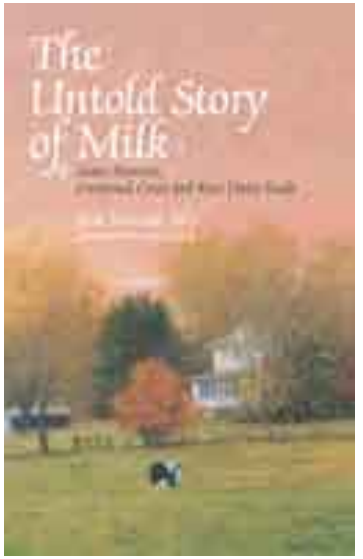
White Blood Cells – Produce antibodies against specific bacteria

B-lymphocytes – Kill foreign bacteria; call in other parts of the immune system

Macrophages – Engulf foreign proteins and bacteria

Neutrophils – Kill infected cells; mobilize other parts of the immune system

T-lymphocytes – Multiply if bad bacteria are present; produce immune-strengthening compounds.



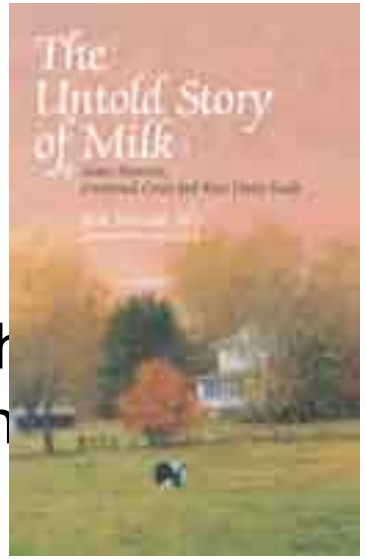
Built-In Protective Systems in Raw Milk
Other Bioactive Components III

Lysosyme – Kills bacteria by digesting their cell walls.

Hormones & Growth Factors – Stimulate maturation of gut cells; prevents "leaky" gut.

Mucins – Adhere to bacteria and viruses, preventing those organisms from attaching to the mucosa and causing disease.

Oligosaccharides– Protect other components from being destroyed by stomach acids and enzymes; bind to bacteria and prevent th from attaching to the gut lining; other fun just being discovered.

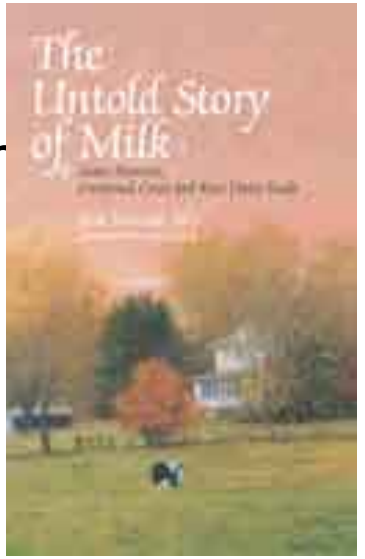


Built-In Protective Systems in Raw Milk
Other Bioactive Components IV

B12 Binding Protein – Reduces vitamin B-12 in the colon, which harmful bacteria need for growth

Bifidus Factor – Promotes growth of Lactobacillum bifidis, a helpful bacteria in baby's gut, which helps crowd out dangerous "germs"

Fibronectin – Increases antimicrobial activity of macrophages and helps to repair dam tissues.



Pasture-Based Mixed Farm

Dairy Cows	
Fresh Milk	$
Butter	$
Cream	$
Yogurt	$$$
Cheese	$$$$
Culled Cows	$

Pasture-Based Mixed Farm

Free Input: Sunlight

Dairy Cows	
Fresh Milk	$
Butter	$
Cream	$
Yogurt	$$$
Cheese	$$$$
Culled Cows	$

Pasture-Based Mixed Farm

Free Input: Sunlight

Dairy Cows	
Fresh Milk	$
Butter	$
Cream	$
Yogurt	$$$
Cheese	$$$$
Culled Cows	$

Purchased Inputs:

- **Some grain**
- **Mineral fertilizers**
- **Equipment**

Pasture-Based Mixed Farm

Free Input: Sunlight

Dairy Cows

Fresh Milk	$
Butter	$
Cream	$
Yogurt	$$$
Cheese	$$$$
Culled Cows	$

Male Animals

Beef (& Lamb)

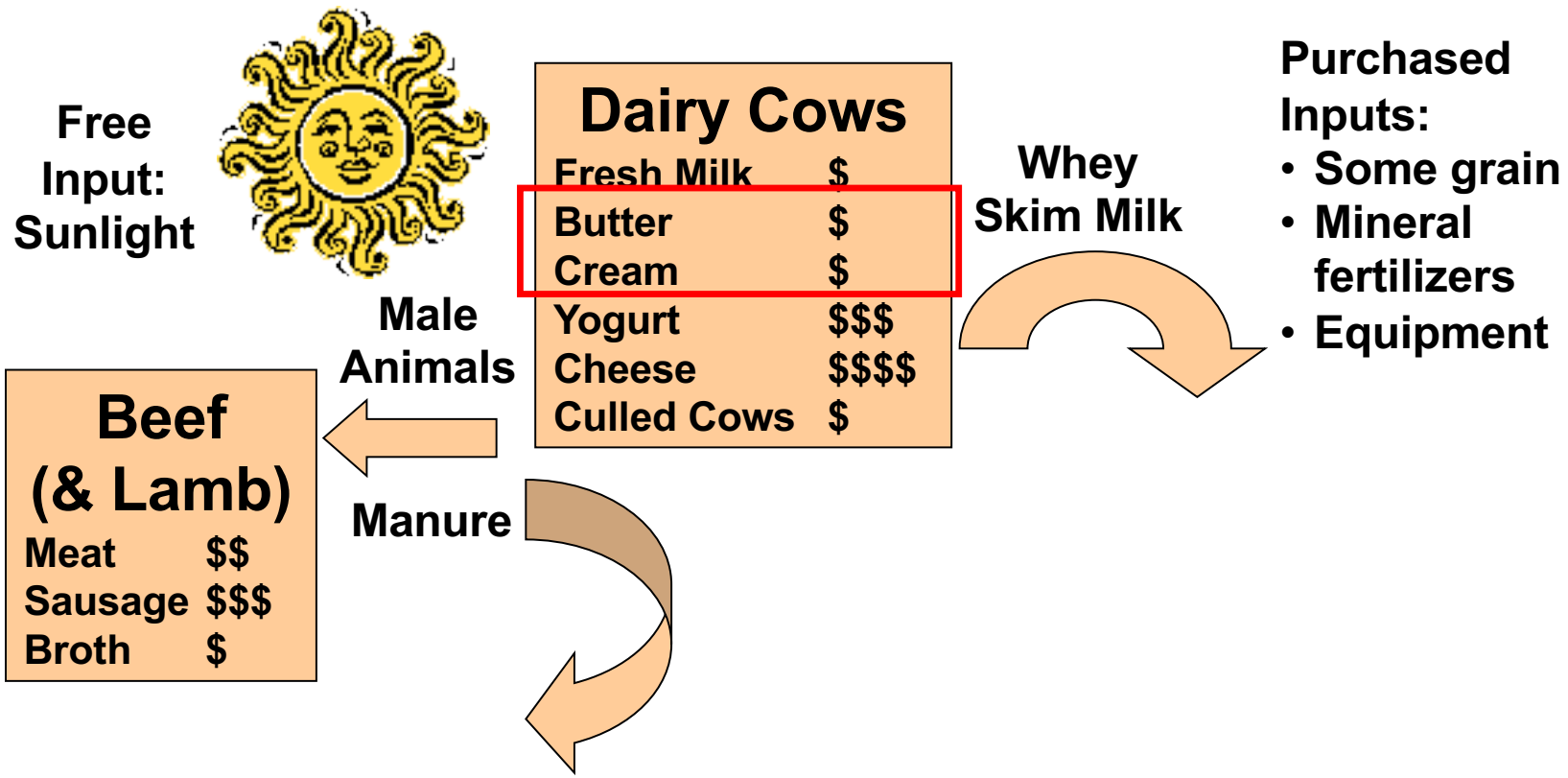
Meat	$$
Sausage	$$$
Broth	$

Manure

Purchased Inputs:

- Some grain
- Mineral fertilizers
- Equipment

Pasture-Based Mixed Farm



Whey is dairy “waste”.

Pasture-Based Mixed Farm

Free Input: Sunlight

Dairy Cows

Fresh Milk	$
Butter	$
Cream	$
Yogurt	$$$
Cheese	$$$$
Culled Cows	$

Male Animals

Manure

Beef (& Lamb)

Meat	$$
Sausage	$$$
Broth	$

Whey Skim Milk

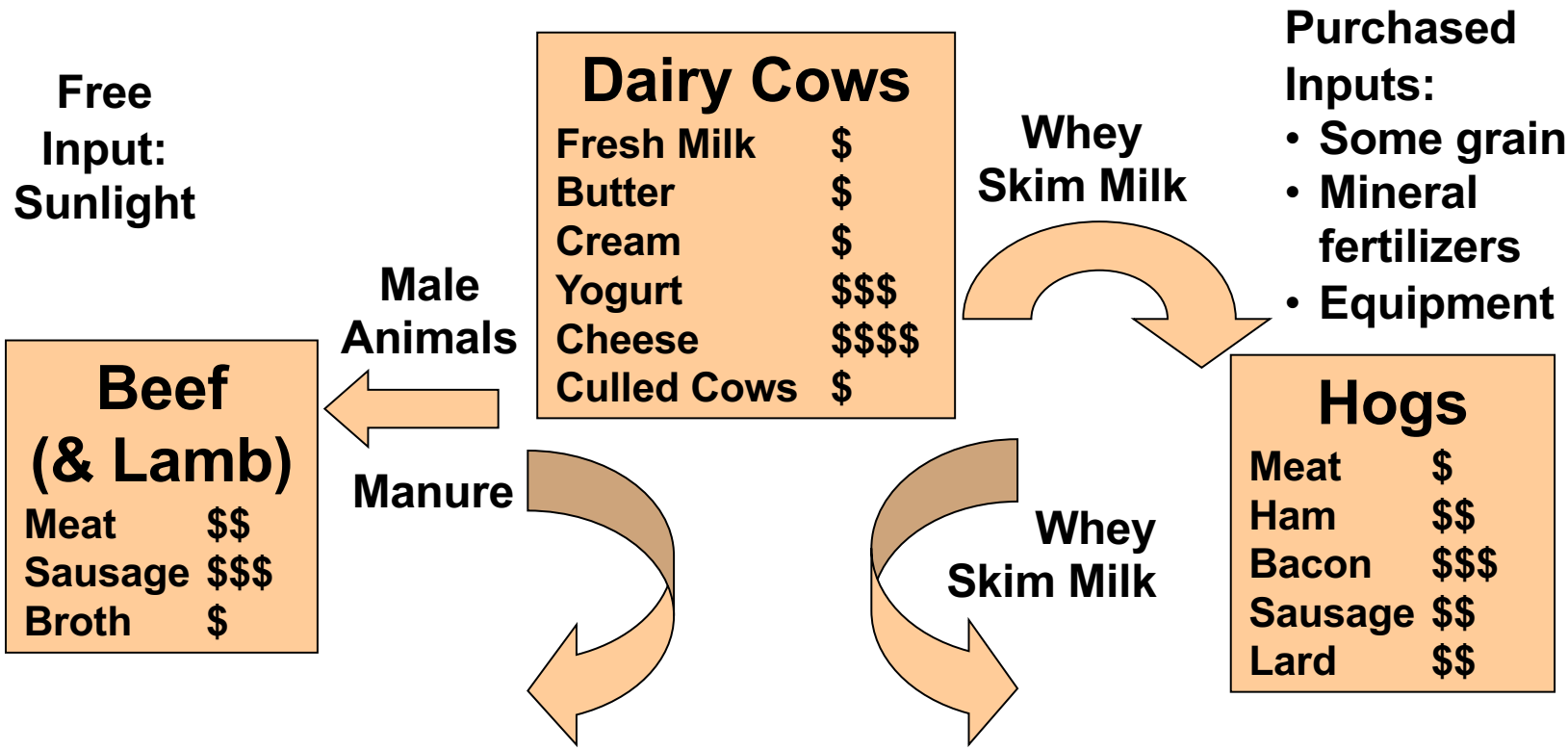
Purchased Inputs:

- Some grain
- Mineral fertilizers
- Equipment

Hogs

Meat	$
Ham	$$
Bacon	$$$
Sausage	$$
Lard	$$

Pasture-Based Mixed Farm



Pasture-Based Mixed Farm

Free Input: Sunlight

Dairy Cows

Fresh Milk	$
Butter	$
Cream	$
Yogurt	$$$
Cheese	$$$$
Culled Cows	$

Male Animals

Manure

Whey Skim Milk

Purchased Inputs:

- Some grain
- Mineral fertilizers
- Equipment

Beef (& Lamb)

Meat	$$
Sausage	$$$
Broth	$

Hogs

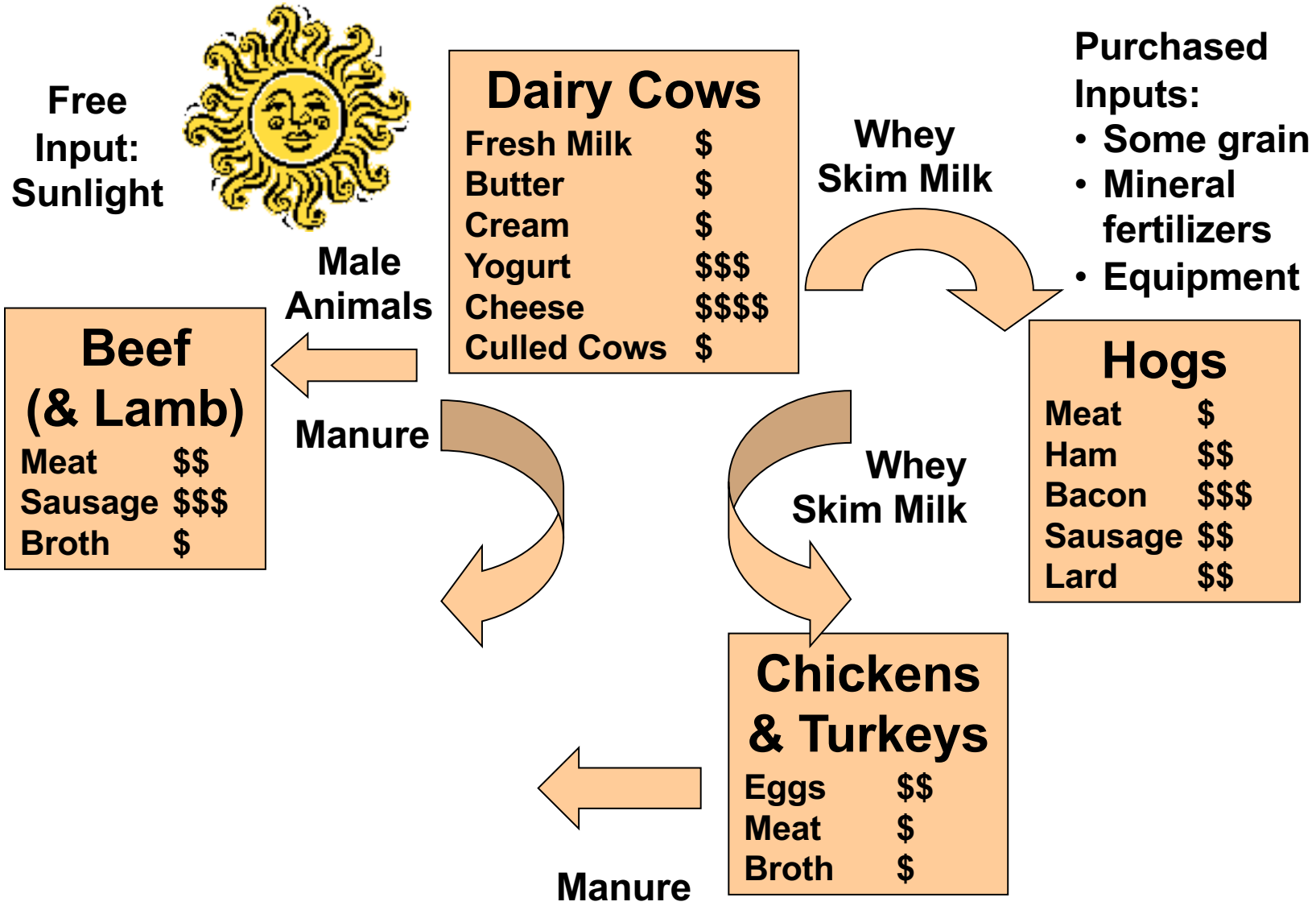
Meat	$
Ham	$$
Bacon	$$$
Sausage	$$
Lard	$$

Whey Skim Milk

Chickens & Turkeys

Eggs	$$
Meat	$
Broth	$

Pasture-Based Mixed Farm



Pasture-Based Mixed Farm

Free Input: Sunlight

Dairy Cows

Fresh Milk	$
Butter	$
Cream	$
Yogurt	$$$
Cheese	$$$$
Culled Cows	$

Male Animals

Whey Skim Milk

Purchased Inputs:

- Some grain
- Mineral fertilizers
- Equipment

Beef (& Lamb)

Meat	$$
Sausage	$$$
Broth	$

Manure

Whey Skim Milk

Hogs

Meat	$
Ham	$$
Bacon	$$$
Sausage	$$
Lard	$$

Vegetables

Fresh Vegetables	$$
Lacto-Fermented Condiments	$$$

Manure

Chickens & Turkeys

Eggs	$$
Meat	$
Broth	$

Pasture-Based Mixed Farm

Free Input: Sunlight

Dairy Cows

Fresh Milk	$
Butter	$
Cream	$
Yogurt	$$$
Cheese	$$$$
Culled Cows	$

Purchased Inputs:

- Some grain
- Mineral fertilizers
- Equipment

Whey Skim Milk

Male Animals

Beef (& Lamb)

Meat	$$
Sausage	$$$
Broth	$

Manure

Hogs

Meat	$
Ham	$$
Bacon	$$$
Sausage	$$
Lard	$$

Whey Skim Milk

Greens

Vegetables

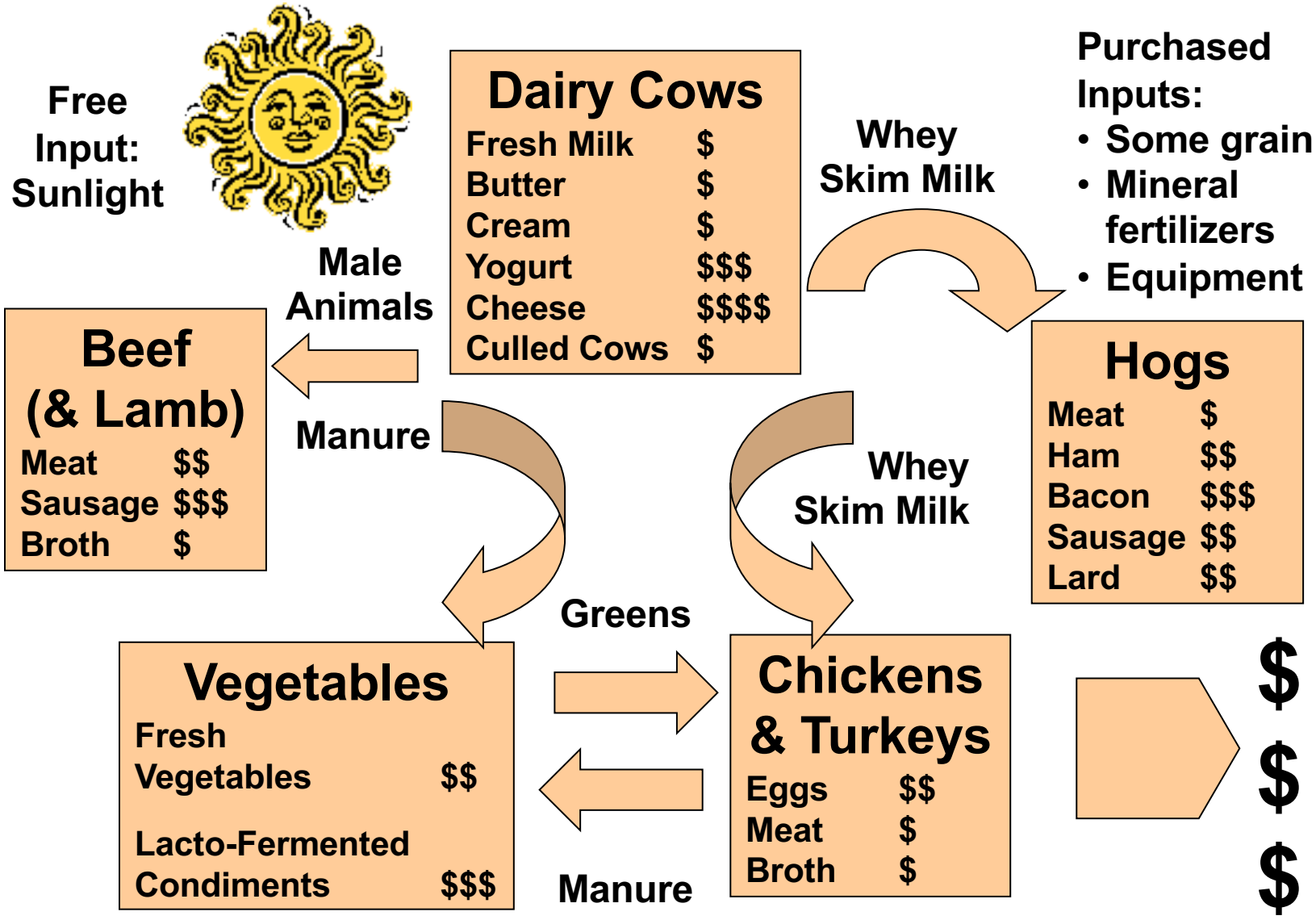
Fresh Vegetables	$$
Lacto-Fermented Condiments	$$$

Manure

Chickens & Turkeys

Eggs	$$
Meat	$
Broth	$

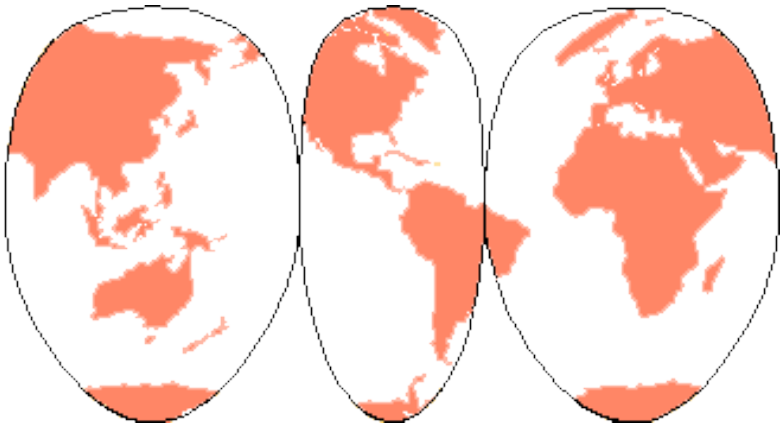
Pasture-Based Mixed Farm



Resources

The Weston A. Price Foundation

www.westonaprice.org



Quarterly Magazine

Informational Brochures

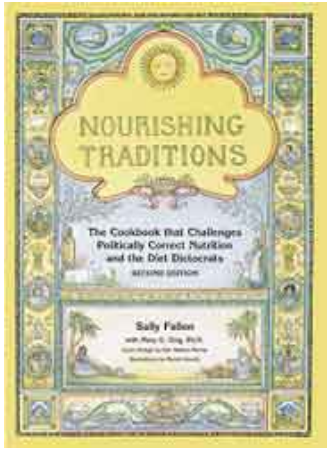
Yearly Shopping Guide

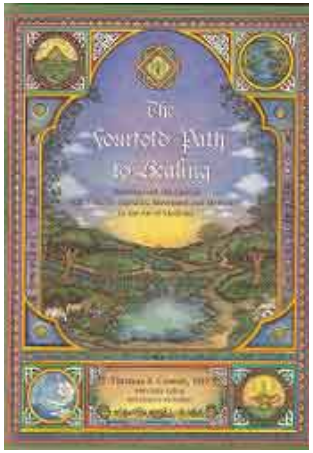
Annual Conference

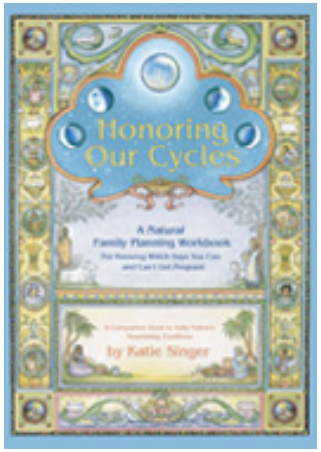
Local Chapters

Resources

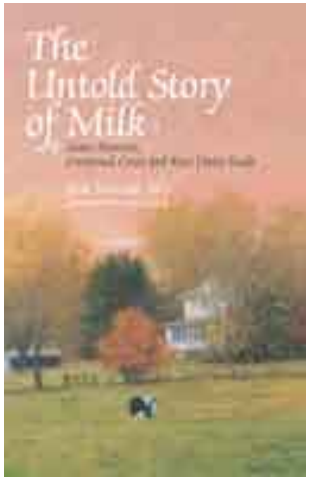
www.NewTrendsPublishing.com

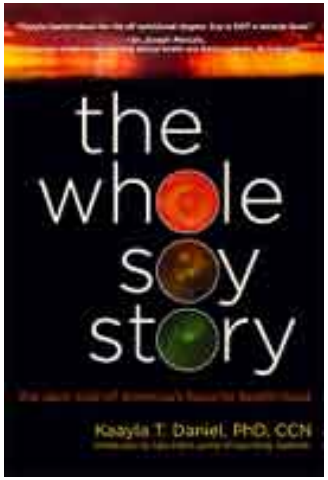


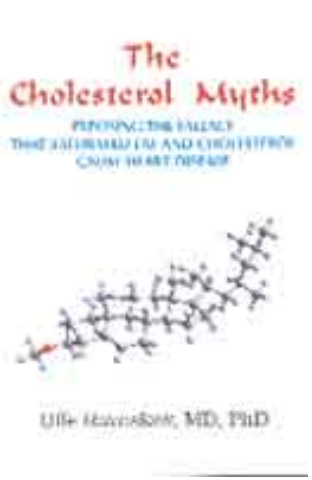


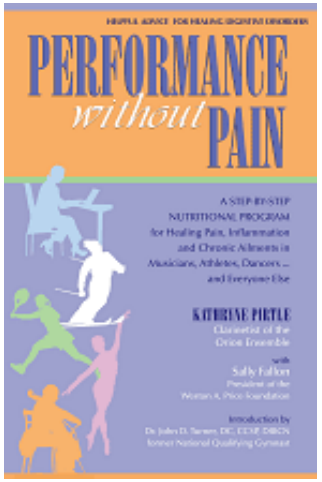


NewTrends Publishing
(877) 707-1776
Important books on diet and health

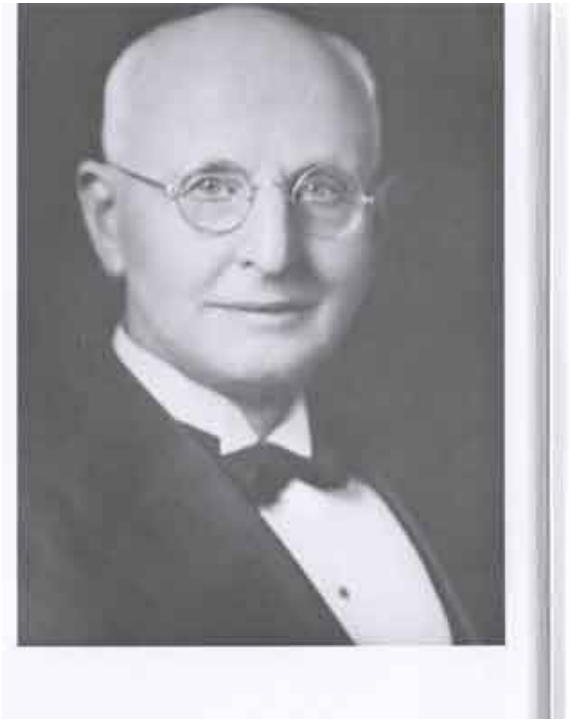


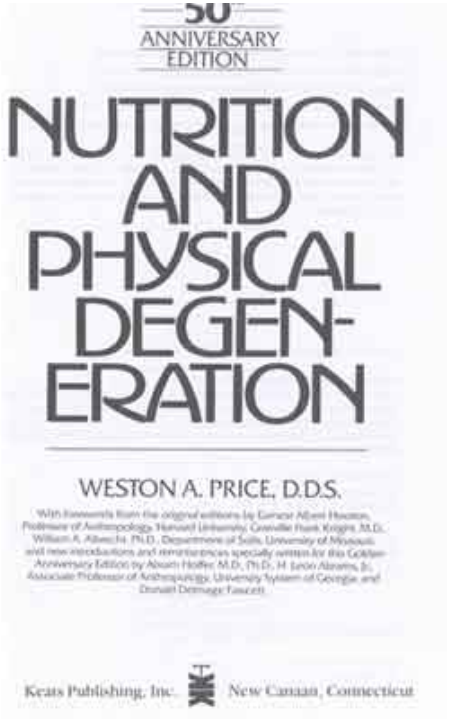






Resources





The Price-Pottenger Nutrition Foundation
www.price-pottenger.org
(619) 462-7600


We only make cheese from raw milk from grass fed cows.
Join our
Artisan Cheeses from the Philippines
Philippine Cheesemaker's Guild

Aloha Creamery

Building

- Stainless Steel Equipment
  - 30 gallon inner
  - Steamer
  - Specialty Gas Stoves
  - Pails
  - Tables
  - Sink
- Cheese Cave
  - Racks

Crème Separator

Curd Cutters

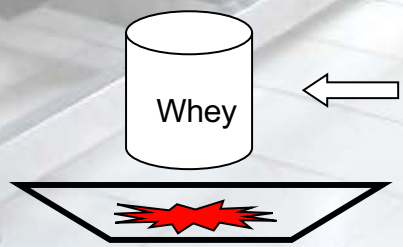
Presses

Molds

Cheese Cloth

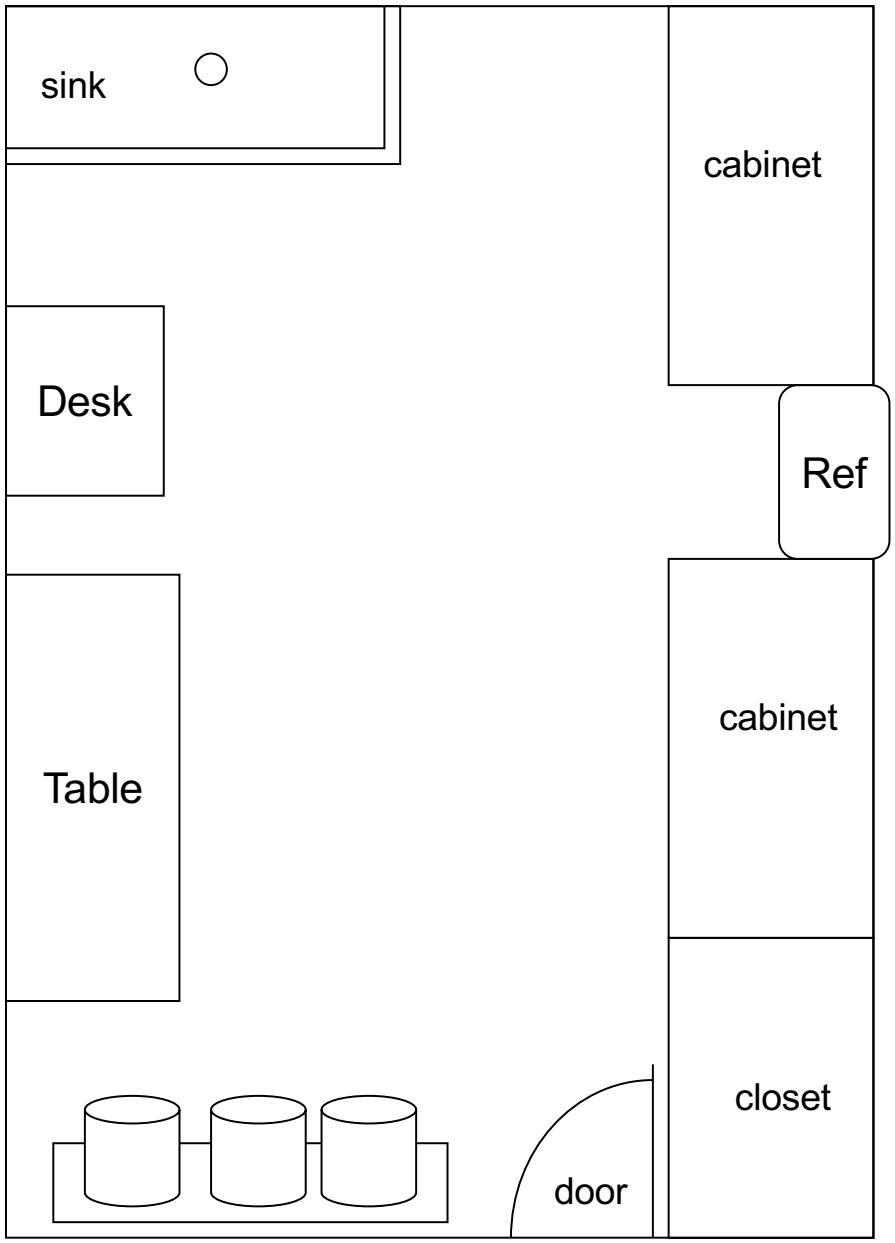
Bleach/cleaners

Property

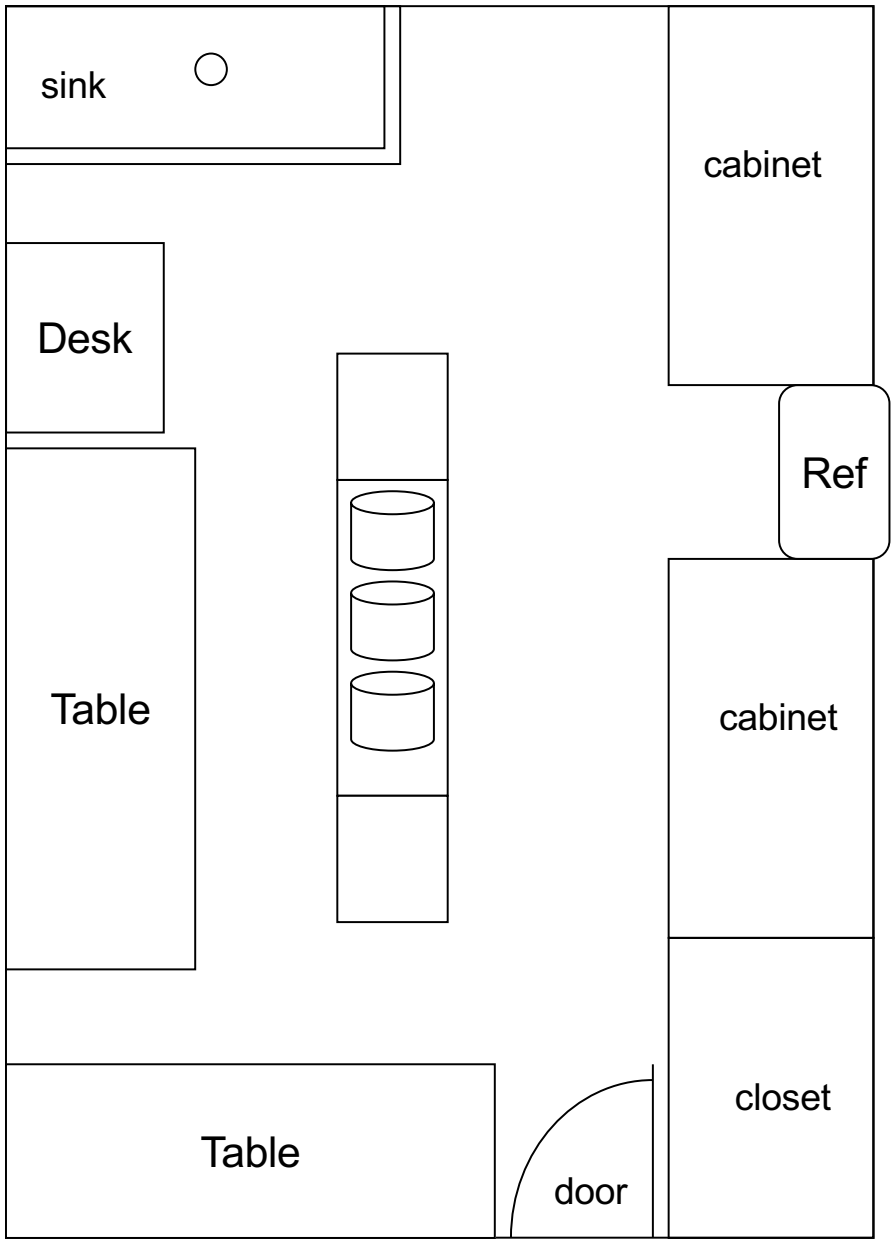


Equipment

Small scale Cheese Plant, including cooking kettle, 2 Groen Kettles with lids, 2 head Cheese Press, cooling racks, small drain table, plastic cheese molds, knives, & other miscellaneous items



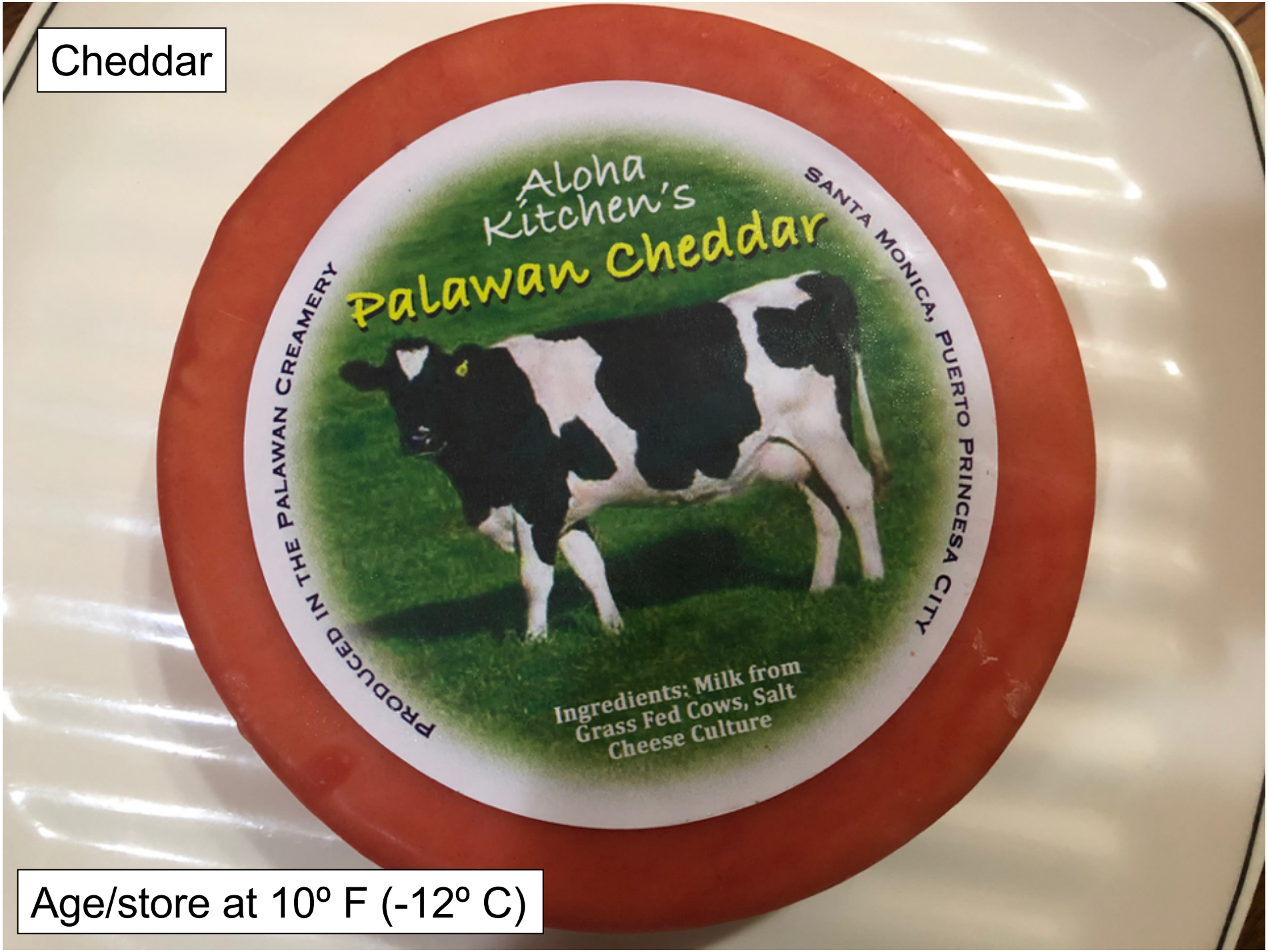
Aloha Creamery



Aloha Creamery

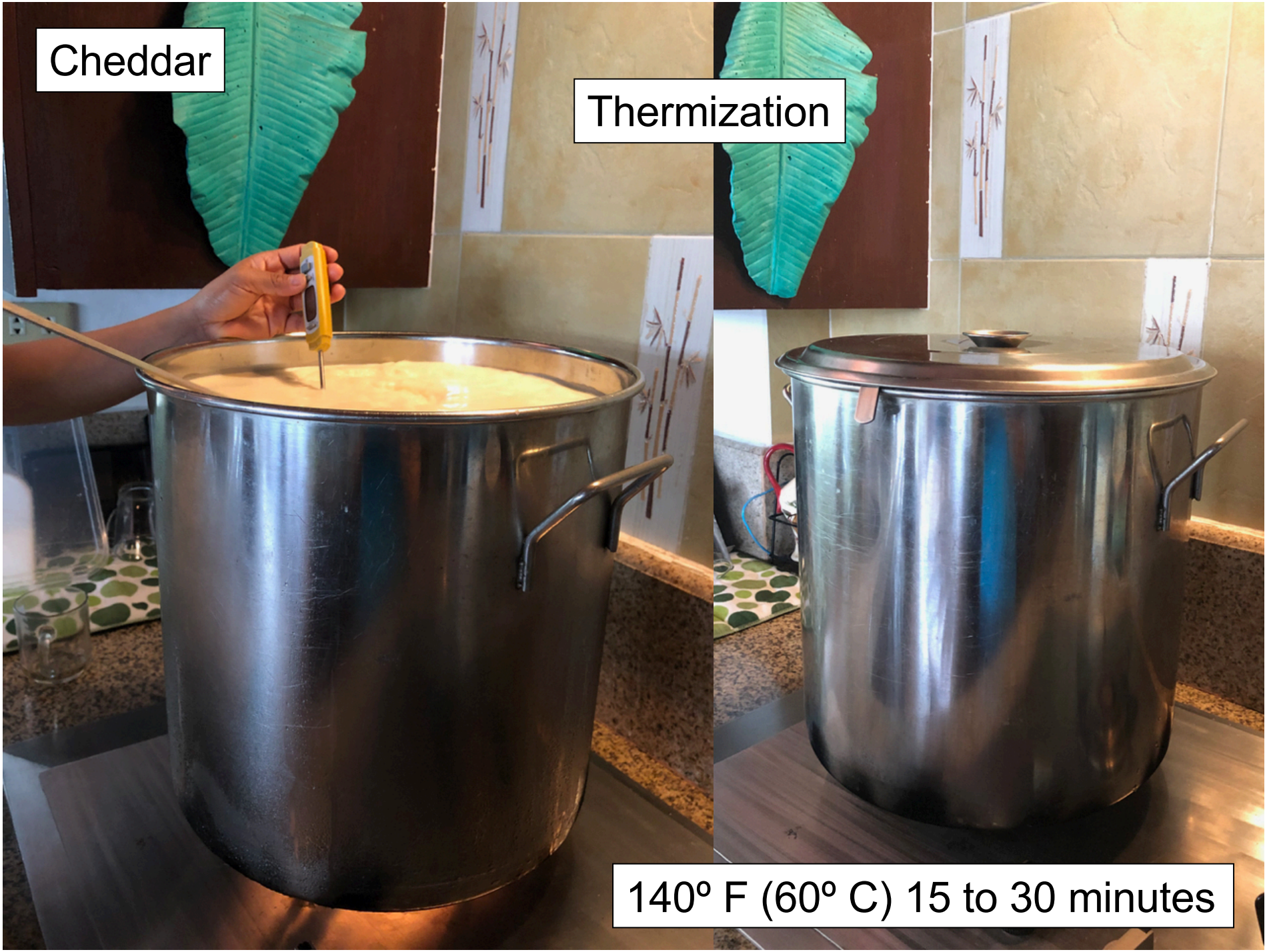

Alpha Kitchen's
Palawan Cheddar
Palawan Cheddar
Palawan Cheddar
Palawan Cheddar
Puerto Provolone

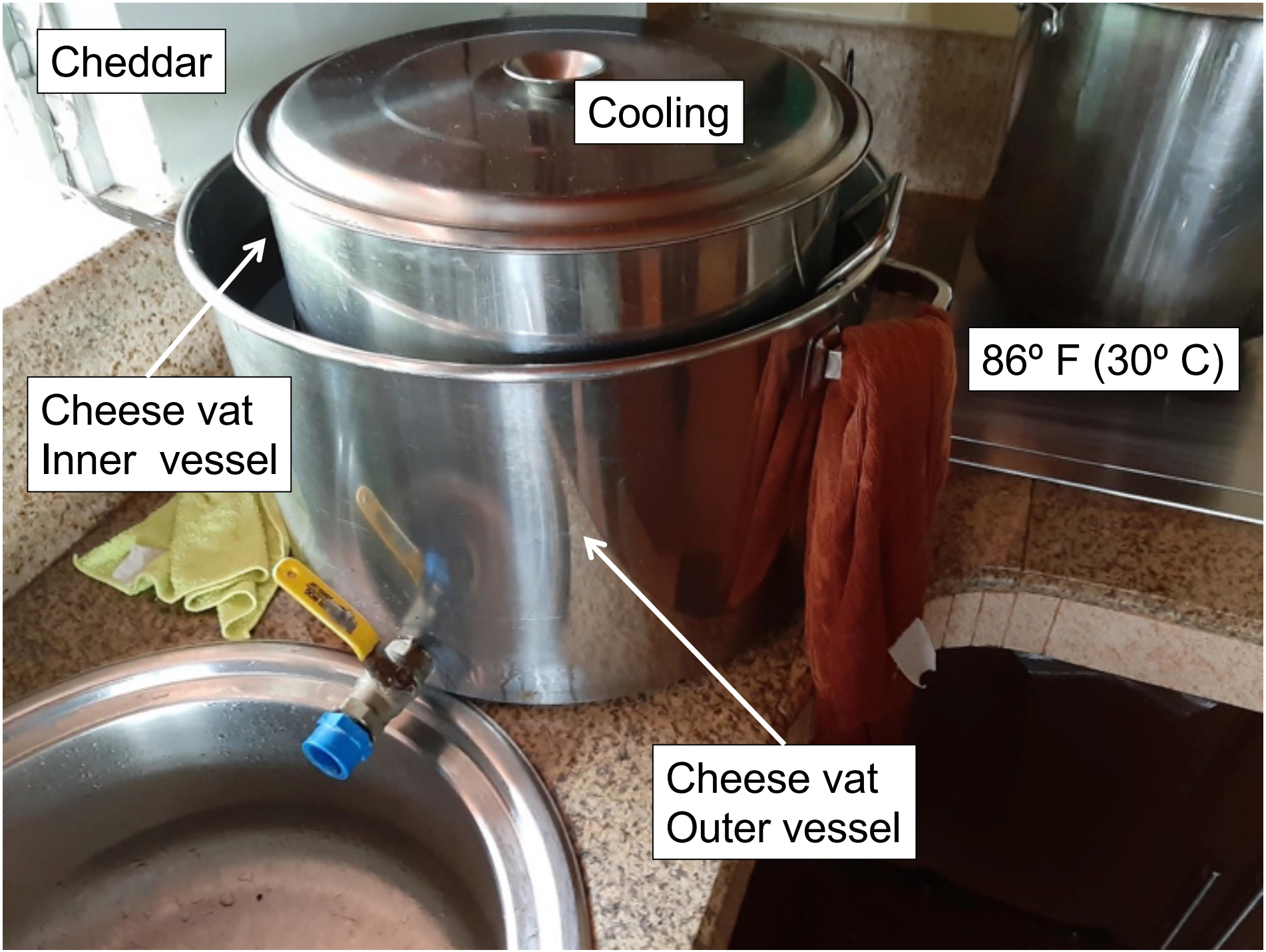

Palawan's
1st
Cheese
Aloha Creamery
Cheddar
Gouda
Mozzarella
Feta Mo' Bedda'
DOUBLE CREAM
COLBY JACK 2
Thank You
Philippine Cheesemaker's Guild
Artisan Cheese from the Philippines

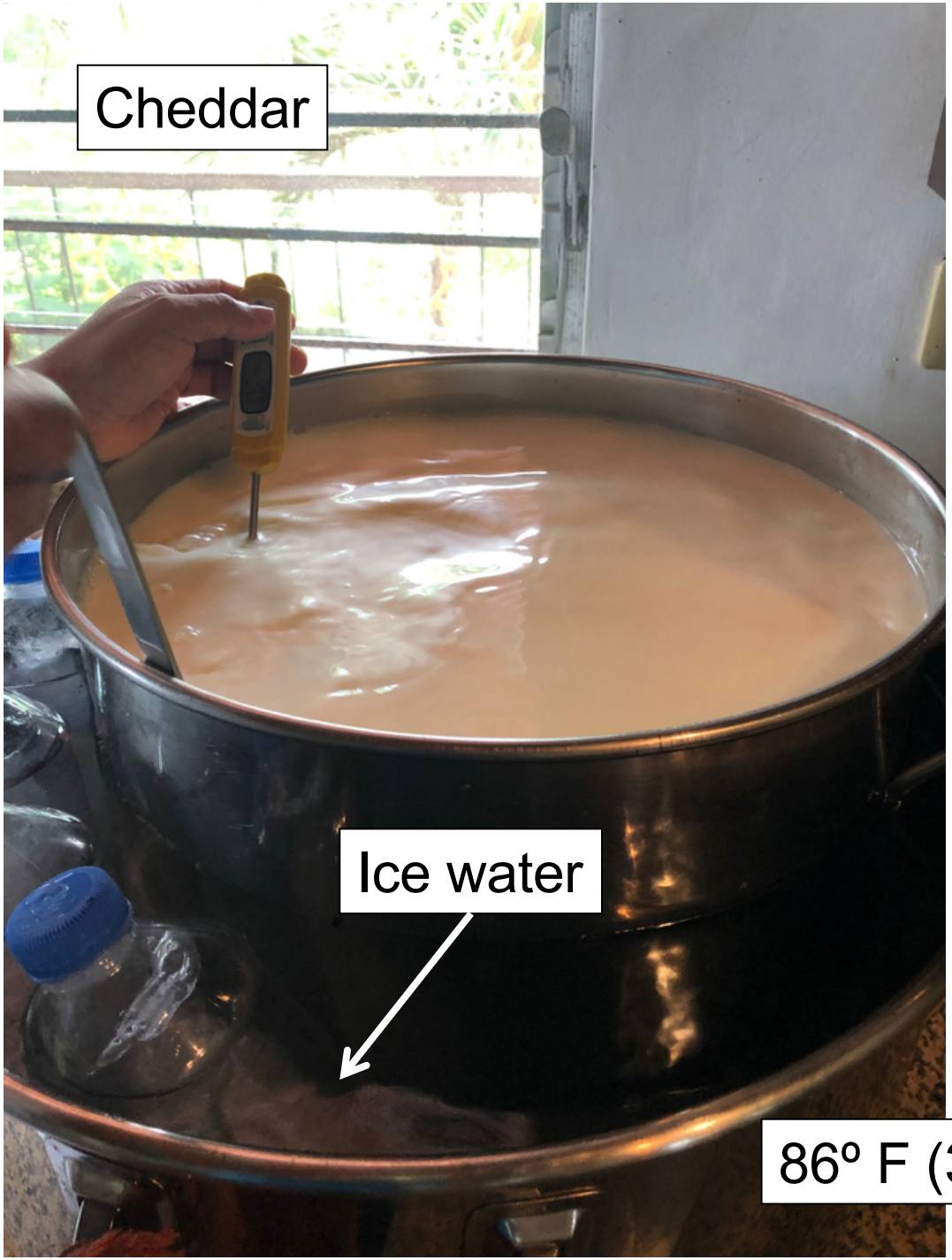

Cheddar
Aloha Kitchen's
Palawan Cheddar
PRODUCED IN THE PALAWAN CREAMERY
SANTA MONICA, PUERTO PRINCESA CITY
Ingredients: Milk from Grass Fed Cows, Salt Cheese Culture
Age/store at 10º F (-12º C)


Cheddar


Thermization


Cheddar
Thermization
140º F (60º C) 15 to 30 minutes

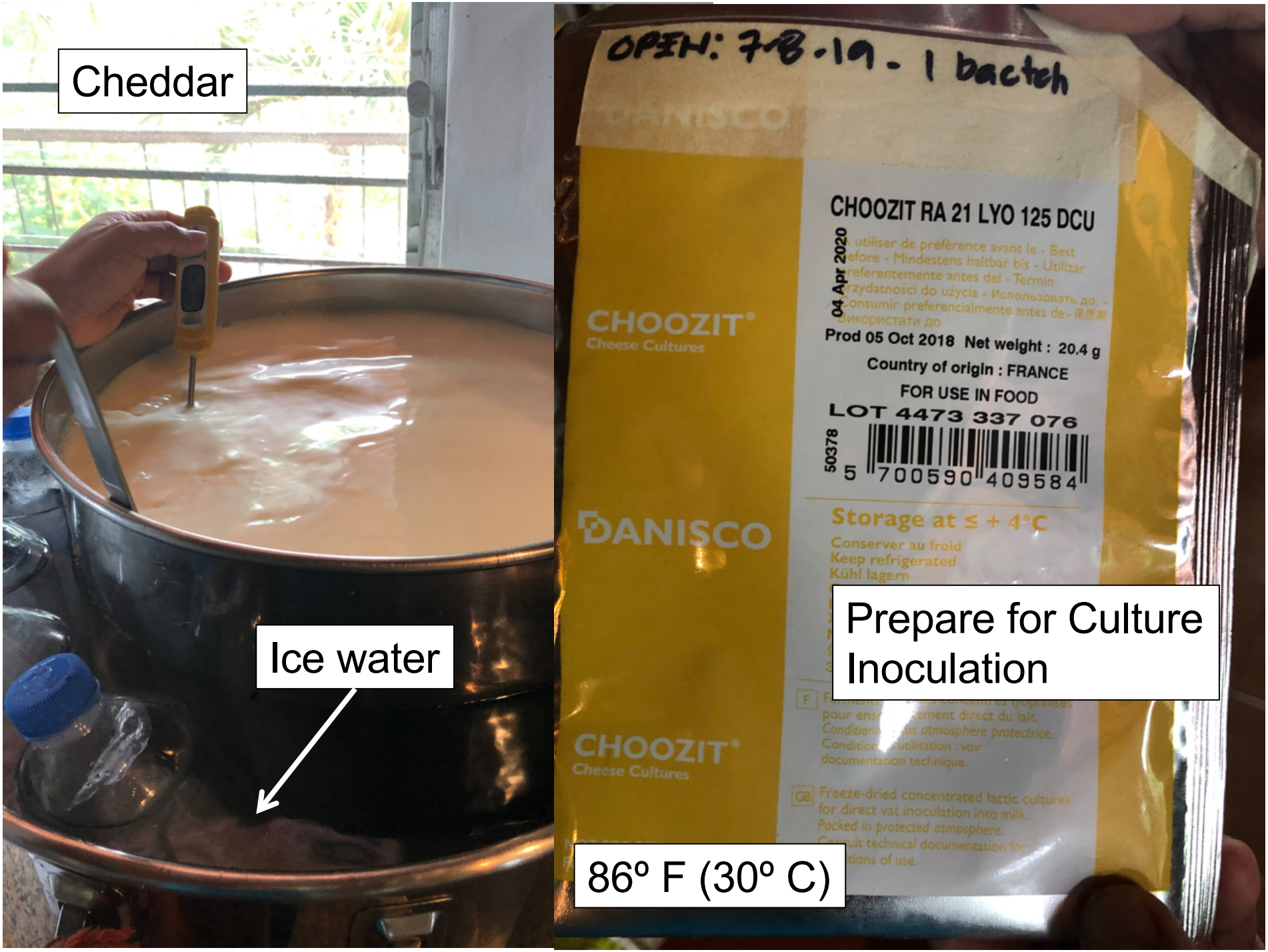

Cheddar
Cooling
86º F (30º C)
Cheese vat
Inner vessel
Cheese vat
Outer vessel

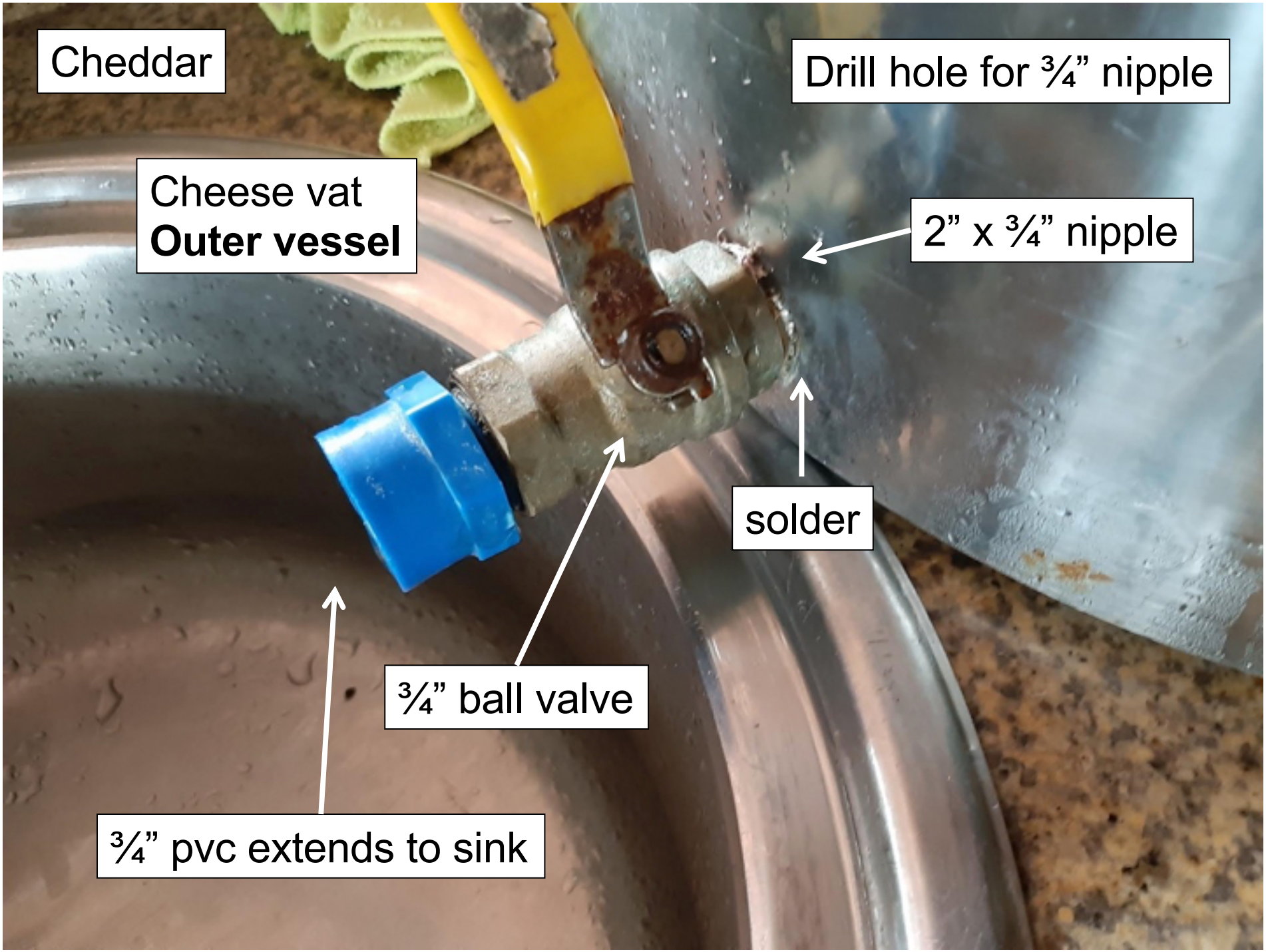


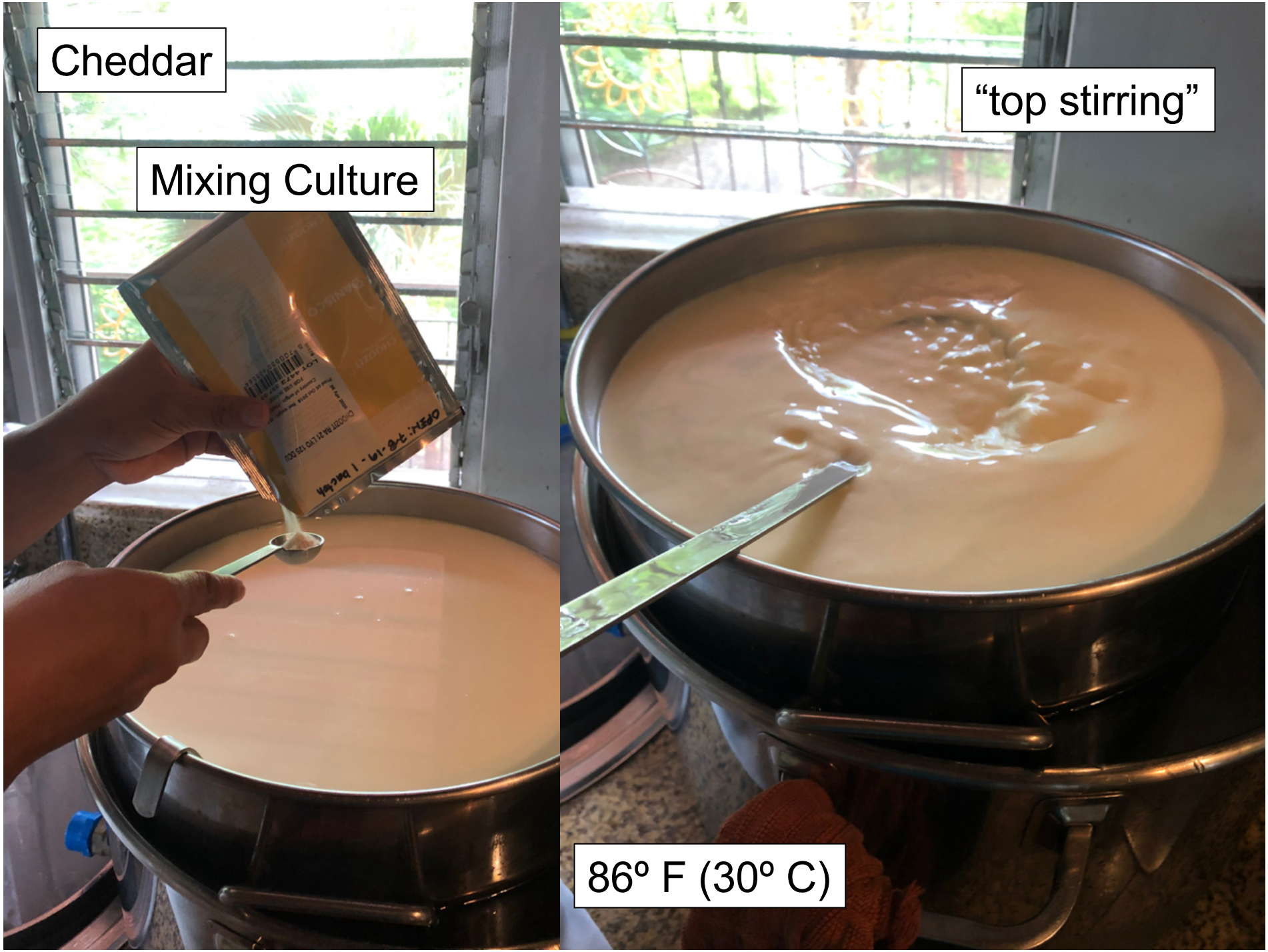
Prepare for Culture

Cool as quick as possible without having to reheat!

(This batch took 10 min.)


Cheddar
Ice water
OPEN: 7-8-19 - 1 batch
CHOOZIT RA 21 LYO 125 DCU
04 Apr 2020
CHOOZIT®
Cheese Cultures
Prod 05 Oct 2018 Net weight : 20.4 g
Country of origin : FRANCE
FOR USE IN FOOD
LOT 4473 337 076
50378
5 700590 409584
DANISCO
Storage at ≤ + 4°C
Conserver au froid
Keep refrigerated
Kühl lagern
CHOOZIT®
Cheese Cultures
Freeze-dried concentrated lactic cultures
for direct vat inoculation into milk.
Packed in protected atmosphere.
Prepare for Culture Inoculation
86º F (30º C)


Cheddar
Drill hole for ¾” nipple
Cheese vat
Outer vessel
2” x ¾” nipple
solder
¾” ball valve
¾” pvc extends to sink


Cheddar
Mixing Culture
“top stirring”
86º F (30º C)


Cheddar
Mixing Culture
“top stirring”
86º F (30º C)

Cheddar

Ripening
Cover and wait 45 min.

Maintain 86º F (30º C)

Cheddar

Liquid rennet
Calcium chloride

Coagulant
and additives

Dilute in distilled water

Maintain 86º F (30º C)

Cheddar

Add diluted coagulant

Maintain 86º F (30º C)

Add diluted coagulant
Top stir

Maintain 86º F (30º C)

Cheddar

Maintain 86º F (30º C)

Cheddar

Setting
Cover and wait 45 min.

(until clean break)

Maintain 86º F (30º C)


After up to 45 minutes
Cheddar
Clean break

Cheddar

Maintain 86º F (30º C)

Let sit 5 min. to firm curd

Cheddar

Warming the curd

increase to 100º F (32º C)
No more than 2º/5 min.

Cheddar

Warming the curd

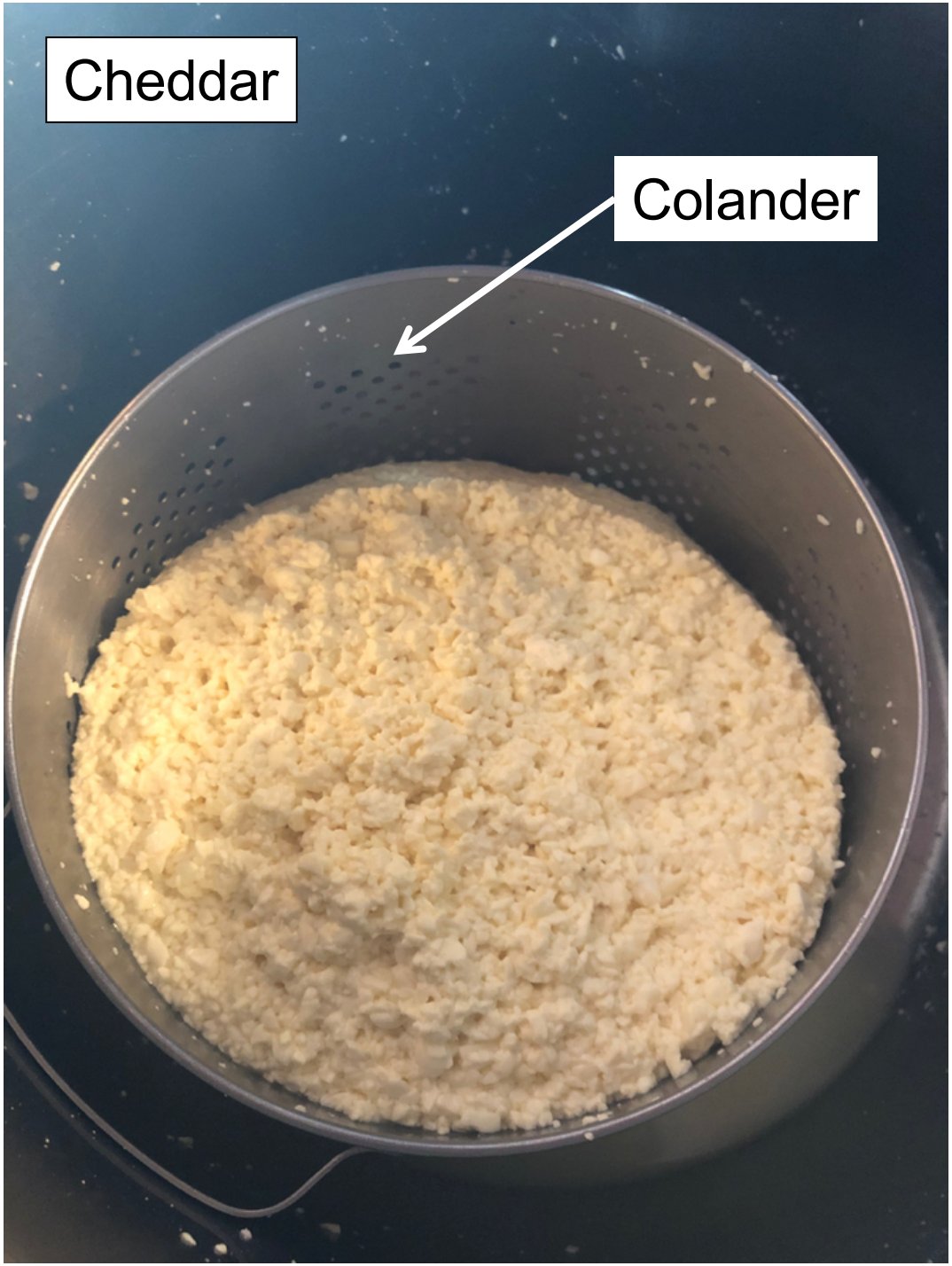
increase to 100º F (32º C)
No more than 2º/5 min.

about 30 min.

Cheddar

Setting
Cover and wait 20 min.

Cheddar



Let drain in colander and set for 20 min.

Cheddar

For your omnivores!

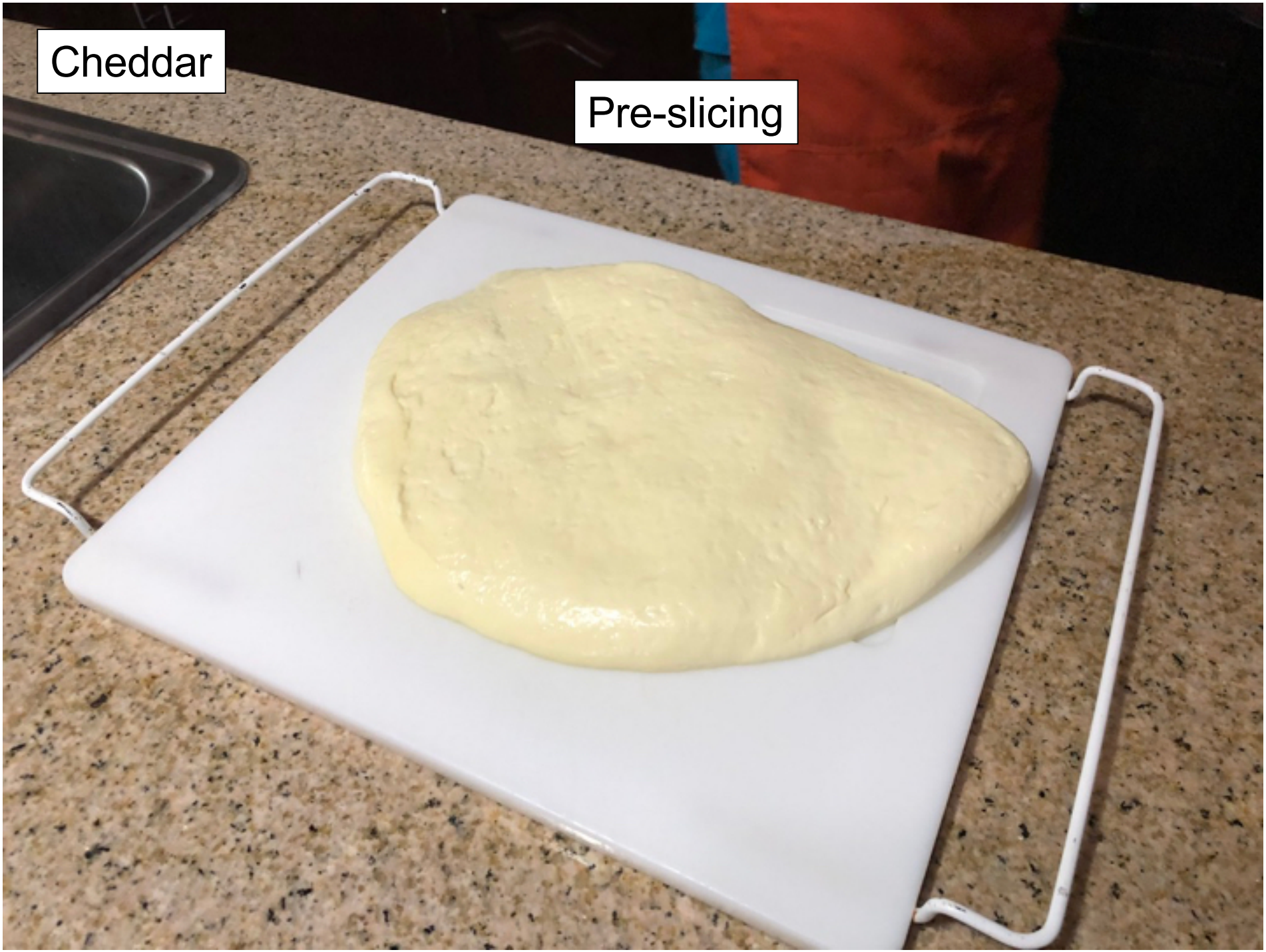
Drain again and set for 15 min.

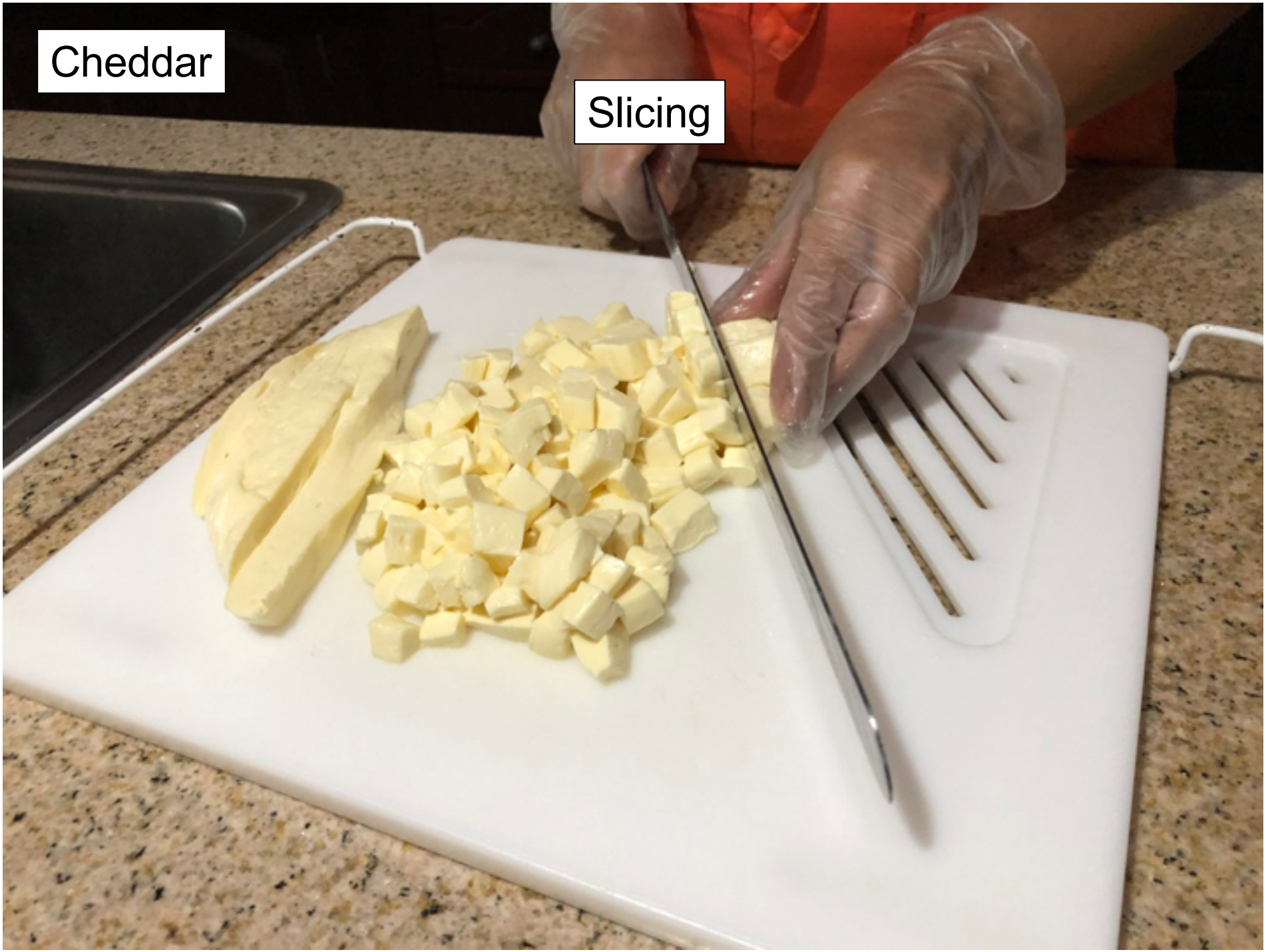
Cut the curd

Cheddar

Maintain 100º F (32º C)
Turning every 15 min. for
2 hours


Cheddar
Cheddaring
Philippine Cheesemaker's Guild


Cheddar
Pre-slicing


Cheddar
Slicing

Cheddar

Stir every 10 min.
with fingers
Total of 3 times to
prevent matting

Maintain 100º F (32º C)

Cheddar

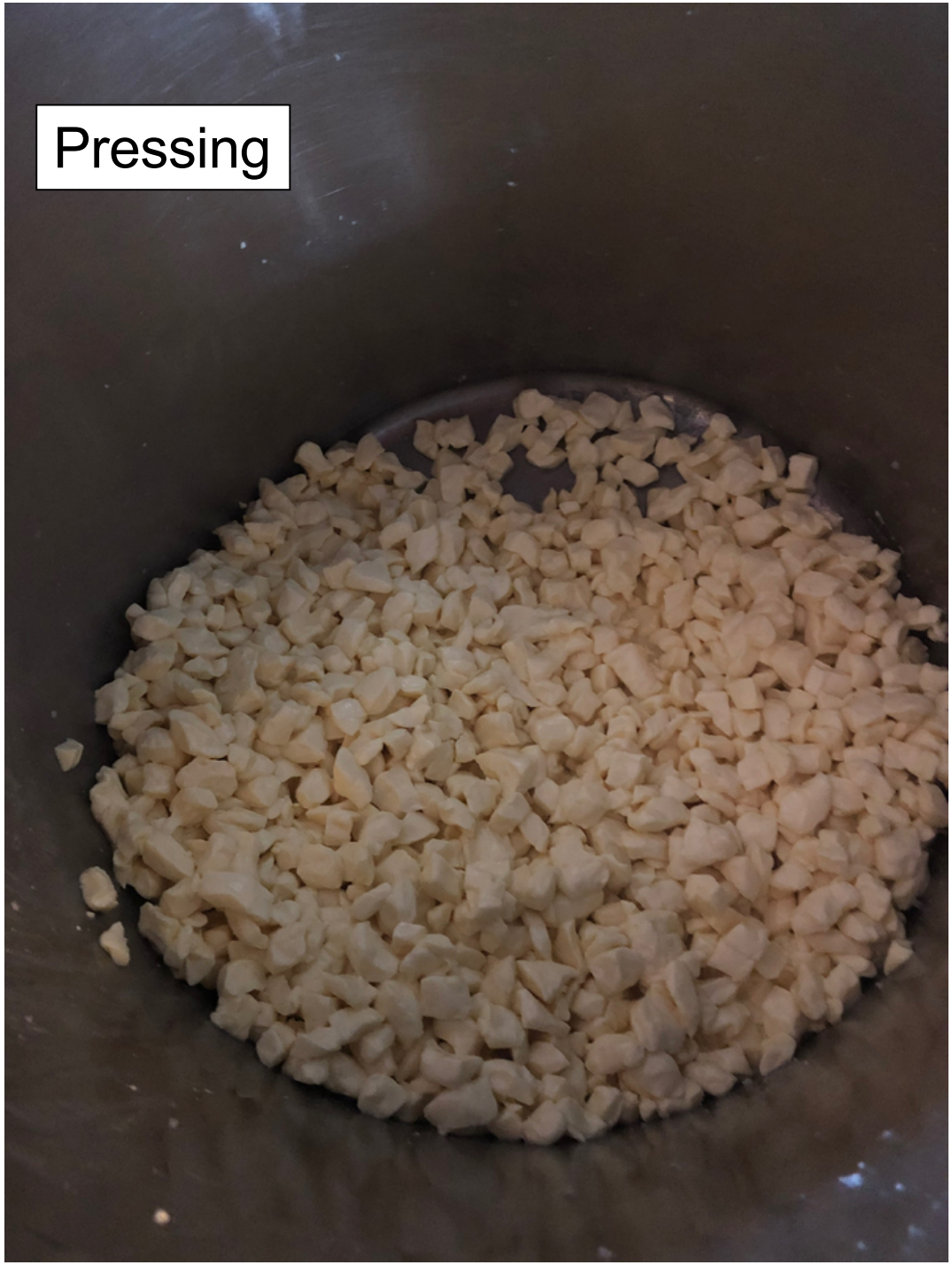
Pre-Pressing

Add quality salt
(PURE)

Maintain 100º F (32º C)


Cheddar
Pressing
Cheese cloth

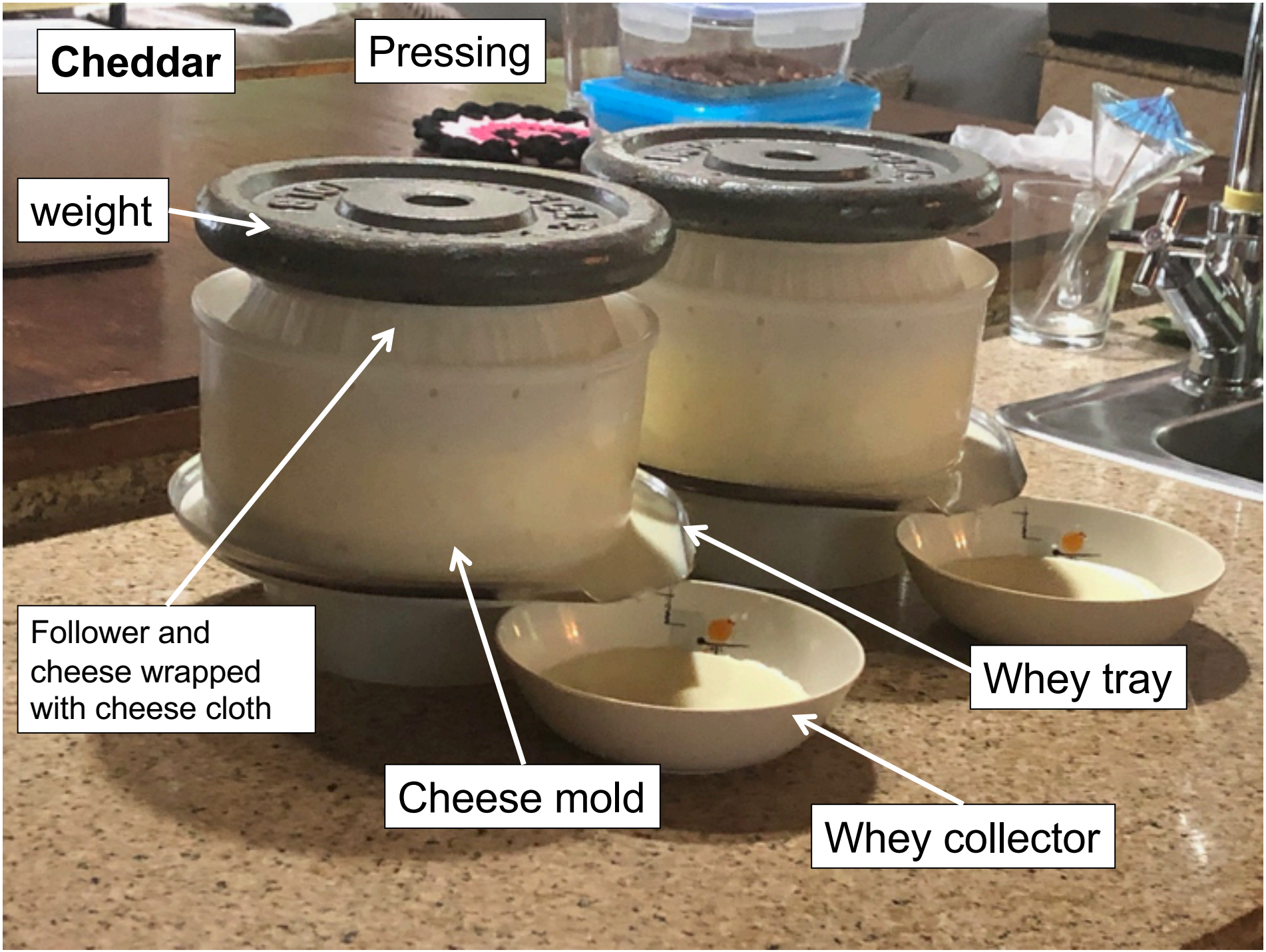
Cheddar



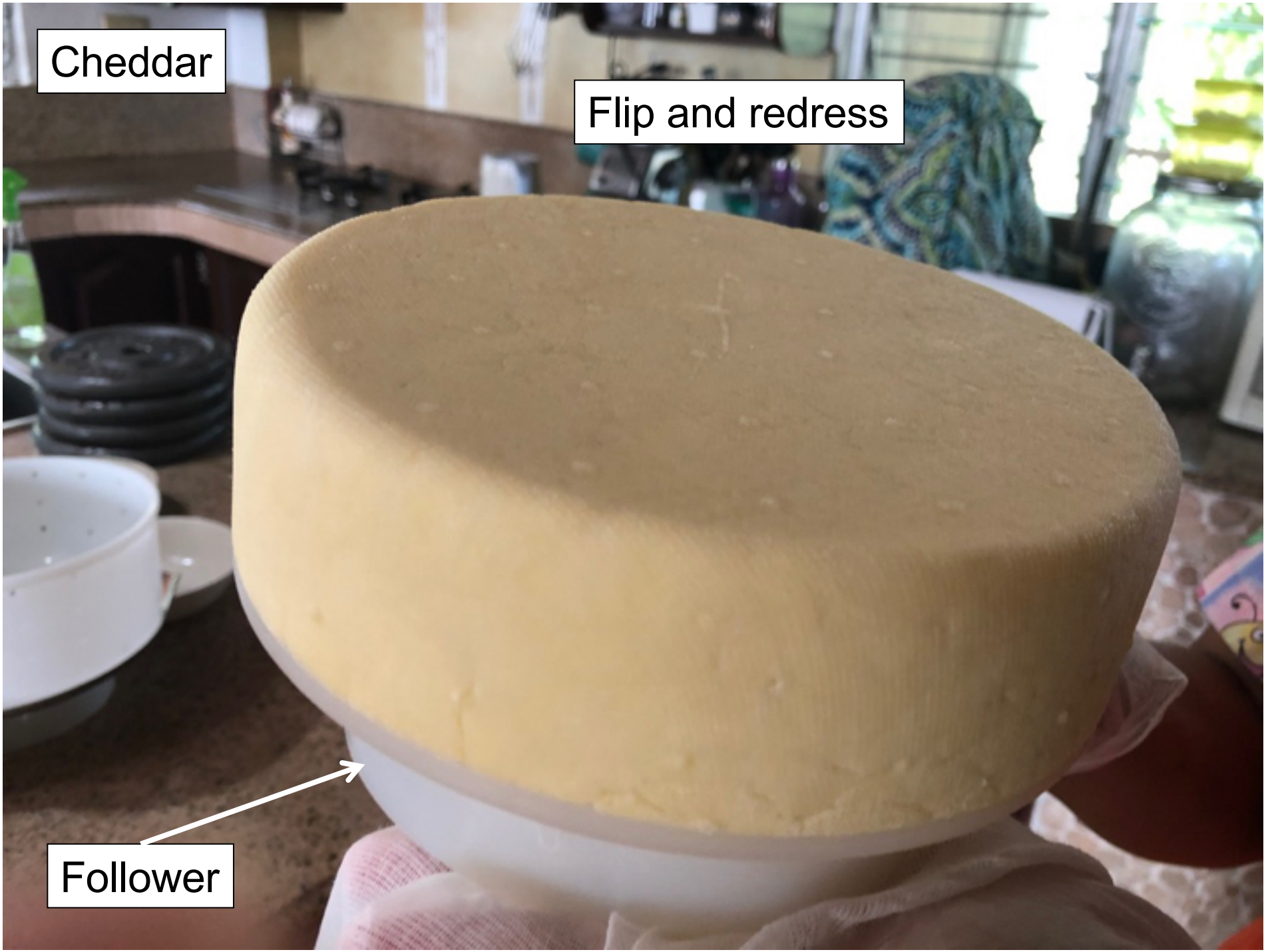

Cheddar
Pressing


Cheddar
Pressing

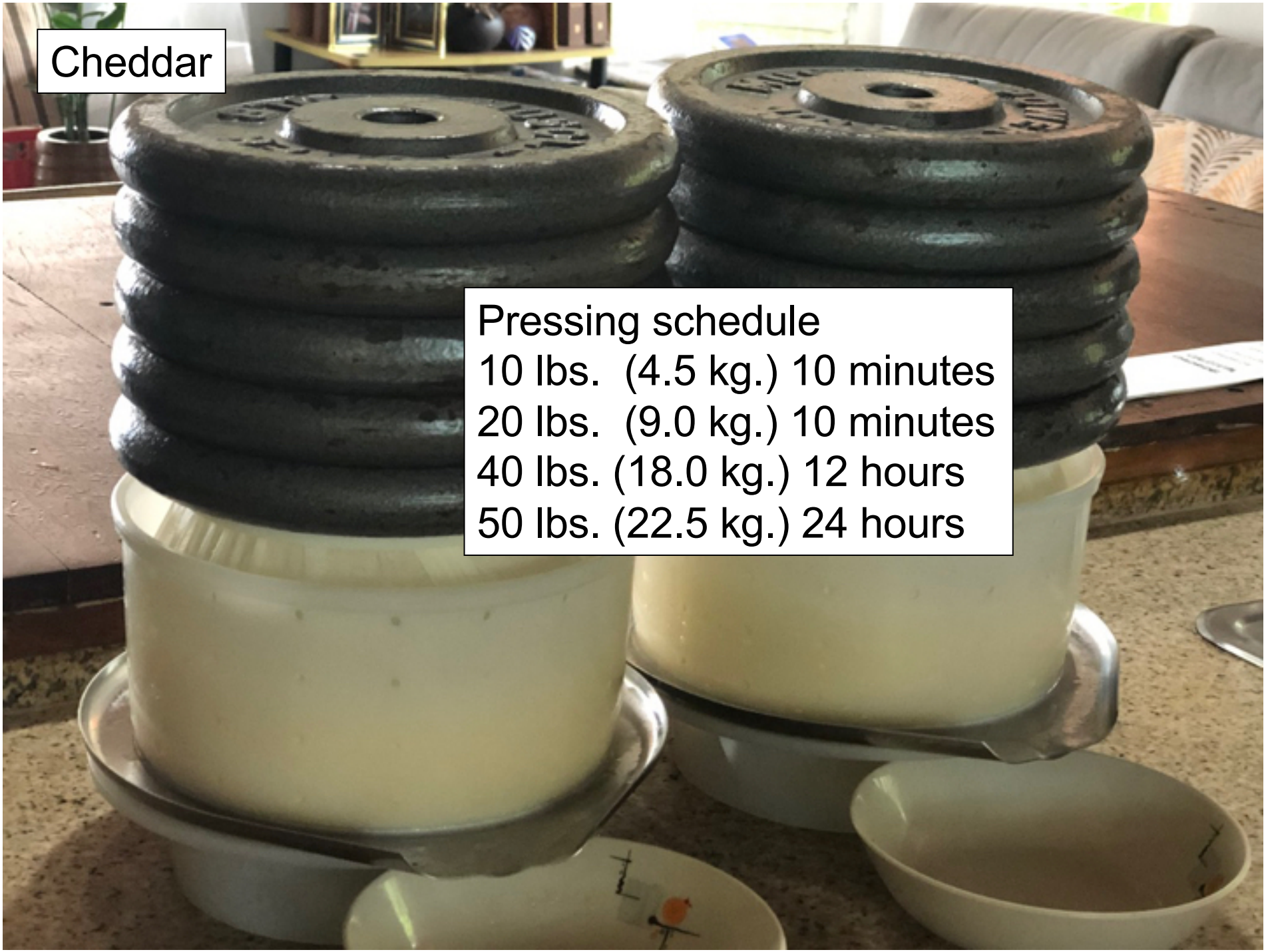
Cheddar

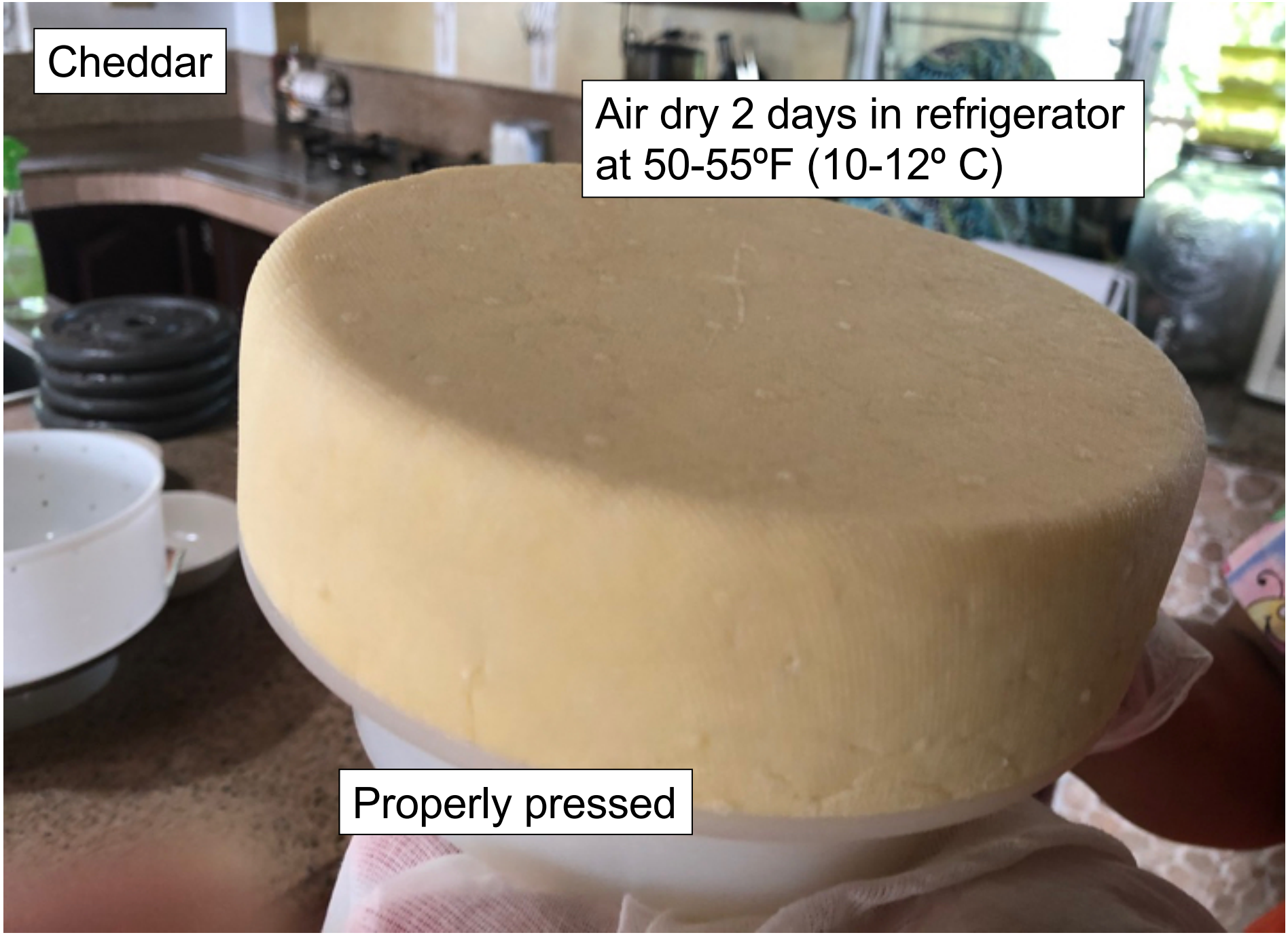

Cheddar
Pressing
weight
Follower and cheese wrapped with cheese cloth
Cheese mold
Whey tray
Whey collector


Cheddar
Remove, flip and redress


Cheddar
Flip and redress
Follower

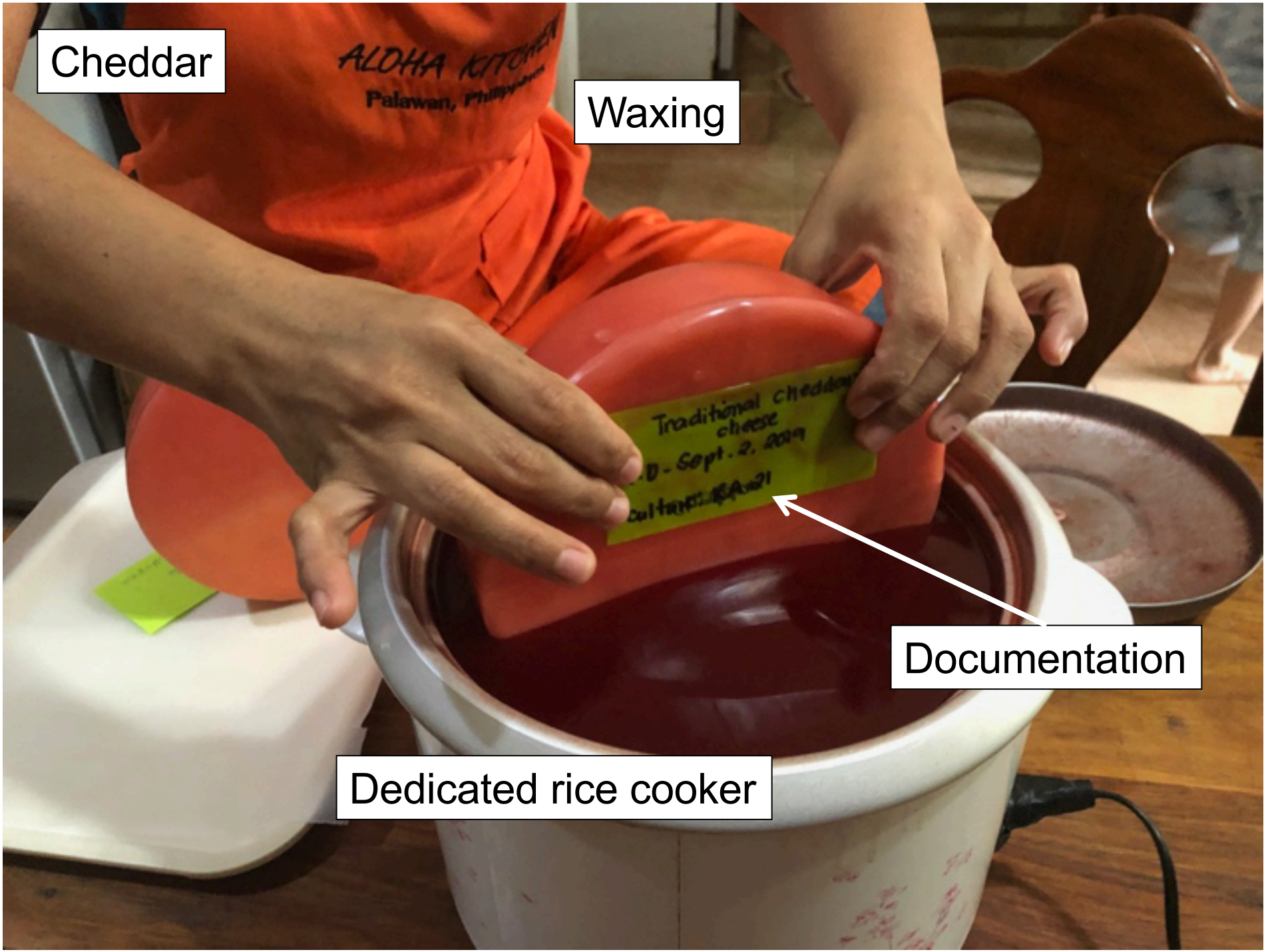

Cheddar
Night blanket

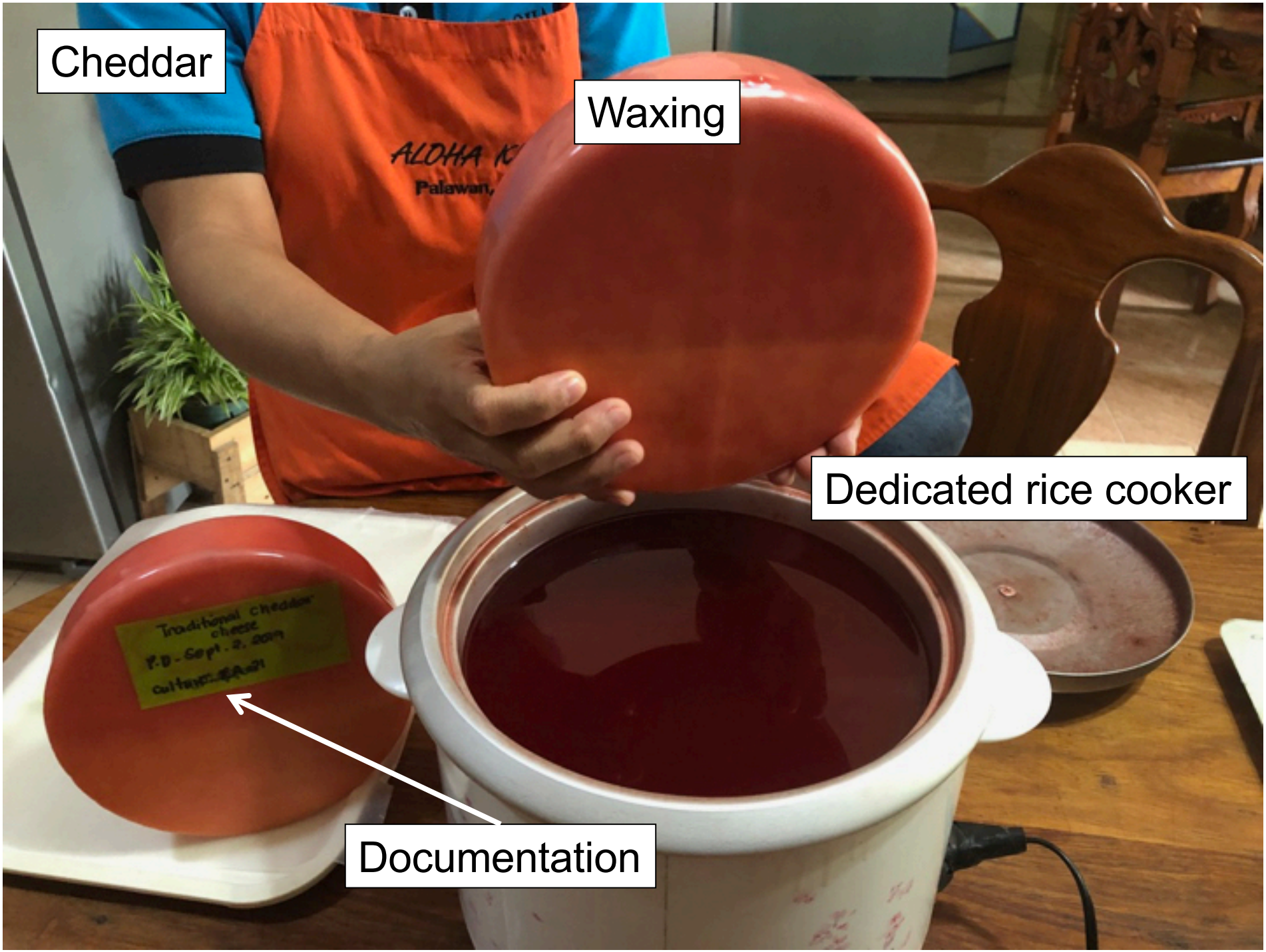

Cheddar
Pressing schedule
10 lbs. (4.5 kg.) 10 minutes
20 lbs. (9.0 kg.) 10 minutes
40 lbs. (18.0 kg.) 12 hours
50 lbs. (22.5 kg.) 24 hours

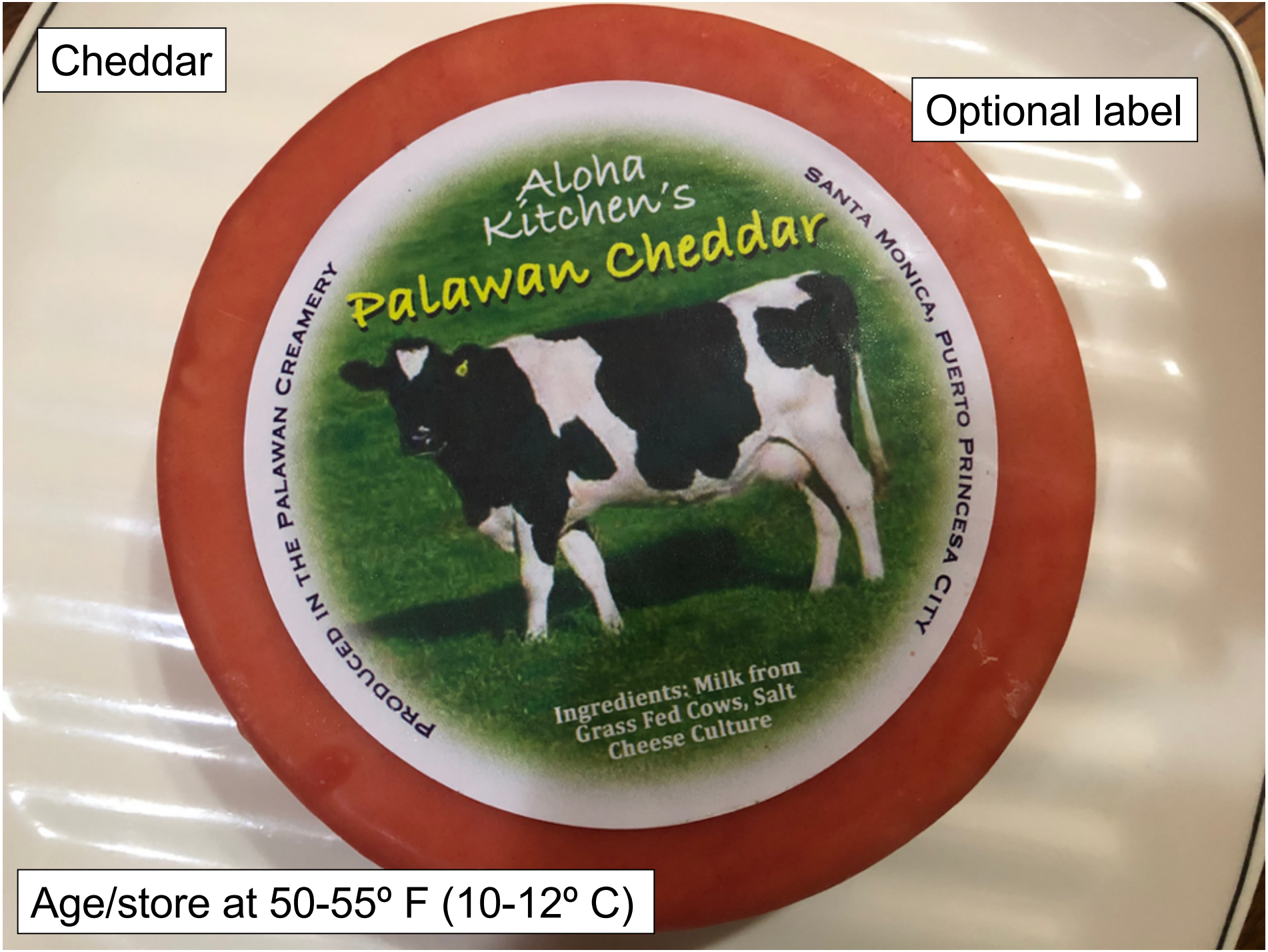

Cheddar
Air dry 2 days in refrigerator at 50-55ºF (10-12º C)
Properly pressed


Cheddar
Waxing
Dedicated rice cooker


Cheddar
Waxing
Dedicated rice cooker


Cheddar
Waxing
Documentation
Dedicated rice cooker


Cheddar
Waxing
Dedicated rice cooker
Documentation


Cheddar
Optional label
Aloha Kitchen's
Palawan Cheddar
PRODUCED IN THE PALAWAN CREAMERY
SANTA MONICA, PUERTO PRINCESA CITY
Ingredients: Milk from Grass Fed Cows, Salt Cheese Culture
Age/store at 50-55º F (10-12º C)


Cheddar
Optional label
Alpha Kitchen's Palawan Cheddar
Palawan Cheddar
Palawan Cheddar
Palawan Cheddar
Age for sharpness- mild 2-3 mo.
Puerto Provolone
Age/store at 50-55º F (10-12º C)