

CHEESEMAKER

My favourite word in context with dairy is “doucement”, which is a French word for gently, or softly, and that’s how we handle our cheese.

I’m Ruth Klahsen, I own Monforte Dairy and I’m an artisanal cheesemaker.

Ruth (to Dog):

Are you going to come in? Are you coming in with me? There we go.

Ruth (to colleague):

Hey Liz!

I believe in working with the most healthy, sustainable ingredients we can get.

We want to work in relationship with our farmers, so that we know the quality of the milk, so we can create good cheese that makes better product for everyone.

Ruth (to colleague):

This is a great hairdo for her.

Our cheese is free of antibiotics and growth hormones. The milk in our cheeses is from local sources – it’s really high in calcium and proteins and it’s really good for people.

So what we’re doing here is waiting for the milk to coagulate. It needs to be a firm enough gel that we can cut it and turn it into cheese.

Now we’re cutting the cheese curd with harps and that gives us an even size curd that we can then put into our forms.

Now we fill the forms with the curd that we’ve cut and allow it to rest.

The process of cheese making is humbling in that it makes you wait for it, and it’s something where you can get lost in that time and just be with the cheese that you’re making.

So here’s a Waltzing Matilda ready for market, and we also make a really wonderful cow cheddar called Providence, and a chevre cream cheese.

So we sell our cheeses as directly as we can in our restaurant and also in farmers’ markets.

Ruth (to customer):

So if you’re at the grocery store and you’re buying cheese, the thing you want to sort of look at is the ingredient list and what’s in it. So things like modified milk ingredients and skim milk powders, those kind of things just mean we’re trying to make more cheese with less milk. You’re better when it’s just straight milk, and especially if it’s from an organic source. In Canada we’re not allowed to use hormones, at all, or antibiotics in milk that turns into cheese. But you want to check what else they’re adding to it to try and give it bigger volume.

When we make cheese, and it's good, and we get to sell it to customers, that's a wonderful thing – to be giving something to them that's good for them in many ways, and that's given us work that's wonderful and good for the world.

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