

Preserves river cottage handbook no 2

preserves river cottage handbook no 2 is an essential guide for anyone passionate about traditional preserving methods, sustainable food practices, and creating delicious homemade jams, jellies, chutneys, and more. Authored by the renowned River Cottage team, this comprehensive handbook offers step-by-step instructions, expert tips, and inspiring recipes that empower both beginners and seasoned preservers to enjoy the art of preserving at home. Whether you're interested in seasonal preserves, experimenting with new flavors, or simply want to reduce food waste, this book provides invaluable insights to elevate your culinary skills.

Overview of the River Cottage Handbook No 2

The River Cottage Handbook No 2 is part of the acclaimed series that celebrates rural life, traditional crafts, and sustainable food practices. This particular volume focuses on preserving, offering detailed guidance on how to capture the fresh flavors of seasonal produce and store them for year-round enjoyment.

Key features of the handbook include:

- In-depth techniques for making jams, jellies, chutneys, pickles, and more
- Advice on selecting and preparing ingredients for optimal results
- Tips on sterilizing equipment and ensuring food safety
- Creative recipes that blend traditional methods with contemporary flavors
- Troubleshooting common preserving issues

This book is perfect for those who want to deepen their understanding of preserving techniques or start their own food preservation journey.

Why Preserving Matters: Benefits and Sustainability

Preserving food is more than just a culinary skill; it is a sustainable practice that reduces food waste and allows for seasonal ingredients to be enjoyed all year. The benefits of preserving include:

- Seasonal Enjoyment:** Savoring summer berries or autumn apples during colder months
- Food Waste Reduction:** Utilizing surplus produce that might otherwise go to waste
- Cost Savings:** Making the most of seasonal bargains and homegrown produce
- Flavor Preservation:** Locking in peak ripeness and flavor intensity
- Self-Sufficiency:** Gaining independence from commercial preserved foods and additives

By mastering the techniques outlined in the River Cottage Handbook No 2, home preservers can embrace a more sustainable and satisfying approach to food.

Essential Equipment for Preserving

Before diving into recipes, it's vital to gather the right tools. Proper equipment ensures safety, efficiency, and quality results.

Basic Equipment Checklist

- Sterilized Jars and Lids:** Glass jars with screw-top lids or rubber seals
- Large Boiling Pan:** For boiling jams, jellies, and chutneys
- Preserving Funnels:** To fill jars without spills
- Thermometer:** To monitor temperature during processing
- Bubble Remover/Knife:** For removing air bubbles before sealing
- Canning Rack:** For safely handling jars during sterilization
- Muslin Cloth or Fine Sieve:** For straining purees or juices
- Labels and Markers:** To date and identify preserves

Optional Equipment:

- Jam jars with clip-top lids, vacuum sealers

Having quality, appropriate equipment is fundamental for successful preserving and long-term storage.

Key Techniques in Preserving (Based on River Cottage Handbook No 2)

The handbook emphasizes mastering core techniques that underpin all preserving methods. These techniques ensure safety, quality, and longevity of preserved foods.

- Sterilization and Preparation**
 - Wash jars and lids thoroughly with hot soapy water
 - Sterilize by boiling in water or baking in an oven at 120°C for 10-15 minutes
 - Keep sterilized jars hot until filling to prevent contamination
- Making Jam and Jelly**
 - Use ripe, fresh fruit for optimal flavor
 - Add appropriate sugar and pectin levels

to achieve desired consistency Use the 'plate test' to check set point Skim foam off the surface to ensure clarity

3. Chutney and Relish Preparation

Chop ingredients uniformly for even cooking Simmer slowly to develop flavors Add spices judiciously to complement the main ingredients Cook until thickened and glossy

4. Water Bath Canning

Fill jars leaving the recommended headspace Seal jars tightly Process in boiling water for specified times based on recipe and jar size Allow jars to cool and check seals before storing

5. Labeling and Storage

Clearly label jars with name and date Store in a cool, dark, and dry place Use preserves within recommended timeframes for best quality

Popular Preserving Recipes from River Cottage Handbook No 2

The book offers a wealth of recipes, ranging from classic favorites to inventive new ideas. Here are some highlights:

- 1. Classic Strawberry Jam**
Fresh strawberries, sugar, lemon juice, and pectin Perfect for summer breakfasts and gifting
- 2. Spiced Apple Chutney**
Apples, onions, raisins, vinegar, sugar, and warming spices Ideal accompaniment for cheeses and cold meats
- 3. Lemon Curd**
Fresh lemons, butter, sugar, and eggs Great spread for scones and toast
- 4. Tomato Ketchup**
Ripe tomatoes, vinegar, sugar, and spices Homemade ketchup with no artificial additives
- 5. Pickled Vegetables**
A mix of carrots, cucumbers, radishes, and beans Brined with vinegar and spices for crunch and flavor

Troubleshooting Common Preserving Problems

Even experienced preservers encounter challenges. The River Cottage Handbook No 2 provides solutions to common issues:

- Preserves not setting:** Adjust cooking time or pectin levels
- Mold growth:** Ensure jars are sterilized and sealed properly
- Liquid separation:** Use proper cooking techniques and avoid overcooking
- Off-flavors or spoilage:** Use fresh ingredients and maintain cleanliness

Maintaining attention to detail and following the handbook's guidance minimizes errors.

Preserving as a Sustainable Lifestyle Choice

The principles in the River Cottage Handbook No 2 align with sustainable living. Preserving food reduces reliance on store-bought items, supports local producers, and minimizes packaging waste. Additionally, it encourages seasonal eating, which benefits the environment by lowering food miles and carbon footprint.

By incorporating preserving into your lifestyle, you embrace a more self-sufficient, eco-conscious approach to food.

Conclusion: Embrace the Art of Preserving with River Cottage Handbook No 2

The River Cottage Handbook No 2 is more than just a recipe collection; it is a guide to understanding the science and craft behind preserving food. Whether you're a novice eager to learn the basics or an experienced home preserver looking to refine your techniques, this handbook offers invaluable knowledge, inspiring recipes, and practical advice to help you succeed.

Preserving food not only allows you to enjoy seasonal flavors year-round but also connects you to traditional food cultures and sustainable practices. With the comprehensive guidance provided in this book, you can confidently embark on your preserving journey, creating delicious, beautiful jars of homemade goodness that will delight family and friends.

Start preserving today and experience the joy of turning fresh harvest into lasting treasures!

Preserves River Cottage Handbook No 2: A Comprehensive Guide to Making and Enjoying Preserves

Introduction

Preserves River Cottage Handbook No 2 stands as a definitive resource for both novice and seasoned jam makers, chutney enthusiasts, and those passionate about preserving

seasonal bounty. Authored by the renowned chef and food writer Hugh Fearnley-Whittingstall, this handbook offers a thorough exploration into the art and science of preserving fruits and vegetables. Whether you're looking to capture the fleeting sweetness of summer berries or extend the life of autumn harvests, this book provides practical advice, tried-and-tested recipes, and a deep appreciation for the traditional craft of preserving. In this article, we delve into the core themes of the handbook, examining its techniques, recipes, safety tips, and the philosophy behind preserving as a sustainable, rewarding activity.

The Philosophy Behind Preserving

Celebrating Seasonal Abundance At its heart, Preserves River Cottage Handbook No 2 emphasizes the importance of respecting seasonal rhythms and making the most of local, in-season produce. Preserving is more than just a culinary skill; it's a way to connect with the land, reduce waste, and enjoy the flavors of each season year-round. Hugh encourages readers to embrace the natural variability of ingredients and see preserving as an act of mindful consumption.

Sustainability and Self-Reliance

The handbook advocates for sustainable practices using locally sourced ingredients, minimizing packaging, and avoiding unnecessary additives. Preserving at home reduces reliance on store-bought jams and chutneys, which often contain preservatives and artificial flavors. It's a step toward self-reliance, fostering a deeper appreciation for the food we eat.

Essential Equipment and Ingredients

Tools for Successful Preserving Hugh Fearnley-Whittingstall emphasizes that quality equipment can make all the difference in producing reliable, safe preserves. Essential items include:

- Preserving pans:** Large, heavy-bottomed pots with wide mouths for easy stirring.
- Jars and lids:** Sterilized glass jars with airtight seals.
- Thermometer:** To monitor temperatures during set-point testing.
- Funnel and ladles:** For clean, efficient jar filling.
- Sterilization supplies:** Boiling water bath or oven sterilization methods.
- Labeling materials:** For dating and identifying preserves.

Key Ingredients

The foundation of good preserves lies in high-quality ingredients:

- Fruits and vegetables:** Fresh, ripe, and in season.
- Sugar:** Typically granulated, but alternative sweeteners are discussed.
- Acid:** Lemon juice or vinegar to aid setting and preservation.
- Pectin:** Natural or commercial, to help jams set.
- Spices and flavorings:** Cinnamon, ginger, vanilla, and others to enhance flavor profiles.

Techniques of Preserving

Preparing the Produce Proper preparation ensures good texture and flavor:

- Washing and sorting:** Remove dirt, blemishes, and damaged parts.
- Chopping and peeling:** For even cooking and aesthetic appeal.
- Pre-cooking:** Some recipes require initial boiling or steaming to soften produce.

Making Jam and Jelly The process involves several critical steps:

- Cooking the fruit:** Often combined with sugar and acid.
- Testing for setting:** Using the 'wrinkle test' or a thermometer to determine when the jam reaches the setting point (around 105°C or 220°F).
- Skimming:** Removing foam for clarity.
- Filling jars:** While hot, to create a vacuum seal upon cooling.
- Sealing and storing:** In a cool, dark place.

Making Chutneys and Relishes Chutneys typically involve longer cooking times and a richer mix of spices:

- Combining ingredients:** Fruits, vegetables, sugar, vinegar, and spices.
- Simmering:** Until thickened and flavors meld.
- Maturing:** Many chutneys improve with a few weeks of resting.

Fermentation and Other Methods

Some preserves utilize fermentation, such as sour cherries or kimchi, which Hugh discusses as an alternative preserving method. This process involves controlled microbial activity, requiring specific conditions and patience.

Recipes and Flavor Combinations

Preserves River Cottage Handbook No 2 offers a variety of recipes, each with detailed instructions and tips for success. Some highlights include:

- Classic Strawberry Jam:** Emphasizes the

importance of ripe strawberries and proper setting techniques. Spiced Apple Chutney: Combines apples with ginger, cinnamon, and vinegar for a warming condiment. Blackberry and Red Wine Jam: An elegant preserve blending fruit with a touch of alcohol. Tomato Chutney: Utilizing late-season tomatoes with onions and spices, perfect for winter storage. Vegan and Low-Sugar Options: Recipes adapted for different dietary needs. The book also encourages experimentation?adding herbs, spices, or unexpected ingredients to create signature preserves.

Safety and Quality Control Ensuring Preserves Are Safe Food safety is paramount in preserving. Hugh provides clear guidelines: Sterilization: Properly sterilize jars and lids to prevent bacterial contamination. Acid levels: Maintain appropriate acidity to inhibit spoilage organisms. Temperature control: Achieve correct boiling points and set temperatures. Seal integrity: Check seals after cooling; unsealed jars should be refrigerated and consumed quickly. Recognizing Spoiled Preserves Signs of spoilage include: Cloudy or moldy contents. Off-odor or fermentation. Leaking or bulging jars. Discard any preserves that show signs of spoilage to prevent foodborne illness.

Preserving as a Craft and Lifestyle Connecting with Tradition Preserves River Cottage Handbook No 2 celebrates preserving as a craft rooted in tradition. Hugh explores historical methods and regional variations, encouraging readers to see preserving as a cultural activity that links generations. Sustainability and Food Security In an era of climate change and supply chain disruptions, preserving provides a buffer against seasonal shortages. It also reduces food waste by utilizing surplus produce. Sharing and Gifting Homemade preserves are often treasured gifts, fostering community and personal connections. The book offers ideas for presentation and packaging, making preserves suitable for gifting occasions.

Conclusion: A Guide for the Modern Preserver Preserves River Cottage Handbook No 2 combines practical advice, culinary inspiration, and a philosophy of mindful eating. Hugh Fearnley-Whittingstall's approach underscores that preserving is accessible, rewarding, and sustainable, whether you're a beginner or an experienced cook. It champions the joy of turning seasonal harvests into long-lasting delights, ensuring that the flavors of summer and autumn can be enjoyed throughout the year. As a comprehensive guide, this handbook not only equips readers with the skills needed but also nurtures a deeper appreciation for the art of preserving as a vital part of a sustainable food lifestyle. In summary, Preserves River Cottage Handbook No 2 is an invaluable resource that upholds traditional methods while embracing modern sensibilities. Whether making a batch of strawberry jam, spiced chutney, or experimenting with new flavor combinations, this book offers the knowledge and inspiration needed to preserve the bounty of the seasons with confidence and care.

QuestionAnswer

What types of preserves are covered in the River Cottage Handbook No 2?

The handbook covers a wide range of preserves including jams, jellies, chutneys, pickles, and fermented goods, providing practical guidance for each.

Is the book suitable for beginners interested in preserving food?

Yes, the River Cottage Handbook No 2 is designed to be accessible for beginners, with clear instructions and step-by-step processes.

Does the handbook include information on seasonal produce for preserves?

Absolutely, it emphasizes using seasonal ingredients and provides tips on selecting the best produce for each type of preserve.

Are there any tips on sustainable and eco-friendly preserving methods?

Yes, the book encourages sustainable practices, such as using organic ingredients and minimizing waste during the preserving process.

Can this handbook help in understanding the science behind preserving foods?

Yes, it explains the science behind fermentation, acidity, and sterilization, helping readers understand how preserves develop and keep safely.

Does the book include recipes for both sweet and savory preserves?

Yes, it features a variety of recipes, ranging from sweet jams and fruit preserves to savory chutneys and pickles.

Are there any specific instructions for sterilizing jars and equipment?

The handbook provides detailed sterilization procedures to ensure the safety and longevity of your preserves.

Is there guidance on flavor combinations and recipe variations?

Yes, the book offers suggestions for flavor pairings and variations to customize your preserves to your taste.

Does the handbook discuss storing and aging preserves for optimal taste?

Indeed, it provides tips on proper storage, aging times, and how to tell when your preserves are ready to enjoy.

Would this book be useful for someone interested in traditional and artisanal preserving techniques? Yes, it delves into traditional methods and artisanal techniques, making it ideal for enthusiasts wanting authentic preservation skills.

Related keywords: river cottage preserves, homemade jams and jellies, fruit preserves, preserving techniques, natural preserves, seasonal preserves, DIY preserves, preserving tips, homemade chutneys, sustainable food storage

Curing smoking river cottage handbook no 13

curing smoking river cottage handbook no 13 is a comprehensive guide for enthusiasts and home cooks interested in mastering the art of curing and smoking meats, fish, and other foods. This chapter from the renowned River Cottage Handbook series offers practical advice, detailed techniques, and expert tips to help you produce delicious, perfectly cured and smoked products in your own kitchen or outdoor space. Whether you're a beginner eager to learn the basics or an experienced cook looking to refine your craft, this handbook provides invaluable insights into the world of curing and smoking, making it an essential resource for anyone passionate about traditional food preservation methods.

Understanding Curing and Smoking: An Introduction

Curing and smoking are age-old techniques used to preserve, flavor, and transform food. They have been practiced for centuries across cultures, offering a way to extend the shelf life of perishable items and develop complex flavors that are hard to achieve through other cooking methods.

What Is Curing?

Curing involves the application of salt, sugar, nitrates, or nitrites to food to inhibit bacterial growth and prevent spoilage. It also enhances flavor and texture. Curing can be dry or wet:

- Dry Curing:** Applying a salt mixture directly onto the surface of the food.
- Wet Curing (Brining):** Submerging food in a saltwater solution.

What Is Smoking?

Smoking involves exposing food to smoke from burning or smoldering wood or other plant materials. It imparts distinct flavors and also has preservative qualities. There are two primary types:

- Hot Smoking:** Cooks and flavors the food simultaneously at temperatures typically between 60°C and 100°C (140°F - 212°F).
- Cold Smoking:** Adds flavor at lower temperatures (below 30°C / 86°F) without fully cooking the food, often used for fish and cheese.

Tools and Equipment Needed for Curing and Smoking

Having the right tools is crucial for successful curing and smoking. The River Cottage Handbook No 13 emphasizes quality and safety.

Essential Equipment

- Curing Containers:** Non-reactive containers such as glass, plastic, or stainless steel.
- Salt and Curing Mixes:** Fine sea salt, curing salts (e.g., Prague Powder), sugar, spices.
- Smoking Devices:** Cold smokers, Hot smokers, Smoker boxes for grills.
- Thermometers:** To monitor internal and ambient temperatures.
- Hanging Racks and Hooks:** For air-drying and curing.
- Wood Chips or Chunks:** Suitable for smoking (e.g., oak, apple, cherry, hickory).
- Ventilation:**

Proper airflow to manage smoke and temperature. Safety Equipment Food-grade gloves Clean work surfaces Proper storage containers for cured items

The Step-by-Step Process of Curing and Smoking

The process can be broken down into several stages, each critical to achieving the desired results.

Step 1: Selecting and Preparing the Food Choose high-quality, fresh meat or fish. Trim excess fat and prepare the piece for curing.

Step 2: Curing

Dry Curing: Mix salt, sugar, and spices. Rub evenly onto the food surface. Place in a curing container, cover, and refrigerate. Cure for the specified time (from a few days to weeks, depending on the product).

Wet Curing (Brining): Prepare a brine solution with salt, sugar, and optional herbs. Submerge the food completely. Refrigerate during curing, following recommended durations.

Step 3: Rinsing and Resting Remove the cured product from the salt mixture or brine. Rinse thoroughly with cold water. Pat dry and allow to rest in a cool, ventilated area to develop a pellicle—a tacky surface that helps smoke adhere.

Step 4: Smoking

Preheat the smoker to the desired temperature. Add wood chips or chunks suitable for the flavor profile. Place the food in the smoker, maintaining consistent temperature and smoke flow. For hot smoking, cook until the food reaches safe internal temperatures. For cold smoking, expose to smoke for several hours without cooking.

Step 5: Cooling and Storage Allow smoked foods to cool gradually. Store in airtight containers in the refrigerator or vacuum-sealed for longer shelf life.

Tips and Best Practices from the River Cottage Handbook No 13

The handbook emphasizes importance of patience, cleanliness, and understanding the nuances of each ingredient.

Key Points to Remember

Always use high-quality ingredients. Maintain a clean workspace to prevent contamination. Use the correct curing salts and understand their purpose. Monitor temperature and humidity levels carefully. Experiment with different woods and spices to develop unique flavors. Label your cured and smoked products with dates for optimal freshness management.

Common Challenges and How to Overcome Them

Mold Growth: Ensure proper drying and ventilation; remove mold with a vinegar solution if necessary.

Uneven Curing: Rotate or reposition the food during curing.

Too Salty or Over-Smoked: Adjust curing times and smoking duration in future batches.

Food Safety Concerns: Always cook hot-smoked foods thoroughly; cold smoking requires precise temperature control.

Health and Safety Considerations in Curing and Smoking

Safety is paramount when handling raw, cured, and smoked foods.

Food Safety Guidelines

Always cure at proper temperatures. Use curing salts correctly; too much nitrates/nitrites can be harmful. Maintain hygiene throughout the process. Cook hot-smoked foods to internal temperatures of at least 75°C (167°F). Store cured and smoked products properly to prevent spoilage.

Understanding the Role of Nitrates and Nitrites

These compounds prevent botulism and other bacterial growth but must be used judiciously.

Recipes and Inspiration from River Cottage Handbook No 13

The handbook contains a variety of recipes to inspire your curing and smoking journey: Traditional British smoked salmon, Homemade cured ham, Smoked trout with herbs, Spiced and smoked sausages, Vegetarian smoked cheeses. Each recipe provides step-by-step instructions, variations, and tips for achieving professional results at home.

Conclusion: Mastering the Art of Curing and Smoking

Curing and smoking, as detailed in the River Cottage Handbook No 13, are rewarding culinary techniques that allow you to preserve and enhance the flavors of your favorite foods. By understanding the science behind the processes, investing in the right equipment, and following best practices, you can produce delicious, high-quality cured and smoked products that rival those from professional artisans. Remember to prioritize safety, experiment with different

flavors, and enjoy the process of creating your own signature cured and smoked delicacies. Embark on this culinary adventure with patience and curiosity, and soon you'll master the art of curing and smoking, elevating your home cooking to new heights. Whether making a simple smoked mackerel or curing your own ham, the skills and knowledge gained from the River Cottage Handbook No 13 will serve as your trusted guide every step of the way.

Curing Smoking River Cottage Handbook No 13: An In-Depth Guide to Mastering the Art of Smoke Curing

The practice of curing and smoking meats is a time-honored tradition that combines craftsmanship, patience, and a deep understanding of flavors. Among the many resources available, River Cottage Handbook No 13: Curing & Smoking stands out as an authoritative guide for enthusiasts and professionals alike. This comprehensive handbook offers a detailed roadmap to mastering the art of curing and smoking, blending traditional techniques with modern insights. In this review, we will delve into the core aspects of the book, exploring its methods, recipes, equipment advice, and cultural context, providing you with a thorough understanding of what makes this volume a must-have for any curing enthusiast.

Overview of River Cottage Handbook No 13

River Cottage Handbook No 13 is authored by the renowned chef and food writer Hugh Fearnley-Whittingstall, known for his commitment to sustainable and traditional food practices. This volume specifically focuses on curing and smoking, two techniques that transform raw ingredients into flavorful, preservable foods. The book is part of the larger River Cottage series, renowned for its accessible yet expert approach to artisan food crafts. The handbook is structured to guide readers from basic principles to advanced techniques, making it suitable for novices and seasoned practitioners alike. It combines practical instructions, historical context, and modern innovations, ensuring a well-rounded understanding of curing and smoking.

Core Topics Covered

Fundamentals of Curing and Smoking

The book begins by laying the foundation: understanding the science behind curing and smoking, the different types of curing (dry, wet, and combination), and the various smoking methods (hot, cold, and smoke roasting). Hugh emphasizes the importance of selecting quality ingredients and proper hygiene practices.

Equipment and Setup

A significant section is dedicated to the equipment needed: Curing chambers and refrigerators Smokers (electric, charcoal, DIY setups) Wood types and their flavor profiles Temperature and humidity control devices Tools: knives, curing scales, thermometers Hugh offers guidance on choosing affordable yet effective equipment, as well as tips for customizing setups tailored to specific curing projects.

The Art of Curing

The book provides detailed instructions on: Preparing meats and fish Making curing brines and rubs Timing and monitoring curing processes Storage and shelf life considerations It discusses safety concerns, such as preventing bacterial growth and ensuring proper salt and nitrate levels, which are critical for safe curing.

Smoking Techniques

Hugh explores different smoking styles: Cold smoking (below 30°C / 86°F): ideal for preserving delicate flavors in items like salmon and cheese Hot smoking (above 60°C / 140°F): for cooked, fully flavored meats Smoke roasting: combining elements of roasting and smoking for robust flavors He provides step-by-step instructions for setting up smokers, managing smoke production, and achieving desired flavors.

Recipes and Flavor

CombinationsA highlight of the book is its collection of recipes, covering: Classic smoked salmon and trout Cured hams and bacon Smoked sausages Unique flavor infusions (e.g., juniper, applewood, herbs) Each recipe includes ingredient lists, curing times, and tips for enhancing flavor.

Preservation and StorageThe handbook emphasizes the importance of proper storage: How to store cured and smoked products safely Using refrigeration, freezing, or traditional curing cellars Extending shelf life through packaging techniques like vacuum sealing

Deep Dive into Curing Techniques

Dry Curing (Salt Curing) Dry curing involves rubbing meats with a mixture of salt, sugar, and spices, then allowing them to cure in a controlled environment. Hugh details: The selection of curing salts and their roles The importance of massaging and turning the meat Curing times based on cut size and desired flavor Risks of over- or under-curing

Wet Curing (Brining) Wet curing involves immersing meat in a salty brine. The book explains: Preparing effective brine solutions The advantages of wet curing, such as faster processing How to monitor and adjust salt concentration The role of nitrates/nitrites for safety and color

Combination Curing Some recipes benefit from a hybrid approach, starting with dry curing and finishing with wet brining. Hugh discusses scenarios where this method enhances flavor and texture.

Mastering Smoking Techniques

Cold Smoking Ideal for delicate items like fish, cold smoking requires precise temperature control to avoid cooking. Hugh provides: How to generate cold smoke using specific wood chips Maintaining consistent low temperatures Tips for preventing spoilage during cold smoking

Hot Smoking Hot smoking cooks the meat while flavoring it. The process involves: Selecting appropriate wood for different flavors Managing smoke density and airflow Ensuring internal meat temperature reaches safe levels

Smoke Roping and Flavor Infusions Innovative techniques such as smoke ropes and the addition of herbs or spices to smoke provide unique flavor profiles. Hugh encourages experimentation with: Different wood varieties (oak, apple, cherry, hickory) Combining woods for complex flavors Using wood chips, chunks, or logs

Safety and Quality Control A critical aspect of the handbook is its focus on safety: Understanding the risks of botulism and bacterial contamination Proper sanitation practices Monitoring pH and salt levels Recognizing signs of spoilage Hugh underscores that successful curing and smoking are as much about safety as they are about flavor.

Recipes and Practical Applications The book offers an extensive collection of recipes suitable for different skill levels: Salmon Gravlox: a classic cold-cured salmon with dill and lemon Pancetta and Guanciale: Italian cured pork products Smoked Mackerel: with a hint of juniper Bacon: from scratch, including homemade curing mixes Herb-Infused Smoked Cheeses Each recipe is accompanied by: Step-by-step instructions Ingredient notes Troubleshooting tips Serving suggestions

Cultural and Historical Context River Cottage Handbook No 13 also explores the history of curing and smoking across different cultures. Hugh discusses: Traditional methods from Scandinavia, the Mediterranean, and North America The evolution of curing practices with refrigeration and modern technology The sustainability aspect of curing and smoking, encouraging local sourcing of ingredients and woods

Advantages of Using This Handbook

Comprehensive Content: Covers all aspects from beginner to advanced levels. Practical Focus: Step-by-step instructions with clear illustrations. Safety Emphasis: Prioritizes safe practices to prevent health risks. Flexible Techniques: Suitable for small-scale home curing and larger projects. Flavor Innovation: Encourages experimentation with flavors, woods, and ingredients. Environmentally Conscious: Promotes sustainable sourcing and techniques. Potential Drawbacks and

Considerations While River Cottage Handbook No 13 is highly regarded, some users note: The need for specific equipment or setups, which can be an investment. Curing and smoking require patience; results may take time to perfect. Safety protocols demand careful attention, especially for beginners. Some recipes may need adaptation based on climate and available ingredients.

Final Thoughts River Cottage Handbook No 13: Curing & Smoking is an invaluable resource for anyone interested in the craft of curing and smoking foods. Its blend of traditional techniques, modern safety practices, and creative flavoring offers a comprehensive toolkit for enthusiasts eager to elevate their food preservation skills. Whether you're curing homemade bacon, smoking fish, or experimenting with new flavors, this handbook provides the knowledge and confidence to do so safely and deliciously. By immersing yourself in the methods and insights shared by Hugh Fearnley-Whittingstall, you gain not only practical skills but also a deeper appreciation for the cultural richness and craftsmanship behind cured and smoked foods. This book is more than a manual; it's an invitation to connect with a centuries-old culinary tradition in a modern, sustainable way. In summary, if you're passionate about food preservation, eager to learn authentic curing and smoking techniques, or simply want to expand your culinary repertoire, River Cottage Handbook No 13 is an essential addition to your kitchen library. Its detailed guidance, safety emphasis, and encouragement of experimentation make it a standout resource for mastering the art of curing and smoking.

Question Answer

What are the main methods recommended in the River Cottage Handbook No. 13 for curing smoked meats?

The handbook suggests traditional methods such as dry curing with salt and sugar, cold smoking, and fermentation to effectively cure smoked meats while preserving their flavor and texture.

How does River Cottage Handbook No. 13 advise ensuring safety during the smoking and curing process?

It emphasizes the importance of maintaining proper hygiene, controlling temperature and humidity, and using reliable curing recipes to prevent bacterial growth and ensure safe, high-quality cured products.

Can beginners follow the curing techniques outlined in River Cottage Handbook No. 13?

Yes, the handbook provides clear, step-by-step instructions suitable for beginners, along with tips on equipment, timing, and troubleshooting to help novices successfully cure and smoke meats.

What types of meats does the handbook focus on for curing and smoking?

It primarily covers curing and smoking techniques for pork (like bacon and ham), beef, and poultry, offering tailored advice for each type of meat to achieve optimal results.

Are there any specific ingredients or supplies recommended in River Cottage Handbook No. 13 for curing and smoking?

Yes, the book details essential ingredients such as curing salts, spices, and wood chips, as well as equipment like curing boxes, smokers, and thermometers to ensure proper curing and smoking processes.

Related keywords: smoking fish, fish curing, river cottage, smoking techniques, homemade smoked fish, curing methods, fish preservation, smoking recipes, cottage industry, fish smoking tools

The river cottage booze handbook

The River Cottage Booze Handbook is an essential guide for anyone interested in exploring the art of homemade beverages, from craft beers and ciders to flavored spirits and wines. Authored by the renowned River Cottage team, this comprehensive manual offers practical advice, tried-and-true recipes, and expert tips that empower both novices and seasoned enthusiasts to craft their own drinks with confidence. Whether you're looking to ferment a batch of apple cider from your orchard or infuse spirits with seasonal flavors, this handbook provides a wealth of information to help you succeed in your homebrewing endeavors. Beyond just recipes, it delves into the science of fermentation, the importance of quality ingredients, and the legal considerations involved in producing alcohol at home, making it a well-rounded resource for anyone passionate about booze craftsmanship.

Introduction to Homebrewing and Fermentation

The Basics of Fermentation

Fermentation is at the heart of all alcohol production. It's a natural biological process where yeast converts sugars into alcohol and carbon dioxide. Understanding the fundamentals of fermentation helps ensure successful brewing and safe, tasty results.

Key points include:

- Yeast Selection:** Different strains of yeast influence the flavor, alcohol content, and fermentation speed.
- Sugar Sources:** Apples, grapes, grains, or even fruits and herbs can provide fermentable sugars.
- Temperature Control:** Maintaining optimal temperatures is crucial for healthy fermentation and preventing off-flavors.

Essential Equipment for Homebrewing

Starting your brewing journey requires some basic equipment:

- Fermentation vessels** (e.g., glass demijohns, plastic buckets)
- Airlocks and stoppers**
- Sanitizing agents** (e.g., Star San, brewing salts)
- Hydrometers** to measure specific gravity
- Bottling supplies** (bottles, caps, cappers)

Proper sanitation is emphasized

throughout the handbook, as it's vital to prevent contamination and spoilage.

Crafting Your Own Alcohols: Step-by-Step Guides

Making Apple Cider

Apple cider is a favorite among homebrewers, especially for those fortunate enough to have access to apple orchards. The River Cottage Booze Handbook provides a straightforward recipe:

- Harvest and crush fresh apples, ensuring to remove any rotten or moldy fruit.
- Press the apples to extract the juice, or use a blender and strain the pulp.
- Pour the juice into a sanitized fermentation vessel.
- Add a suitable yeast, such as cider yeast, and fit with an airlock.
- Ferment at cool room temperature (around 18-20°C) for 1-3 weeks until fermentation ceases.
- Transfer to bottles, add priming sugar if you want carbonation, and age for several months for best flavor.

Brewing Beer at Home

The handbook outlines the basics of brewing beer, including:

- Choosing malted grains and hops for flavor and bitterness
- Creating a wort by boiling grains and hops with water
- Cooling, pitching yeast, and fermenting in a controlled environment
- Conditioning and bottling for carbonation and maturation

Detailed recipes for different beer styles, from pale ales to stouts, are included to guide brewers at all levels.

Infusing Spirits with Flavors

Infused spirits are a delightful way to create unique beverages. The handbook offers techniques for:

- Choosing base spirits like vodka, gin, or rum
- Adding herbs, spices, fruits, or botanicals
- Allowing infusions to steep for days or weeks, tasting regularly
- Filtering and bottling the finished product

Popular infusions include juniper and citrus for gin, or vanilla and cinnamon for flavored rums.

Advanced Techniques and Tips for Better Results

Understanding Flocculation and Clarification

Clearing up your brew ensures a clean, professional-looking final product. Techniques include:

- Using fining agents like bentonite or Irish moss
- Cold crashing to settle yeast and particles
- Filtering through fine mesh or sterile filters

Flavoring and Aging

Adding flavorings during or after fermentation can elevate your beverages:

- Adding fruit purees or extracts during secondary fermentation
- Age spirits in oak barrels or with wood chips for added complexity

Experimenting with spices

Spices like cardamom, ginger, or cloves

Safety and Legal Considerations

While homebrewing is a rewarding hobby, the handbook emphasizes:

- Understanding legal limits on alcohol production in your country
- Labeling and storing homemade alcohol responsibly
- Ensuring sanitation to prevent health hazards

Pairing and Serving Your Homemade Booze

Serving Tips for Homemade Beverages

Presentation enhances the tasting experience:

- Use appropriate glassware for each drink type
- Serve at ideal temperatures: ciders slightly chilled, spirits at room temperature
- Garnish with fresh herbs, citrus slices, or fruit slices for added aroma and visual appeal

Food Pairings

Matching your homemade drinks with food elevates both:

- Apple cider pairs well with pork, cheese, or spicy dishes
- Hoppy beers complement grilled meats and hearty stews
- Spirits infused with citrus and herbs can be enjoyed alongside seafood or desserts

Resources and Community Engagement

Further Learning and Inspiration

The River Cottage Booze Handbook encourages ongoing education:

- Joining local brewing clubs and online forums
- Attending workshops and tasting events
- Following seasonal and regional recipes to diversify your repertoire

Legal and Safety Resources

Stay informed about:

- Homebrewing laws in your area
- Safe handling and storage practices
- Legal ways to share and sell your creations, if desired

Conclusion: Embracing the Art of Homebrewing

The River Cottage Booze Handbook is more than just a collection of recipes; it's a gateway into the rewarding world of craft alcohol. With its detailed guidance, scientific insights, and encouragement to experiment, it inspires homebrewers to develop their skills, appreciate the complexities of fermentation, and

produce beverages that are both delicious and personal. Whether you're after a crisp cider, a robust beer, or a distinctive infused spirit, this handbook provides the knowledge and confidence needed to bring your homemade drinks to life. Cheers to your brewing journey!

The River Cottage Booze Handbook: A Comprehensive Guide to Homebrewing and Crafting Alcohols

The River Cottage Booze Handbook stands out as a definitive guide for enthusiasts eager to explore the art of homemade alcohol. Authored by renowned chef and sustainability advocate Hugh Fearnley-Whittingstall, this book distills decades of culinary expertise and practical know-how into an accessible, detailed manual for brewing, distilling, and fermenting a variety of alcoholic beverages. Whether you're a seasoned homebrewer or a curious newcomer, the handbook offers invaluable insights into the craft of creating drinks that are both flavorful and sustainable, emphasizing traditional techniques and modern innovations alike.

Introduction to the River Cottage Booze Handbook

The River Cottage Booze Handbook is more than just a recipe collection; it's a comprehensive exploration of the processes, science, and artistry behind making your own alcoholic beverages at home. Fearnley-Whittingstall's approach combines a respect for traditional methods with an emphasis on using local, seasonal ingredients and sustainable practices. The book aims to demystify the complexities of alcohol production, making it accessible without sacrificing depth or craftsmanship.

The handbook covers a broad spectrum of drinks, including beers, ciders, wines, spirits, and liqueurs, providing readers with step-by-step instructions, troubleshooting tips, and ideas for customizing flavors. It champions a DIY ethos, encouraging cooks and hobbyists to take control of their drinks, reduce reliance on commercial products, and embrace the satisfaction of creating something truly personal.

Overview of Content and Structure

The River Cottage Booze Handbook is thoughtfully organized into sections that guide readers from the basics of fermentation to advanced techniques. Each chapter combines practical advice, scientific explanations, and cultural context to deepen understanding.

Major sections include:

- Fundamentals of Fermentation and Distillation:** Explains the science behind fermentation, ingredients, equipment, and safety considerations.
- Brewing Beer and Cider:** Covers different styles, ingredient sourcing, and flavoring techniques.
- Wine Making:** Details processes for crafting wines from various fruits and berries.
- Spirits and Liqueurs:** Guides on distilling spirits like gin and whiskey, as well as flavor-infused liqueurs.
- Innovative and Seasonal Recipes:** Offers ideas for experimenting with flavors, including herbal infusions and local ingredients.
- Sustainability and Ethical Practices:** Emphasizes eco-friendly sourcing, waste reduction, and community-based production.

Each chapter combines explanatory text, recipes, troubleshooting sections, and photographs, making complex processes approachable.

Key Themes and Philosophies

Emphasis on Sustainability and Local Ingredients

A core philosophy running throughout the River Cottage Booze Handbook is sustainability. Fearnley-Whittingstall advocates for sourcing ingredients locally, reducing waste, and using traditional methods that have minimal environmental impact. For example, the book encourages using surplus fruits from local orchards or foraged herbs, turning seasonal bounty into alcohol.

Tradition Meets Innovation

While respecting traditional craftsmanship, the book also

promotes experimentation. It invites readers to modify recipes, incorporate new ingredients, and develop signature flavors. This balance ensures that homebrewers can honor the history of alcohol-making while also creating unique, contemporary drinks.

Safety and Responsible Drinking

The handbook underscores critical safety considerations, especially when it comes to distillation and fermentation. It provides guidance on avoiding contamination, proper sanitation, and understanding alcohol content. Responsible consumption is also a key message, encouraging readers to enjoy their creations in moderation.

Detailed Analysis of Major Sections

Fermentation Fundamentals

Understanding fermentation is essential to producing quality alcohol at home. The book delves into the microbiology involved, explaining how yeast converts sugars into alcohol and carbon dioxide. It discusses different yeast strains, their flavor profiles, and the importance of controlling temperature and hygiene.

Key points include:

- The importance of sterilization to prevent unwanted bacteria and mold.
- How to select and prepare ingredients for optimal fermentation.
- Monitoring fermentation progress through gravity readings.
- Recognizing signs of fermentation issues, such as off-flavors or stuck fermentation.

Equipment and Safety

The handbook emphasizes using food-grade equipment, proper fermentation vessels, and safe handling practices. It advises on cleaning protocols and storage conditions, fundamental for producing safe, high-quality drinks.

Brewing Beer and Cider

The section on beer and cider is comprehensive, offering recipes for a variety of styles—from traditional bitters and pale ales to robust stouts and fruit-based ciders.

Highlights include:

- Step-by-step instructions for mashing, boiling, fermenting, and conditioning.
- Tips on selecting grains, hops, and fruit for desired flavors.
- Techniques for clarifying and carbonating homemade beers.
- Creative flavoring ideas, such as adding spices, herbs, or oak chips.

For cider, the focus is on using apples and other seasonal fruits, with advice on balancing sweetness and acidity, as well as natural fermentation versus controlled brewing.

Wine Making from Fruits and Berries

Wine-making in the River Cottage Booze Handbook is approachable for beginners yet detailed enough for more experienced hobbyists. The book encourages experimenting with different fruits, highlighting options like blackberries, elderberries, and plums.

Key elements include:

- Selecting ripe, high-quality fruit.
- Preparing musts for fermentation—crushing, pressing, and adjusting sugar levels.
- Managing fermentation temperatures.
- Clarification, stabilization, and bottling techniques.

The book also discusses aging and storage, emphasizing patience for developing complex flavors.

Distilling Spirits and Liqueurs

Distillation is presented as an advanced but rewarding technique. The handbook offers safety warnings and legal considerations, noting that home distillation may be subject to local regulations.

Highlights include:

- Building or sourcing a safe still.
- The distillation process: from fermentation to vaporization and condensation.
- Flavored spirits, such as infused gins or fruit brandies.
- Creating liqueurs by adding sweeteners, herbs, and spices post-distillation.

Fearnley-Whittingstall encourages experimentation with botanicals and flavor infusions, broadening the scope of homemade spirits.

Practical Tips and Troubleshooting

Throughout the book, practical advice helps readers navigate common challenges:

- Avoiding contamination:** sanitation tips and clean equipment practices.
- Controlling fermentation:** managing temperature and ingredient quality.
- Dealing with off-flavors:** identifying causes like spoilage or over-fermentation.
- Achieving carbonation:** methods for natural and forced carbonation.
- Clarification techniques:** using finings, filtration, or time.

Troubleshooting charts and sidebars assist readers in

diagnosing issues quickly, fostering confidence in their craft. Innovative and Seasonal Recipes The River Cottage Booze Handbook encourages creativity. It features recipes for: Herb-infused spirits, such as rosemary gin. Fruit liqueurs like raspberry or cherry brandy. Seasonal drinks using foraged ingredients. Unique combinations, such as spiced cider or mead variations. This section aims to inspire homebrewers to develop their own signature drinks, emphasizing the importance of taste testing and adjusting recipes over time. Conclusion: A Blend of Tradition, Sustainability, and Creativity The River Cottage Booze Handbook is a valuable resource that elevates home alcohol-making from simple hobby to craft rooted in sustainability, tradition, and innovation. Hugh Fearnley-Whittingstall's approachable tone, combined with thorough explanations and practical guidance, makes this book suitable for beginners and seasoned enthusiasts alike. By emphasizing local ingredients, eco-friendly practices, and responsible enjoyment, the handbook aligns with contemporary values of mindful consumption and environmental stewardship. Its recipes and techniques open doors to a world of flavor, allowing readers to craft beverages that reflect their personal tastes and local terroir. In an era increasingly interested in artisanal, homemade products, the River Cottage Booze Handbook stands as both an educational guide and an inspiring call to reconnect with traditional methods, all while embracing the creative possibilities of homebrewing. Whether you're looking to craft a perfect pint, a fragrant liqueur, or a smooth spirit, this book provides the tools and knowledge to turn your kitchen into a personal distillery or brewery—an essential addition to any aspiring alcohol artisan's library.

QuestionAnswer

What types of alcoholic beverages are covered in The River Cottage Booze Handbook?

The River Cottage Booze Handbook covers a wide range of beverages including homemade wines, ciders, beers, spirits, and liqueurs, providing recipes and techniques for each.

Is The River Cottage Booze Handbook suitable for beginners?

Yes, the book is designed to be accessible for beginners, offering clear instructions and practical tips to start making your own alcoholic beverages at home.

Does the book include recipes for infusions and flavored drinks?

Absolutely, the handbook features various recipes for infusions, flavored spirits, and liqueurs to customize your drinks according to your taste.

Are there any seasonal or traditional recipes included in The River Cottage Booze Handbook?

Yes, the book includes seasonal recipes and traditional methods, allowing readers to explore classic drinks and adapt them to modern tastes.

Can I learn about the legal aspects of homebrewing from this book?

While the book focuses on recipes and techniques, it also offers basic guidance on legal considerations related to homebrewing and alcohol production.

Is The River Cottage Booze Handbook suitable for eco-conscious or sustainable brewing practices?

Yes, the book emphasizes using local ingredients, sustainable practices, and minimal waste to create environmentally friendly alcoholic beverages.

Related keywords: beer brewing, home distilling, alcohol recipes, craft beverages, fermentation techniques, homemade spirits, brewing tips, cocktail recipes, alcohol production, DIY brewing

The river cottage curing and smoking handbook riv

The River Cottage Curing and Smoking Handbook Riv is an essential guide for enthusiasts eager to master the art of curing and smoking meats, fish, and other delicacies at home. Authored by the renowned River Cottage team, this comprehensive handbook offers practical advice, detailed techniques, and inspiring recipes that empower both beginners and experienced cooks to create flavorful, preservable foods using traditional methods. Whether you're interested in making your own bacon, salmon, or salami, this book provides the knowledge and confidence needed to elevate your culinary skills.

Introduction to Curing and SmokingCuring and smoking are ancient preservation techniques that enhance flavor, texture, and shelf life of various foods. The River Cottage Curing and Smoking Handbook Riv introduces readers to the history and science behind these methods, emphasizing their relevance in modern cooking. The book advocates for sustainable, minimally processed foods, encouraging cooks to take control of their ingredients.

Understanding the BasicsBefore diving into techniques, it's crucial to understand the fundamental principles:Curing involves adding salt, sugar, nitrates, or other ingredients to preserve and flavor food.Smoking involves exposing food to smoke from burning or smoldering materials, infusing flavor and aiding preservation.The combination of curing and smoking produces intensely flavorful, shelf-stable products.

Essential Equipment and IngredientsHaving the right tools and ingredients is vital for successful curing and smoking. The handbook provides detailed guidance on setting up your workspace and sourcing quality materials.

Tools and EquipmentMeat or fish to cure and smokeCuring containers or non-reactive bowlsRefrigeration space or curing chamberSmokehouse

or homemade smoker Thermometer and hygrometer for temperature and humidity control Sharp knives for trimming and preparing products Meat hooks or racks Brushes for applying cure or glaze

Key Ingredients Salt (preferably sea salt or curing salt) Sugar (white, brown, or specialty varieties) Nitrates/nitrites (for certain cured meats) Spices and herbs (pepper, juniper, coriander, etc.) Wood chips or chunks (hickory, apple, cherry, etc.) for smoking Vinegar or other flavorings (optional)

Step-by-Step Guide to Curing The process of curing varies depending on the type of product, but the handbook offers a clear, step-by-step approach adaptable to different recipes.

Preparing the Cure Select your cure mix: Combine salt, sugar, and spices according to the recipe. Apply the cure: Rub or pack the mixture evenly over the food item. Marinate or cure in a bag: Place the item in a sealed container in the refrigerator. Curing time: Varies from a few hours for quick cures to several weeks for traditional dry-cured meats.

Curing Procedure Trim and prepare the meat or fish to remove excess fat or connective tissue. Apply the cure evenly, ensuring all surfaces are coated. Place in a non-reactive container and cover. Refrigerate at a consistent temperature (generally 0-4°C / 32-39°F). Turn or massage periodically to ensure even curing. Check for signs of proper curing, such as firmness and color change. Rinse or soak if necessary to remove excess cure before smoking or cooking.

Smoking Techniques and Tips Smoking adds depth of flavor and preserves the cured product further. The handbook explores various smoking methods suitable for different scales and flavors.

Types of Smoking Cold Smoking: Performed at temperatures below 30°C (86°F), ideal for delicate items like salmon or cheese. Hot Smoking: Conducted at higher temperatures (60-85°C / 140-185°F), cooking and flavoring the food simultaneously. Smoke Roasting: Combines smoking with roasting, suitable for larger cuts of meat.

Setting Up a Smoker Use a dedicated smoker or adapt a grill with a smoking box. Maintain consistent temperature and smoke levels. Use quality, seasoned wood chips for flavor. Control airflow to regulate smoke and temperature.

Smoking Process Preheat the smoker to the desired temperature. Add wood chips or chunks to generate smoke. Arrange the food on racks, ensuring good airflow. Maintain temperature and smoke levels throughout the process. Monitor internal temperature of the food using a probe thermometer. Allow the smoked product to rest after smoking to develop flavors.

Recipes and Inspirations The River Cottage Curing and Smoking Handbook Riv offers a wide array of recipes to inspire home cooks.

Popular Curing Recipes Homemade Bacon: Salt, sugar, pepper, and optional spices cure pork belly for several days before smoking. Salmon Gravlox: Salmon cured with salt, sugar, and dill, served thinly sliced. Salami and Charcuterie: Fermented meats with herbs and spices, cured and air-dried.

Smoking Recipes Smoked Salmon: Cold-smoked with alder or applewood for a delicate flavor. Smoked Duck Breast: Hot-smoked for a tender, flavorful result. Smoked Cheese: Adds a smoky aroma perfect for cheese platters.

Safety and Quality Control Proper safety measures are crucial when curing and smoking to prevent foodborne illnesses.

Food Safety Tips Use fresh, high-quality ingredients. Maintain proper refrigeration temperatures during curing. Use clean equipment to prevent contamination. Ensure thorough cooking or appropriate smoking temperatures. Label and date cured products for inventory management.

Signs of Good Quality Firm texture and vibrant color. Pleasant aroma without sour or off smells. Consistent shape and size.

Maintaining and Extending Shelf Life Proper curing and smoking extend the shelf life of preserved foods. The handbook discusses storage methods: Vacuum sealing

or wrapping tightly in plastic wrap. Storing in a cool, dark, and humid environment. Freezing for long-term preservation.

Conclusion: Embrace the Art of Preservation

The River Cottage Curing and Smoking Handbook Riv empowers home cooks to explore traditional preservation techniques with confidence. By understanding the principles, acquiring the right tools, and practicing methodical techniques, you can craft artisanal cured and smoked foods that are full of flavor and preservative qualities. From making your own bacon to mastering the art of salmon smoking, this handbook is an invaluable resource for elevating your culinary repertoire and reconnecting with age-old food traditions.

Additional Resources and Tips

Join local or online curing and smoking communities for support and inspiration. Experiment with different woods, spices, and curing mixtures to develop your signature flavors. Keep detailed notes of your processes to improve with each batch. Always adhere to safety guidelines to enjoy your homemade creations with confidence. Embark on your curing and smoking journey today, and transform simple ingredients into gourmet delights with the guidance of the River Cottage Curing and Smoking Handbook Riv.

The River Cottage Curing and Smoking Handbook (RIV): A Comprehensive Guide for Enthusiasts and Professionals Alike

In recent years, the resurgence of traditional food preservation techniques has gained momentum among chefs, home cooks, and food artisans alike. Central to this revival is the captivating world of curing and smoking, methods that transform raw ingredients into flavorful delicacies with enhanced shelf life and complex taste profiles. Among the seminal texts that have shaped this movement is The River Cottage Curing and Smoking Handbook (RIV)—a definitive guide that bridges the gap between rustic tradition and modern culinary artistry. This article offers an in-depth exploration of RIV, analyzing its core principles, practical applications, and its significance within the broader context of food preservation. Whether you're an aspiring charcutier, a seasoned chef, or a curious home cook, understanding the insights presented in this handbook can elevate your culinary pursuits and deepen your appreciation for artisanal techniques.

Overview of The River Cottage Curing and Smoking Handbook (RIV)

Origins and Authorship

The River Cottage Curing and Smoking Handbook was authored by Hugh Fearnley-Whittingstall, a renowned British chef, food writer, and advocate of sustainable and traditional food practices. As the founder of River Cottage, a rural retreat dedicated to ethical and sustainable food, Hugh's work emphasizes respect for ingredients, environmental consciousness, and culinary craftsmanship. The RIV encapsulates years of experience, experimentation, and teaching, distilled into a comprehensive manual that guides readers through the intricate worlds of curing and smoking.

Scope and Purpose

The handbook aims to demystify the processes of curing and smoking, offering both theoretical background and practical instructions. Its scope covers:

- Methods of curing meats, fish, and other proteins
- Techniques for smoking foods using various fuels and equipment
- Recipes tailored for beginners and advanced practitioners
- Tips on sourcing quality ingredients and maintaining safety standards
- Ideas for flavoring, presentation, and storage

By combining traditional wisdom with contemporary insights, RIV serves as both an educational resource and an inspirational toolkit for diverse culinary applications.

Core Principles of Curing and Smoking as Outlined in RIV

Understanding Food Preservation

Curing and

smoking are ancient techniques rooted in the need to preserve food before refrigeration. Their core principles revolve around manipulating environmental factors—primarily salt, temperature, and smoke—to inhibit microbial growth and oxidation. Curing involves applying salt, sugar, nitrates, or nitrites to draw moisture out of food, creating an inhospitable environment for bacteria. Smoking imparts antimicrobial compounds from smoke and imparts flavor while also aiding in preservation through dehydration and chemical effects.

Safety and Hygiene RIV emphasizes that safety is paramount. Proper sanitation, ingredient quality, and adherence to temperature controls are essential to prevent foodborne illnesses. The handbook provides detailed guidelines on:

- Selecting fresh, high-quality ingredients
- Sanitizing equipment and workspace
- Monitoring curing times and environmental conditions
- Recognizing signs of spoilage
- Flavor Development and Ingredient Compatibility

Beyond preservation, curing and smoking are about developing complex flavors. RIV encourages experimentation with:

- Herbs, spices, and aromatics
- Different types of salts and sugars
- Various wood and fuel sources for smoking
- Additional flavoring agents like alcohol, fruit, or chili

This approach underscores the importance of understanding ingredient interactions and balancing flavors to craft signature products.

Practical Techniques and Methodologies

Meat and Fish Curing Processes The handbook delineates step-by-step procedures for curing various proteins:

- Dry Curing:** Applying a dry rub of salt, sugar, and spices directly onto the meat or fish, then hanging or refrigerating for a specified duration.
- Wet Curing (Brining):** Submerging the food in a salty, seasoned solution, which ensures even curing and moist texture.
- Injection Curing:** Injecting brine directly into the meat for more uniform penetration, especially useful for larger cuts.

Each method involves precise timing, weight considerations, and environmental controls to achieve optimal results.

Smoking Techniques RIV covers multiple smoking methods, categorized mainly into hot and cold smoking:

- Hot Smoking:** Cooking the food at temperatures around 60–85°C (140–185°F), which simultaneously cures, flavors, and cooks the product.
- Cold Smoking:** Performed at lower temperatures (20–30°C or 68–86°F) over extended periods, imparting flavor without fully cooking the food, suitable for items like salmon or cheese.

The handbook discusses:

- Types of smoking equipment (smokehouses, smoking guns, homemade setups)
- Choosing appropriate wood types (oak, apple, cherry, hickory) for flavor profiles
- Controlling smoke density and airflow
- Managing temperature and humidity for safety and quality

Step-by-Step Guides and Recipes RIV offers a plethora of recipes, from simple home-cured bacon to complex salamis and smoked cheeses. Each recipe is accompanied by:

- Ingredients list
- Equipment needed
- Detailed instructions with tips
- Troubleshooting common issues

Such guidance facilitates confident experimentation and adaptation.

The Science Behind Curing and Smoking

Microbial Inhibition and Chemical Reactions The scientific foundation of curing and smoking is extensively discussed in RIV: Salt causes osmosis, drawing moisture out of cells and inhibiting bacteria. Nitrites and nitrates react with myoglobin in meats, preserving color and preventing botulism. Smoke contains phenols, formaldehyde, and other compounds that have antimicrobial and antioxidative properties. Temperature and humidity influence enzymatic activity and microbial growth. Understanding these mechanisms enables practitioners to optimize processes and innovate safely.

Flavor Chemistry and Texture The handbook delves into how curing and smoking alter food chemistry: The Maillard reaction during smoking creates complex, roasted flavors. Sugar addition influences caramelization and sweetness. The formation of emulsions

and gels during curing impacts texture. This knowledge encourages thoughtful ingredient choices and process adjustments to achieve desired sensory qualities.

Applications and Innovations Inspired by RIV

Home Curing and Smoking Projects

The accessibility of techniques outlined in RIV empowers home cooks to produce artisanal products, such as:

- Home-cured hams and bacon
- Smoked salmon and trout
- Dry-cured sausages and salamis
- Smoked cheeses and vegetables

By following safety protocols and experimenting with flavors, enthusiasts can develop personalized charcuterie boards and gifts.

Commercial and Artisan Uses

In professional settings, RIV serves as a foundational manual for:

- Small-scale charcuterie production
- Craft breweries and distilleries incorporating smoked ingredients
- Food startups emphasizing artisanal and locally-sourced products

Its principles support innovation while maintaining traditional integrity.

Environmental and Sustainability Considerations

The handbook also touches upon sustainable practices:

- Using locally sourced wood and ingredients
- Minimizing waste through nose-to-tail butchery
- Employing energy-efficient curing and smoking setups

This aligns with the broader movement towards environmentally conscious food production.

Critical Analysis and Impact of RIV

Strengths of the Handbook

- Comprehensiveness:** RIV covers a broad spectrum of techniques, recipes, and scientific insights, making it suitable for novices and experts.
- Practical Approach:** Clear instructions, troubleshooting tips, and safety guidelines facilitate confident experimentation.
- Cultural Respect:** The book emphasizes traditional methods, fostering appreciation for culinary heritage.
- Flexibility:** Encourages personalization through flavoring variations and equipment choices.

Limitations and Areas for Improvement

- Equipment Accessibility:** Some techniques require specialized equipment, which may not be available to all home cooks.
- Safety Emphasis:** While safety is addressed, the complexity of some processes warrants additional caution, especially regarding nitrates and cold smoking.
- Regional Variations:** The handbook is UK-centric; adaptations might be necessary for different climates and ingredient availabilities.

Influence on the Food Community

RIV has significantly contributed to the revival of artisanal curing and smoking, inspiring a global community of food enthusiasts. Its practical wisdom combined with scientific rigor has elevated the craft, fostering innovation and sustainability. Many home and professional artisans cite RIV as a pivotal resource in their journey.

Conclusion

The River Cottage Curing and Smoking Handbook (RIV) stands as a cornerstone in the modern revival of traditional food preservation techniques. Its blend of detailed methodology, scientific understanding, and culinary inspiration makes it an invaluable resource for anyone interested in mastering curing and smoking. By demystifying complex processes and emphasizing safety, flavor, and sustainability, RIV empowers both amateur enthusiasts and professional artisans to create delicious, preservative foods that honor age-old traditions while embracing contemporary innovation. As the culinary world continues to explore authentic and sustainable food practices, RIV's influence is poised to grow, inspiring a new generation of food lovers to appreciate the artistry, science, and cultural significance of curing and smoking. Whether you're embarking on your first cured ham or refining a signature smoked cheese, this handbook offers the knowledge and confidence to elevate your craft.

QuestionAnswer

What is covered in 'The River Cottage Curing & Smoking Handbook' by Riv?

The book provides comprehensive guidance on curing and smoking meats, fish, and other foods at home, including techniques, recipes, and safety tips to achieve professional results.

Who is the target audience for 'The River Cottage Curing & Smoking Handbook'?

The handbook is ideal for home cooks, food enthusiasts, and hobbyists interested in traditional preservation methods and looking to master curing and smoking techniques.

Does the book include recipes for different types of meats and fish?

Yes, it features a variety of recipes and methods for curing and smoking a wide range of foods, including salmon, ham, bacon, and game meats.

Are there any modern or innovative techniques in the handbook?

While rooted in traditional methods, the book also explores modern innovations and equipment, making it accessible for contemporary home curing and smoking projects.

Is 'The River Cottage Curing & Smoking Handbook' suitable for beginners?

Absolutely, the book is designed to be approachable for beginners, offering clear instructions and detailed guidance to ensure successful results.

Can the techniques in the book be safely practiced at home?

Yes, with proper attention to safety protocols outlined in the book, such as maintaining correct temperatures and hygiene, home curing and smoking can be safely performed.

Related keywords: river cottage, curing, smoking, preservation, charcuterie, recipes, DIY, food preservation, smoking techniques, homemade smoked meats

Cheese dairy river cottage handbook no 16

Cheese dairy river cottage handbook no 16 is an essential resource for artisanal cheese makers,

dairy enthusiasts, and anyone interested in mastering traditional cheese production techniques. This comprehensive handbook provides detailed instructions, safety tips, and best practices to ensure high-quality cheese output while preserving the rich heritage of dairy craftsmanship. Whether you are a beginner or an experienced producer, the insights within this guide can elevate your cheese-making journey to new heights.

Overview of Cheese Dairy River Cottage Handbook No 16

The Cheese Dairy River Cottage Handbook No 16 is a specialized manual dedicated to small-scale cheese production, focusing on traditional methods and sustainable practices. It is part of a series aimed at promoting artisanal food skills and preserving regional cheese varieties. The handbook covers everything from milk selection to aging techniques, making it an invaluable reference for cottage cheese producers.

Contents and Structure of the Handbook

The handbook is organized into clear, digestible sections, each focusing on different aspects of cheese production. Its structured approach makes complex processes accessible, even for newcomers.

Key Sections include:

- Introduction to Cheese Making**
- Milk Selection and Preparation**
- Coagulation and Curd Formation**
- Cutting and Cooking the Curds**
- Draining, Molding, and Pressing**
- Salting and Flavoring**
- Aging and Maturation**
- Storage and Packaging**
- Food Safety and Hygiene**
- Troubleshooting Common Issues**

Each section combines theoretical background with practical step-by-step instructions, supplemented by illustrations and troubleshooting tips.

Milk Selection and Preparation

Choosing the right milk is fundamental to producing high-quality cheese. The handbook emphasizes the importance of using fresh, high-quality milk, whether raw or pasteurized, depending on the type of cheese being made.

Types of Milk Suitable for Cheese Making

- Cow's Milk:** Most common, versatile, suitable for a variety of cheeses
- Goat's Milk:** Produces distinct, tangy flavors; popular in artisanal cheeses
- Sheep's Milk:** Richer in fat and protein; ideal for aged cheeses

The manual advises sourcing milk from trusted local farms or dairy suppliers to ensure purity and freshness. It also covers the importance of maintaining proper milk storage conditions and avoiding contamination.

Preparing Milk for Cheese Making

- Heating:** Gentle heating to the appropriate temperature for coagulation
- Standardization:** Adjusting fat content if necessary
- Adding cultures:** Introducing beneficial bacteria to develop flavor and texture
- Adding coagulants:** Using rennet or plant-based alternatives for curd formation

Coagulation and Curd Formation

This critical phase determines the texture and quality of the final cheese product.

Types of Coagulants

- Animal Rennet:** Traditional choice, derived from calf stomachs
- Vegetable Rennet:** Suitable for vegetarian cheese options
- Microbial Rennet:** Lab-produced enzymes with consistent results

The handbook emphasizes selecting the appropriate coagulant based on the cheese type and dietary considerations.

Steps for Coagulation

- Heat the milk** to the specified temperature as per the recipe
- Add the coagulant** gradually while gently stirring
- Allow the milk** to set undisturbed until a firm curd forms
- Test the curd's** firmness with a knife or finger
- Cut the curd** into uniform pieces to facilitate whey separation

Cutting and Cooking the Curds

Proper handling during this phase impacts moisture content and cheese texture.

- Cutting the Curds:** Use a cheese harp or knife to cut the curd into small, uniform cubes. Gentle, even cuts prevent damaging the curd structure.
- Cooking the Curds:** Gradually heat the curds to encourage whey expulsion. Stir gently to prevent curd breakage. Maintain precise temperatures as specified in the recipe.

The handbook stresses patience during this process to achieve the desired moisture level and firmness.

Draining, Molding, and Pressing

Once the curds are cooked, the next

steps involve removing whey and shaping the cheese. Draining Transfer curds into cheesecloth-lined baskets or molds Allow whey to drain naturally or apply gentle pressure Molding and Pressing Shape the curds into desired forms Apply appropriate pressure to expel excess whey Pressing times vary depending on cheese type, from a few hours to several days The manual highlights the importance of hygiene during these steps to prevent contamination. Salting and Flavoring Techniques Salting not only enhances flavor but also acts as a preservative. Methods of Salting Dry Salting: Rubbing salt directly onto cheese surfaces Brining: Submerging cheese in saltwater solutions Flavoring Additions Herbs, spices, or smoked elements can be incorporated during or after the shaping process Experimentation with flavorings is encouraged within safe, hygienic practices Aging and Maturation Aging imparts complexity and character to cheese. Conditions for Aging Temperature: Typically between 8°C and 15°C (46°F - 59°F) Humidity: High humidity levels (80-90%) to prevent drying Airflow: Good ventilation to discourage mold growth Timing Soft cheeses: A few weeks Hard cheeses: Several months to years The handbook provides guidance on turning, monitoring, and tasting cheeses during maturation. Storage, Packaging, and Food Safety Proper storage extends shelf life and preserves quality. Packaging Options Wax coatings Vacuum sealing Wax paper or cheese paper Food Safety Guidelines Maintain cleanliness throughout the process Use sanitized equipment Store cheeses at appropriate temperatures Regularly inspect for mold or spoilage Troubleshooting Common Cheese-Making Issues Despite careful procedures, issues can arise. The handbook offers practical solutions: Cheese not setting: Verify coagulant activity, correct temperatures, and milk quality Too much whey expelled: Adjust cooking temperature and time Unwanted mold growth: Maintain hygiene and proper aging environment Off-flavors or sourness: Monitor fermentation and prevent contamination Conclusion: Embracing Traditional Cheese Craftsmanship The Cheese Dairy River Cottage Handbook No 16 is more than just a manual; it is a gateway into the art of traditional cheese making. By following its detailed instructions and adhering to safety standards, producers can craft authentic, flavorful cheeses that honor regional heritage and meet modern standards. Whether you aim to produce small batches for personal enjoyment or small-scale commercial sale, this handbook equips you with the knowledge and confidence to succeed. Additional Resources and Tips Join local cheese-making communities or online forums for support and shared experiences Keep detailed records of each batch to refine your process Experiment with different milk sources, cultures, and aging conditions to develop unique flavors Stay updated on food safety regulations and best practices Embrace the tradition, prioritize quality, and enjoy the rewarding process of cheese making with the guidance of the Cheese Dairy River Cottage Handbook No 16.

Cheese Dairy River Cottage Handbook No 16: An Expert Review The world of artisanal cheese-making and dairy craftsmanship has experienced a renaissance over the past few decades, fueled by a resurgence in traditional methods, local sourcing, and a desire for authentic flavors. Among the numerous guides and manuals available, the Cheese Dairy River Cottage Handbook No 16 stands out as a comprehensive resource designed for both budding cheese makers and

seasoned artisans seeking to deepen their understanding of small-scale dairy production. This article offers an in-depth examination of this handbook, exploring its content, structure, practical applications, and overall value within the context of modern cheese and dairy craftsmanship.

Introduction to the Handbook

The Cheese Dairy River Cottage Handbook No 16 is part of a well-regarded series dedicated to cottage industries and traditional craft skills. Its focus on cheese and dairy production aligns with the growing interest in farm-to-table, organic, and locally produced foods. The handbook aims to bridge the gap between theoretical knowledge and practical skills, providing readers with step-by-step guidance, troubleshooting tips, and insights into sustainable dairy practices.

Key Highlights:

- Focus on small-scale, traditional cheese-making techniques
- Emphasis on natural, locally sourced ingredients
- Practical advice suitable for beginners and experienced artisans
- Incorporation of sustainable and eco-friendly methods
- Rich illustrations, diagrams, and photographs for clarity

Content Overview

The handbook is structured into several comprehensive sections, each dedicated to a specific aspect of cheese and dairy production. The content is designed to be progressive, allowing readers to build their skills systematically.

Introduction to Cheese Dairy and Its Heritage

This initial section provides historical context, tracing the evolution of cottage cheese-making from ancient times to modern artisanal practices. It highlights:

- The cultural significance of cheese in different regions
- Traditional methods versus industrial approaches
- The importance of preserving local dairy heritage

The Basics of Milk and Its Selection

Understanding milk is fundamental to successful cheese-making. This section covers:

- Types of milk suitable for cheese production (cow, goat, sheep)
- Factors affecting milk quality: diet, breed, seasonality
- How to select high-quality milk
- Raw milk vs. pasteurized milk: benefits and considerations

Equipment and Ingredients

A detailed rundown of essential tools and ingredients:

- Basic equipment:** vats, thermometers, molds, cheese cloths
- Optional advanced tools:** for larger batches
- Ingredients:** starter cultures, rennet, salt, herbs, spices
- Sustainable sourcing options:**

Step-by-Step Cheese-Making Processes

The core of the handbook, presenting detailed procedures for popular cheeses:

- Fresh cheeses (ricotta, paneer, queso fresco)
- Soft cheeses (camembert, Brie, goat cheese)
- Hard cheeses (cheddar, Parmesan, Gruyère)
- Blue-veined cheeses
- Flavored and infused varieties

Each recipe includes:

- Ingredient quantities
- Temperature controls
- Incubation times
- Molding and aging instructions
- Troubleshooting tips

Dairy Processing Beyond Cheese

The handbook also explores other dairy products:

- Yogurt and kefir
- Butter and cream
- Clotted cream
- Cultured dairy drinks

Sustainability and Self-Reliance

A dedicated section on eco-friendly practices:

- Recycling and composting whey
- Using local herbs and flavorings
- Sustainable packaging
- Managing waste responsibly

Business and Marketing

For those interested in turning their hobby into a small enterprise, this section offers:

- Licensing and regulations
- Pricing strategies
- Branding and packaging
- Building a customer base locally and online

In-Depth Analysis of Key Sections

The Art of Milk Selection

Choosing the right milk is crucial, and the handbook dedicates significant attention to this aspect. It discusses:

- The impact of breed and diet on milk flavor and composition
- How to identify fresh, high-quality milk
- The pros and cons of raw versus pasteurized milk
- Tips for sourcing milk from local farms or maintaining your own herd

By emphasizing the importance of milk quality, the guide helps artisans avoid common pitfalls like off-flavors or spoilage, ensuring a solid foundation for successful cheese-making.

Cheese-Making Techniques and Recipes

One of the

standout features is the extensive collection of recipes, each accompanied by detailed instructions, photographs, and tips. For example:

- Fresh Ricotta:** Use leftover whey from other cheese processes; Heat whey to a specific temperature; Add acid (vinegar or lemon juice) to curdle; Drain and cool.
- Aging Hard Cheddar:** Proper curd cutting and pressing; Salting and brining; Optimal aging conditions (temperature, humidity); Monitoring flavor development over months or years.
- Blue Cheese Production:** Inoculation with *Penicillium* cultures; Proper environment for veining; Handling mold growth and preventing spoilage.

The manual emphasizes the importance of precision and patience, conveying that high-quality cheese arises from attention to detail.

Sustainable Practices and Waste Management

- A unique aspect of the River Cottage Handbook No 16 is its focus on eco-consciousness. It advocates for:
 - Using organic and locally sourced ingredients
 - Recycling whey by turning it into ricotta or feeding livestock
 - Composting cheese scraps and rinds
 - Employing biodegradable packaging
 - Minimizing water and energy use during production

Business Development and Community Engagement

- For enthusiasts aiming to commercialize their craft, the handbook guides through:
 - Navigating legal requirements
 - Developing a brand rooted in authenticity and quality
 - Participating in farmers' markets and local food fairs
 - Leveraging social media for marketing
 - Building relationships with local restaurants and stores

This practical advice aims to empower small-scale producers to succeed sustainably and ethically.

Practical Applications and Who Should Use It

The Cheese Dairy River Cottage Handbook No 16 is designed to be accessible yet comprehensive. Its target audience includes:

- Home enthusiasts interested in making cheese as a hobby
- Small-scale farmers wanting to diversify their offerings
- Artisan cheese makers seeking refinement of techniques
- Food educators and culinary students
- Entrepreneurs aiming to start a local dairy product business

The handbook's clear instructions, visuals, and troubleshooting tips make it an invaluable resource regardless of experience level.

Strengths and Limitations

Strengths:

- Extensive coverage of traditional and modern techniques
- Thoughtful emphasis on sustainability
- Clear, step-by-step instructions with visual aids
- Practical advice for business development
- Focus on quality and safety

Limitations:

- May require additional resources or equipment for advanced techniques
- Regional variations in ingredients and regulations might necessitate supplementary research
- Not a quick-fix guide; mastery requires practice and patience

Conclusion: A Valuable Resource for Artisan Dairy Enthusiasts

The Cheese Dairy River Cottage Handbook No 16 stands out as a meticulously crafted guide that balances tradition with practicality. Its comprehensive approach, covering everything from milk selection to cheese aging and business strategies, makes it an essential tool for anyone passionate about cheese and dairy craftsmanship. Whether you're a hobbyist eager to explore new skills or a small producer aiming to elevate your offerings, this handbook provides the knowledge, confidence, and inspiration needed to succeed.

In an era where consumers increasingly seek authentic, locally produced foods, mastering the art of cheese-making with guidance like this handbook positions artisans to thrive in a sustainable, ethical food economy. Its blend of historical context, technical detail, and eco-conscious advice ensures that users not only produce delicious cheeses but also contribute positively to their communities and the environment.

In summary, the Cheese Dairy River Cottage Handbook No 16 is more than just a manual; it is a comprehensive blueprint for embracing traditional dairy craftsmanship with a modern, sustainable mindset. Its wealth of information, practical tips, and user-friendly design make it an invaluable

resource for anyone committed to the art of cheese and dairy.

QuestionAnswer

What is the main focus of the Cheese Dairy River Cottage Handbook No 16?

The handbook primarily focuses on teaching readers how to make traditional cheese and dairy products at home, emphasizing techniques, recipes, and best practices.

Who is the author of the Cheese Dairy River Cottage Handbook No 16?

The handbook is authored by the team at River Cottage, led by Hugh Fearnley-Whittingstall, known for promoting sustainable and traditional food practices.

What types of cheese are covered in the handbook?

The handbook covers a variety of cheeses including soft cheeses like ricotta and cream cheese, as well as harder cheeses like cheddar, along with dairy-based spreads and yogurts.

Is the Cheese Dairy River Cottage Handbook No 16 suitable for beginners?

Yes, the handbook is designed to be accessible for beginners, providing step-by-step instructions and tips for those new to cheese and dairy making.

Does the handbook include information on sourcing ingredients and equipment?

Yes, it provides guidance on selecting quality ingredients and the essential equipment needed for cheese and dairy production at home.

Are there any specific recipes or techniques highlighted as unique in the handbook?

The handbook emphasizes traditional techniques such as fermentation and curdling, along with unique recipes like homemade ricotta and artisan cheeses.

Can the methods in the handbook be scaled for larger production?

While primarily aimed at home producers, the techniques can be scaled with adjustments, but the handbook focuses on small-scale, manageable processes.

Does the handbook include troubleshooting advice for common issues?

Yes, it offers troubleshooting tips for common problems like curdling failures, texture issues, and contamination concerns.

Is there a focus on sustainable and natural methods in the handbook?

Absolutely, the handbook promotes using natural ingredients and sustainable practices in cheese and dairy making.

Where can I purchase the Cheese Dairy River Cottage Handbook No 16?

The handbook is available for purchase through online retailers, River Cottage's official website, and select bookstores.

Related keywords: cheese making, dairy processing, cottage cheese, River Cottage, handbook, No 16, cheese recipes, dairy fermentation, cheese techniques, homemade cheese