

Lesson Plan: Making Anari Cheese

Subject: Culinary Arts / Food Science

Grade Level: High School Culinary Students

Duration: Approximately 2 hours (may vary based on class schedule)

YouTube Video Link: [Watch the Anari Cheese Making Process](#)

Objectives

- Knowledge: Understand the traditional process of making Anari cheese from whey and its cultural significance in Cypriot cuisine.
- Skills: Learn techniques for heating whey, curdling, straining, and pressing to make fresh cheese.
- Attitudes: Develop an appreciation for sustainable cooking practices by utilizing by-products (whey) from other recipes.

Materials Needed

Ingredients

- Whey leftover from making halloumi or other cheese
 - *(If halloumi was not made previously, prepare whey in advance or simulate with a mixture of water and milk for demonstration purposes.)*

Equipment

- Large pot
- Thermometer (capable of reading up to at least 90°C/200°F)
- Stirring spoon
- Cheesecloth
- Colander or fine-mesh sieve
- Large bowl or pot (to catch draining whey)
- Weight (for pressing cheese, optional)
- Stove or heat source
- Measuring cups and spoons
- Sanitized workspace and utensils

Lesson Outline

1. Introduction (15 minutes)

- Discussion Starter:
 - Ask students if they know how cheese is made and what happens to the whey after making cheese like halloumi.
 - Introduce Anari cheese, a traditional Cypriot cheese made from leftover whey.
- Cultural Context:
 - Explain the importance of Anari in Cypriot cuisine and its role in reducing food waste.
- Lesson Objectives:
 - Outline what students will learn, emphasizing sustainable cooking and resourcefulness.

2. Safety and Sanitation Briefing (10 minutes)

- Key Points:
 - Importance of working with clean equipment to prevent contamination.
 - Safe handling of hot liquids to prevent burns.
- Demonstration:
 - Proper handwashing and sanitizing techniques.

3. Understanding Whey and Curdling (10 minutes)

- Lecture:
 - Explain what whey is and its nutritional value.
 - Discuss the science of curdling proteins in whey to form cheese.
- Key Concepts:
 - Protein denaturation and coagulation.
 - The role of temperature in the curdling process.

4. Cooking Activity: Making Anari Cheese

a. Heating the Whey (20 minutes)

- Instructions:
 - Pour the leftover whey into a large pot.
 - Heat over medium-low heat until it reaches about 85°C (185°F).

- Activity:
 - Students monitor the temperature using thermometers.
 - Stir occasionally to prevent the whey from scorching.
- Discussion:
 - Importance of gradual heating.
 - Observing changes in the whey as it heats.

b. Curdling the Whey (20 minutes)

- Instructions:
 - Continue heating; as the whey reaches the target temperature, small curds will begin to form.
 - Stir gently to aid the curdling process.
- Observation:
 - Students note the appearance of curds separating from the liquid.
- Discussion:
 - Patience is essential as curd formation may take time.
 - Factors that influence curdling (e.g., acidity, temperature).

c. Straining the Curds (15 minutes)

- Instructions:
 - Line a colander or fine-mesh sieve with cheesecloth and place it over a large bowl or pot.
 - Carefully pour the curdled whey into the colander.
- Activity:
 - Students observe the separation of curds from whey.
 - Discuss the clarity of the leftover whey after straining.
- Safety Reminder:
 - Handle the hot whey carefully to avoid burns.

d. Pressing the Cheese (Optional, 1-2 hours passive time)

- Instructions:
 - For a firmer Anari, gather the corners of the cheesecloth to form a bundle.
 - Place the bundle on a flat surface and set a weight on top.

- Press for 1-2 hours or until desired consistency is achieved.
- Activity:
 - Discuss options for weights (e.g., a pot filled with water).
- Discussion:
 - How pressing affects the texture and moisture content of the cheese.
 - The difference between fresh (soft) and pressed (firm) Anari.

e. Serving and Storing Anari (10 minutes)

- Instructions:
 - Once pressed, unwrap the cheesecloth to reveal the Anari cheese.
 - Discuss ways to serve Anari (e.g., with honey, fruit, in pastries).
 - Store any unused cheese in the refrigerator for up to a week.
- Tasting:
 - Allow students to sample the fresh Anari cheese.
- Discussion:
 - Flavor profile and texture of Anari.
 - Nutritional benefits of including whey-based products in the diet.

Assessment

- Observation:
 - Monitor students' participation and adherence to safety protocols.
 - Evaluate their ability to follow instructions accurately.
- Questions and Answers:
 - Ask students to explain the curdling process and factors affecting it.
- Reflection:
 - Have students write a brief summary of what they learned and how they might use whey in other recipes.

Closure (10 minutes)

- Recap:
 - Summarize the steps taken to make Anari cheese.
 - Highlight the importance of resourcefulness in cooking.
- Student Sharing:
 - Invite students to share their thoughts on the process and the final product.
- Encouragement:
 - Suggest exploring other recipes that utilize whey or making variations of Anari.

Extensions

- Culinary Exploration:
 - Research and prepare dishes that include Anari cheese.
 - Investigate other cultures that use whey in cooking.
- Sustainability Project:
 - Develop ideas on reducing food waste in the kitchen.

Resources

- Handouts:
 - Detailed recipe with step-by-step instructions and images.
 - Information sheet on the science of cheese-making.
- Recommended Reading:

- Articles on sustainable cooking practices.
- Videos demonstrating traditional methods of making Anari.

Notes for the Instructor

- Preparation:
 - Ensure whey is available; if not making halloumi beforehand, arrange to have whey ready.
 - Set up workstations with all necessary equipment sanitized.
- Safety Considerations:
 - Emphasize caution when handling hot liquids.
 - Ensure all students understand how to use thermometers correctly.
- Adaptations:
 - For larger classes, conduct the heating and curdling demonstration at the front while students observe, then allow them to participate in the straining and pressing steps.
 - If time is limited, prepare curds in advance and focus on the straining and pressing process.