



Bó Mhór

Bó Mhór is a collaborative, multi-part project that will highlight surplus milk as a valuable resource, one that can be reused by individuals in the home to make cheese. According to research from the EPA in Ireland and Feedback Group in the UK, milk is the third most wasted household product, an astonishing 3.1 million glasses per day in the UK. Similar research is difficult to find in Ireland, but we can assume that equivalent levels of waste is happening here. We all have a responsibility to reduce food waste, which can be done in many ways, but a priority is to stop thinking of it as ‘waste’ and to think of it as a resource, to reuse the food we produce to create something else.

Directly translated as ‘big cow’, Bó Mhór is looking at the prominent role of the dairy industry in Ireland and thinking about possible ways that surplus liquid milk can retain its value as a food product. Led by artists David Beattie and Michelle Darmody in partnership with Spirasi, a support organisation for individuals seeking international protection in Ireland, we have been having regular weekly meetings with a group of people to gather and share traditions and knowledge about milk preservation in other cultures. Some of these recipes and traditions will be shared through cheesemaking demonstrations at the Earth Rising Festival in the Irish Museum of Modern Art.

Held across three days on Thur 21st, Fri 22nd and Sat 23rd Sept between 11-12 each day, we will demonstrate the basics of cheese and yogurt making with a particular focus on traditions from the Lebanon, Palestine and Algerian regions showcasing cheeses such as Labneh and Naboulsi. See overleaf for more details.

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Basic equipment for cheese and yogurt making

- A saucepan or pot for heating milk
- Cheesecloth (2 or 3 of these are useful to have some extra)
- A colander or sieve for draining
- Rennet. This is available online and comes in tablet, dried sachets, or liquid form. It can be vegetarian or calf rennet. Any of these forms will work but do pay attention to the instructions on the packet/bottle. This will tell you how much to use per litre of milk. It is normally one tablet/one teaspoon to 20 litres of milk so when making smaller quantities at home it is likely to be a quarter of a tablet or a few drops of liquid rennet. Always adhere to the instructions on the packet/bottle.
- A temperature probe or kitchen thermometer is useful
- A large bowl for draining
- Salt

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Naboulsi cheese

- Heat 1 litre of milk to 40 degrees Celsius.
- Leave to the side for approx. 10mins.
- Add 3 drops of liquid rennet and let it sit undisturbed at room temperature for 3-4 hours. It can also be left overnight in a cool room.
- Place a cheese cloth in a sieve and position over a large bowl.
- Slowly scoop the semi-solid curds onto the cheese cloth allowing it to drain.
- Gather the edges of the cheese cloth and fold over to create an enclosed parcel.
- Open the cheese cloth parcel and add approx. 1 tablespoon of salt.
- Reshape using the cheese cloth
- Place a plate with a weight on top, not too heavy, something like a bag of sugar or flour and let it drain some more for approx. 30 mins.
- Remove from the cheese cloth and let it sit overnight in the fridge.
- It can be eaten the next day and will keep in the fridge for approx. one week. Add salt to taste.

Preserving this cheese

- After resting and draining the cheese for 3 days, cut into smaller rectangles approx. 4x6cm
- Bring a pot of water to the boil and add 2 tablespoons of salt.
- Place the smaller blocks of cheese into the boiling water for a few minutes.
- Once the cheese floats to the surface it can be removed and placed on a tray.
- Squeeze the cheese blocks to remove excess water.
- Fill a large jar with the brine and leave for 30 mins.
- Once the brine has cooled you can place the cheese blocks inside and it can be stored in the fridge for up to one year.



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Yogurt

- Heat 1 litre of milk to 80 degrees Celsius or close to boiling and remove from the heat.
- Leave it to rest for approx. 30 mins until the milk has returned to 40 degrees. You should be able to comfortably hold your little finger in the milk for a few seconds.
- Once the milk is close to 40 degrees Celsius you can add three tablespoons of good quality yogurt. This can be shop bought or homemade, but it is best to have one that has lots of live cultures in it.
- Cover the saucepan with a lid and wrap in a large blanket. This will keep the milk and yogurt at 40 degrees for as long as possible and let the live cultures do their work on the milk.
- Leave the wrapped parcel aside undisturbed overnight.
- Check on the yogurt the following day. If it needs to be thicker it can be placed in the fridge for another 24 hours.
- Once thick enough, it can be eaten as it is, or it can be drained for a further 3 days to make labneh. See overleaf.

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Labneh

1 Kg Yogurt (Greek, regular or make your own is best)

1 teaspoon salt

Cheesecloth or a fine weave fabric

Colander

Twine

- Place a piece of doubled cheesecloth in the colander and place the colander over a deep bowl.
- Stir the salt into the yoghurt then spoon the yoghurt in the centre of a piece of the cheesecloth.
- Leave to drain for 3-5 hours for a thick yogurt-like consistency.
- For a more cheese-like labneh let the yogurt hang for another 24 hours. It is ready once it has the consistency of cottage or cream cheese. At this point you can add mint or other herbs if you like.
- Take about one tablespoon at a time and roll it into smooth, round balls and place in a sterile, airtight jar, cover with olive oil.
- Seal the jar and store in the fridge
- The labneh will keep this way for several months but you will have eaten them all up long before that!

A great way to serve Labneh balls is to roll them in herbs, spices or crushed nuts.

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Lebanese/Palestinian Rice Pudding

- 1 litre of milk
- ½ cup sugar
- 1 cup of rice
- orange blossoms water for flavour. Pistachios are optional.

-Start by washing and cooking the rice in water until the water is almost dry, about 10 to 12 minutes boil time on a low heat.

- Next add the milk and sugar and leave them to cook on medium low heat for about 10 min stirring occasionally.

- In a small cup mix some corn starch with some milk and the orange blossom water. Pour into the pot and stir to cook for a few more minutes until the pudding thickens up.

- Remove and pour into moulds or serving bowls immediately.

- Let it cool on room temperature before storing in the fridge. Cover and store up to 4 days.