

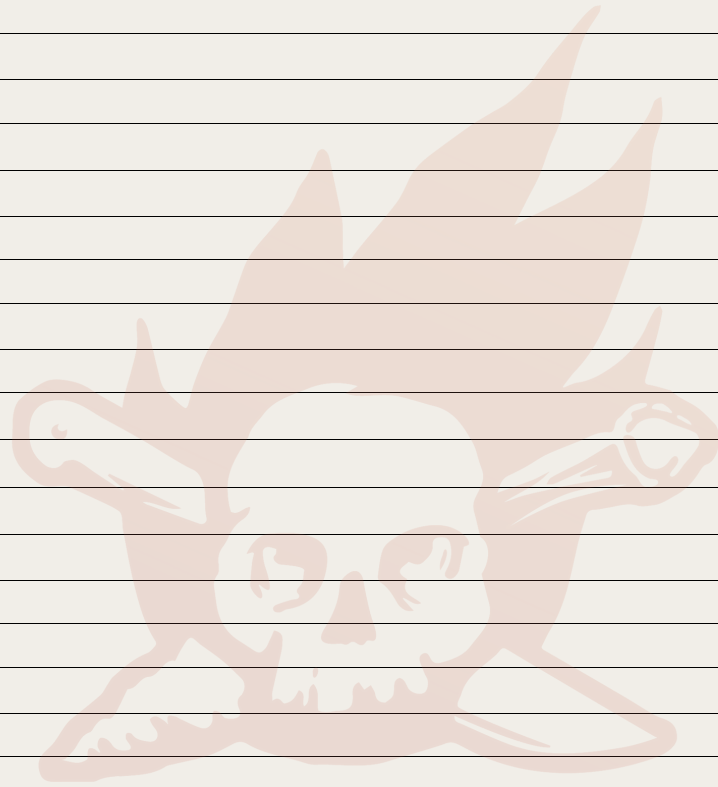
**WEEK**

# **Troubleshooting plus Q & A**

You bring the topics!

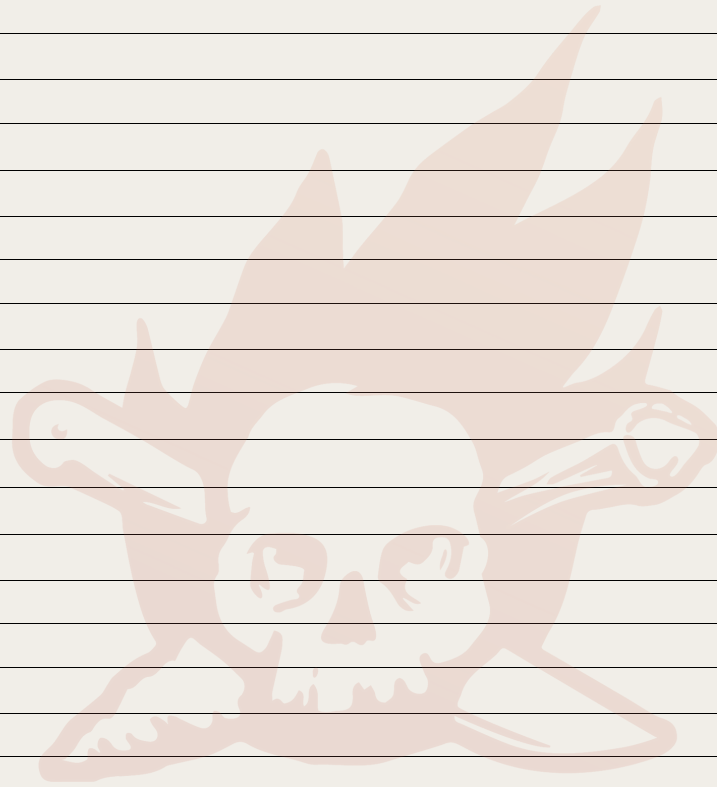
After 3 weeks of working through all the steps of fermented dairy, I know there will be questions, so this is your chance to get all the answers, so you can have fresh cheese, yogurt and kefir every week!

## Notetaking Guide



**EAT  
LIKE A  
HUMAN.**

## Notetaking Guide



**EAT  
LIKE A  
HUMAN.**

## **Week 4 Reflection**

Use the space below to reflect on our last virtual class and list any questions you may have. Remember to post in the Facebook group so we can learn from one another.

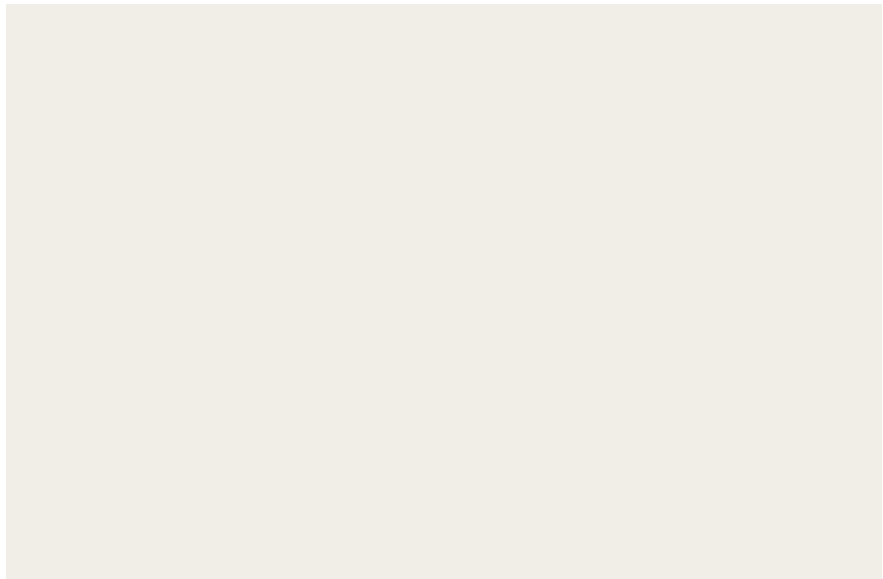


# Fermented Dairy Course Review

Use this space to reflect on the class - what you learned, questions you have and next steps in your fermented dairy journey!

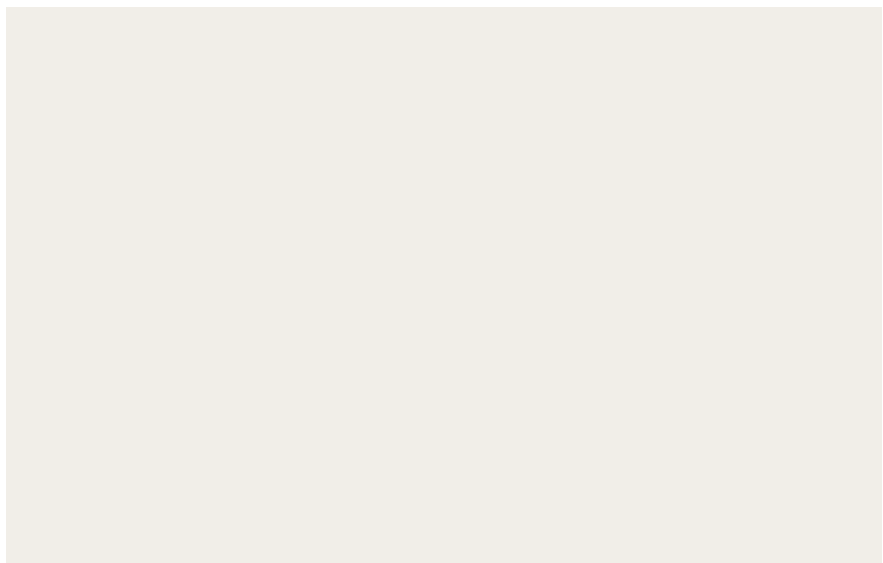
## 01 WEEK

Topics: Prehistory & benefits of dairy;  
Earliest evidence of dairy; Ancestral groups & fermenting dairy;  
Modern dairy consumption & production;  
Necessary equipment;  
Sourcing high quality ingredients.



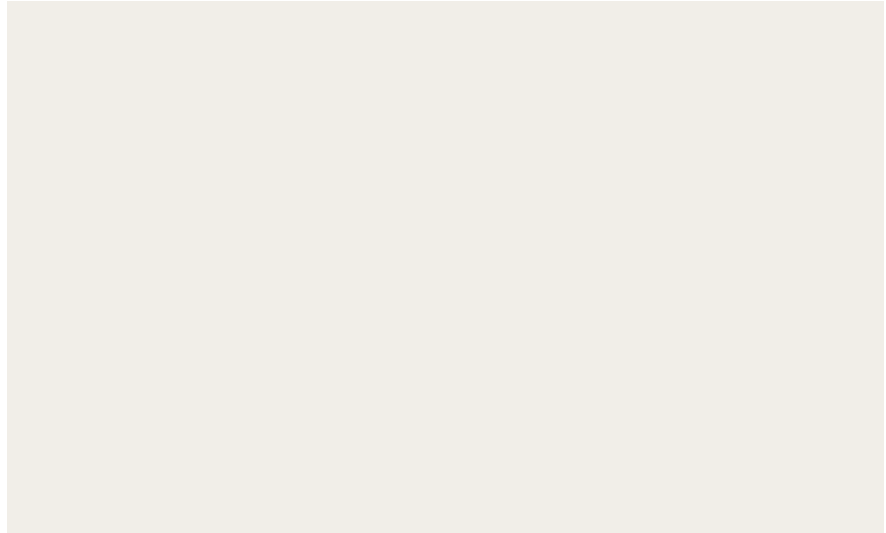
## 02 WEEK

Introduction to fermented dairy  
Making :  
- Clabber  
- Kefir  
- Mesophilic Yogurt  
- Thermophilic Yogurt  
- Fermented butter



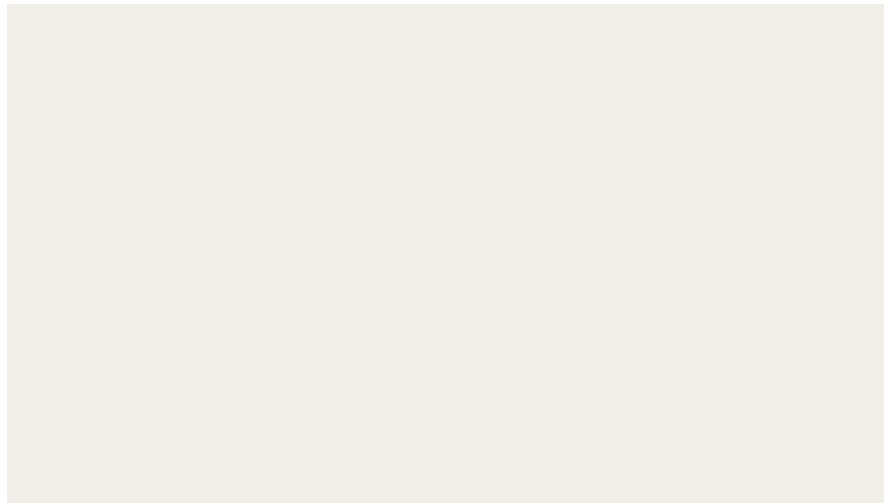
# 03 WEEK

Making fresh, real  
mozzarella and ricotta  
cheese



# 04 WEEK

Troubleshooting and  
Questions & Answers



We hope you enjoyed this unique format to virtually learn how  
to make fermented dairy dishes in your home.  
May these new skills nourish your family for years to come!