



FALL 2022  
SPECIAL WORKSHOP!

# Fermentation

## WORKSHOP DETAILS:

- Wednesday afternoons, 2 pm–6pm, for the first 9 weeks of COCC Fall term 2022 (9/21/22–11/16/22) (attendees asked to attend all days)
- Learn about cheese making, kim chi, kombucha, vinegar, pickles, bread, and more! See [class description](#) (page 2 of pdf flyer)
- Instructors: Julian Darwin, CCI Retired Chef & Andy Laursen of Windy Acres Farm, with additional guest speakers.
- This is a non-credit course for personal enrichment held at Cascade Culinary Institute in Bend, 2555 NW Campus Village Way.
- Includes a hands-on field trip!



## LOW COST!

- \$180
- Class size is 12
- Register and pay through the COCC Community Education [Fermentation Workshop Registration link](#), or by calling Community Education at 541.383.7270.



CENTRAL OREGON  
community college  
COMMUNITY EDUCATION



# Fundamentals of Fermentation - Fall 2022

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This course explores the fascinating world of fermentation through a series of lectures and labs focusing on the most common types of fermentation and the delicious products they produce. The goal of this course is to help our students learn how to incorporate fermentation into everyday cooking and recipe creation. This not only extends their flavor palate it also helps them create more nutritious food.

We start with cheese, one of the oldest types of fermented foods produced by humans. We follow this with Koji, the powerful fungus behind many Asian ferments. We come back to other types of Lacto-ferments focusing on vegetables and dairy. This is followed by a Acetic Acid and Yeast ferments. Our last class is a field trip to an artisan, raw milk cheese dairy where we will make 100 pounds of cheese.

## Week 1 [What is fermentation and why is it so important?](#)

Firm, long aged cheeses - Learn how to make Parmesan and Gruyère

## Week 2 [What is cheese and how is it made?](#)

Firm and semi-firm aged cheeses - Learn how to make Jack and Gouda

## Week 3 [How should we think about cheese?](#) [Guest Speaker Cheese Monger](#)

Soft cheeses - Learn how to make Camembert and Feta

## Week 4 [Koji - The most important fungus you have probably never heard of!](#)

Koji - Learn how to grow *Aspergillus Oryzae* and make Garum

## Week 5 [Why is Lactic Acid Bacteria \(LAB\) fermentation so ubiquitous?](#)

LAB Vegetables - Learn how to make Kimchi and ferment vegetables

## Week 6 [What equipment do you need to do small scale fermentation?](#)

LAB Dairy - Learn how to make buttermilk, cream cheese and kefir

## Week 7 [What is Acetic Acid and how do we create it?](#)

Learn how to make wine vinegar

## Week 8 [How is beer brewed?](#) [Guest Speaker Maser Brewer](#)

Learn how to make Kombucha

## Week 9 - [What can yeast do for us?](#) [Guest Instructor Laura Hagen](#)

Learn the secrets to making artisan sourdough bread

## Week 10 - [Hands on cheese making at Windy Acres Dairy.](#) [Field trip to Windy Acres](#)

Learn to make 20 pound wheels of cheese using commercial equipment.