



RENNET

For our cheese making classes, rennet is an essential ingredient that will be needed to be procured. Some details that you should know about the umbrella term “rennet”

- Traditional rennet comes from the fourth stomach of a calf that has only been on a milk diet. It is possible to also find kid or lamb rennet, but they work better with goat and sheep milks respectively.
- If you are vegetarian or otherwise want to avoid traditional calf rennet, there are a couple of options of vegetarian rennet.
 - Vegetable Rennet (liquid) is a rennet that is made from vegetable sources, like the cardoon thistle. It is a good substitute for fresh and young cheeses, but does not work great in aged cheese applications
 - Vegetable rennet tablets are great for the occasional hobby cheesemaker. Tablets last a long time (can be stored in freezer to last even longer).
 - Microbial Rennet (liquid) is a rennet made in a laboratory by training microbes to produce the active enzyme in animal rennet, chymosin. This is a 100% vegetarian rennet and is the standard industry substitute for animal rennet. Works in aged cheeses as well.

Rennet sources (online):

- Glengarry Cheese in Ontario sells small packs of rennet. Check out their website for options:
 - <https://glengarrycheesemaking.on.ca/>
- Amazon.ca has plenty of options
- Cultures for Health is a great website for all sorts of heirloom cultures (kombucha, kefir and so on, as well). They have a variety of small portions of rennet, ideal for the home cheese maker
 - <https://shop.culturesforhealth.com/>

In Edmonton:

- Barb's Kitchen Centre on 51st Ave always has liquid rennet available in the store.
- Italian Centre (west end) has a small shelf dedicated to cheese making, right where the deli counter and cheese coolers are
- Italian Centre (downtown) is generally a great store to find rennet, but call ahead of time if traveling from a distance
- Popular Bakery on 118th Ave has traditional, powdered rennet from Portugal. Follow package instructions for usage.