

# Select & Cook Cheese



*The*  
**CHARTED CHEESE WHEEL**

# YUMMY CHEESE!

THE ANCIENT GREEKS BELIEVED CHEESE WAS A GIFT FROM THE GODS FOR MANY TODAY, IT'S A FIESTA FOR THE PALATE!

## DIFFERENT TYPES OF CHEESES AND THEIR USES

### CREAMY CHEESES



### FRESH CHEESES



### HARD AND SEMI-HARD CHEESES



### BLUE CHEESES



## HEALTH BENEFITS OF CHEESE

#### PROTEINS

Many cheeses are sources of high quality proteins that help with the repair and maintenance of body tissues.

#### CALCIUM & PHOSPHORUS

Most cheeses are good to excellent sources of calcium and a good source of phosphorus; nutrients that help grow strong bones.

#### ALSO...

Even people with lactose intolerance can enjoy cheese. Natural cheeses such as Swiss, Colby, Parmesan and Cheddar lose most of their lactose when they're made.

## ADDING CHEESE TO YOUR RECIPES



"Say Cheese"

Here are the groups of cheeses:

- **Fresh cheese** (cottage cheese, cream cheese, mascarpone, fresh goat cheese, mozzarella, ricotta, fromage blanc) These cheeses are very mild, soft and moist (Yeah baby! Yeah!)
- **Soft, or rind-ripped cheese** (Brie or Camembert) Velvety smooth, soft and creamy in texture. This type of cheese ripens from the outside to the center and is good with bread, crackers and wine.
- **Semi-soft cheese** (Muenster, Port, Monterey Jack, Gouda) These cheeses are more solid than soft and have a wax rind. They're good for slicing but not grating. They're great for a cheese board and wonderful on sandwiches.
- **Hard Cheese** (Cheddar, Gruyere, Asiago) Hard cheese is good for slicing and grating. It's dryer than semi-soft cheeses and perfect for melting into omelets, sandwiches, sauces and casseroles.
- **Grating Cheeses** (Parmesan, Romano) These cheeses are usually grated because they tend to crumble easily. They are also known as pasta cheese.
- **Blue Veined Cheese** (Roquefort, Gorgonzola) These are smooth, creamy and a little stinky but damn delicious. They're great for after dinner, served with bread crackers, grapes and a good port.

### **Quick Tips**

To prevent mozzarella from getting stringy when cooked, add an acid such as lemon juice or white wine. If possible, go to a market that allows you to sample the cheese before buying it. Look the cheese over; there should be no cracks, bruises or mold (unless you are buying a blue-veined cheese.) Bring ripened cheese to room temperature before serving in order to get the most flavor.