

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.