

Cheese



Alex Francois-Nienaber
University of Toronto

Topics Covered:

1. Cheese history
2. Cheese taxonomy
3. Cheese geography
4. Cheese pronunciation
5. Cheese platters
6. Cheese tasting



*Morbier is my favourite Cheese!
It's a semi-hard French cheese
with a characteristic blue stripe in
the middle ^ _ ^*



1. Cheese history



Generally agreed that it was discovered independently across Europe-Central Asia around 8000BC

Legend of cheesemaking says that arab trader stored (curdled) milk in animal stomachs for traveling. Eventually presence of Rennet (complex enzymes that coagulate milk) was attributed to better curds and curdling was born

Archaeological evidence of Egyptian cheese, early cheese very salty and sour like Feta or Cottage cheese

2. Cheese taxonomy

- Cheese is first classified according to the milk used:

 - Cow, sheep, goat, other animals

- Then it is classified by hardness:

 - Hard, semi-hard, semi-soft, soft

- Other important attributes of cheese to take into account:

 - Fresh or not fresh?

 - Blue or not blue?

 - Soft or liquid?

 - Stinks or not?

 - Others: wine compatibility, cheese exclusions, optimal temperature, etc.

 - (we will discuss some more advanced topics later on)

2. Cheese taxonomy

View the cheese chart!

3. Cheese geography

Europe has the greatest variety:

UK: Cheddar

Belgium/Germany: Chimay, Herve, Limburger, Milbenkase, Weisslacker, Cambozola (= Camembert + Gorgonzola)

France: Abondance, Beaufort, Bleu de Bresse, Cabecou, Cantal, Camemberts, Comté, Crottin, Époisses, Livarot, Mimolette, Morbier, Munster, Pont-l'Évêque, Reblochon, Rocamadour, Roquefort, Tomme de Savoie

Switzerland: Gruyère, Emmental, Raclette, Mont d'Or (NB: all these cheeses are also French! These are very good eaten "melty" or "melted")

Italy: Gorgonzola, Mascarpone, Mozzarella, Bocconcini, Parmigiano-Reggiano, Provolone, Ricotta

Holland: Edam, Gouda, Leerdammer

Greece/Cyprus: Feta, Kefalotyri

Even more from Spain, Portugal, Scandinavia and Eastern Europe!

3. Cheese geography

Some famous non-European cheeses: **Paneer** (India), **Roumy** (Egypt), **Chhurpi** (Nepal), **Jameed** (middle east), **Chanco** (Chile), **Sardo** (Argentina), **Minas** (Brazil), **Quesillo** (Columbia), **Anejo** (Mexico), **Monterey Jack** (USA), **Oka** (Canada)

Most “processed cheese” from the USA is not really considered by Europeans to be cheese at all! So-called “Swiss cheese” is not Swiss in the first place, “string cheese”, “cream cheese”, “brick cheese”... should be avoided by cheese connoisseurs seeking interesting flavours x_x

3. Cheese geography



Buy cheese at the supermarket

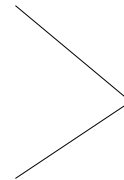
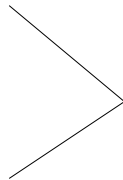
Buy cheese at the cheese shop



Buy cheese in a rural market

3. Cheese geography

cheese quality vs cheese convenience:



4. Cheese pronunciation

Cheeses should be pronounced correctly in their language of origin (or they won't taste as good ^_^).

-Spanic Cheeses

Queso Añejo, Requeijão

-Italian Cheese

Parmigiano-Reggiano, Gorgonzola

-Germanic Cheeses

Milbenkäse

-French/Swiss Cheeses

Camembert, Roquefort, Pont-l'Évêque

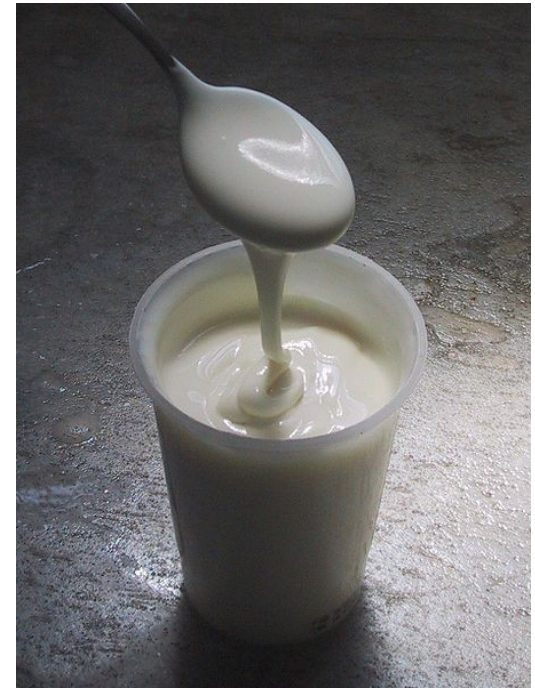
4. Cheese pronunciation

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4. Cheese pronunciation

Germanic Cheeses

Milbenkäse



4. Cheese pronunciation

French/Swiss Cheeses

Camembert



Pont-l'Évêque

Roquefort



5. Cheese platters

The most important thing when building a cheese platter is making sure cheeses are compatible with the previous/subsequent food and themselves!

Rule 1: Respect the “Cheese Gradient”

E.g. do not put a very stinky cheese next to a mild soft one, although putting a fresh cheese next to an old hard cheese is acceptable!

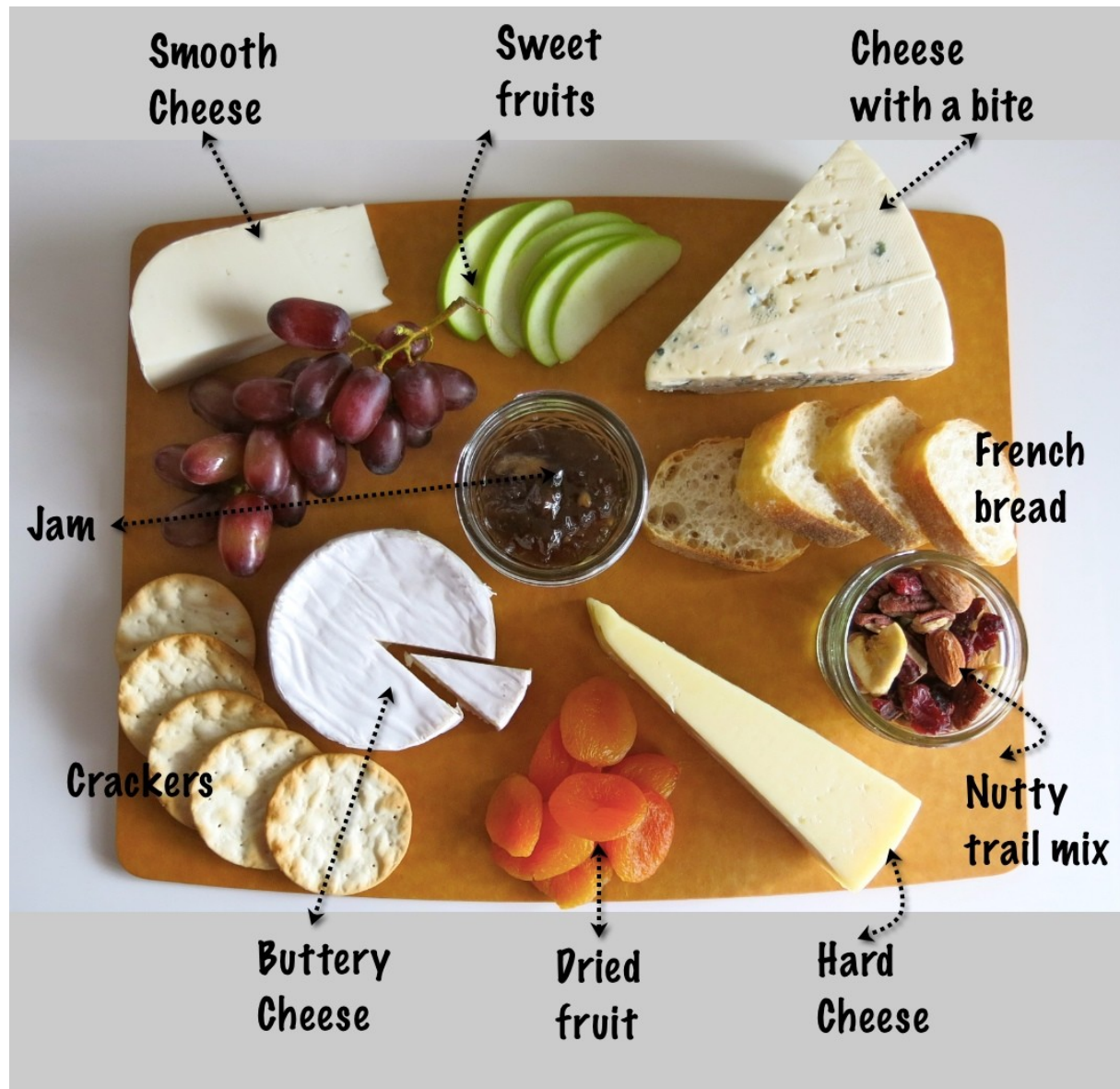
Rule 2: Select fresh, tasty and different cheeses

Pretty obvious, but make sure there is enough variety of cheese so guests can choose to evolve the taste in their mouths in creative ways

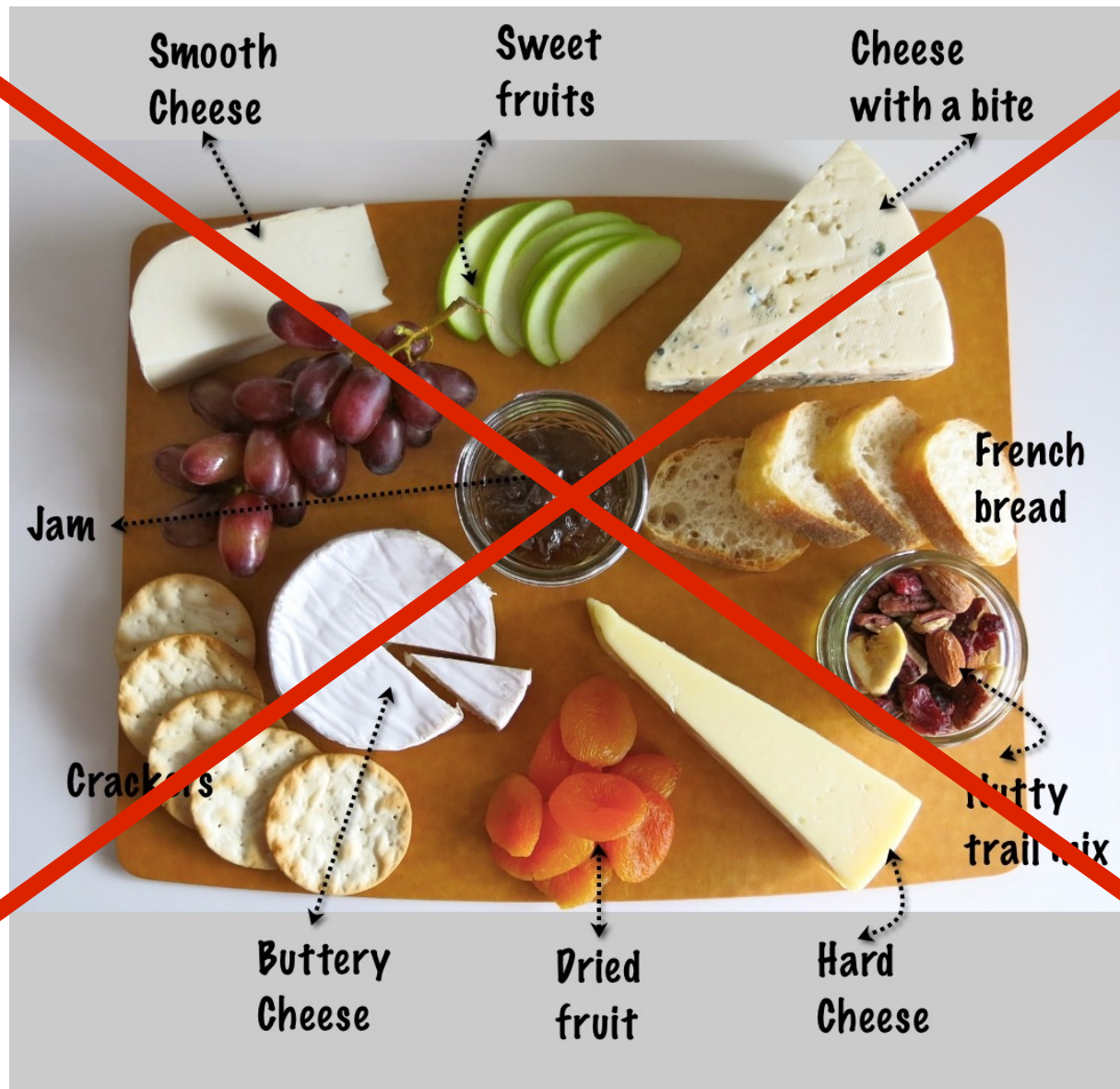
Rule 3: Do not cheap out on wine and bread

Although not always required, these are most often fundamental in making cheese eating a fluid and delightful experience.

How to make a good cheese platter



How to make a good cheese platter



NO

How to make a good cheese platter



YES

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6. Cheese tasting

Cheese tasting is fun and delicious!

Remember these guidelines:

-Some cheeses are better without bread, a good rule of thumb is to always try a new cheese without bread (or wine ^_*)

-Eat cheeses from mild to strong

-Can use water or wine to cleanse pallet

-Be open minded!

We have two cheeses to taste, please come and try some cheddar (hard, UK) and brie (soft, France)!