

BRINGING THE MEDITERRANEAN DIET HOME:

From your cart to your kitchen

Cheese Tasting

CHEESE 101

A great French poet once wrote, “So many cheeses, so little time.” With over a thousand varieties, the best way to discover your favorite cheeses is to taste all different kinds. Each has its own characteristic flavor and texture.

Cheeses are classified in many ways: by the process or recipe used to make it, the type of milk used, the texture, or the appearance of its rind.

BECOME A CHEEZE WHIZ

- Cheese is usually made from the milk of cow’s, goat’s, and sheep’s or any combinations of these.
- Cheeses become more flavorful as they age.
- Cheese is best stored in the refrigerator, as close to the bottom as possible. The vegetable drawer is ideal.
- The harder the cheese, the longer it will stay fresh.
- Do not freeze cheese.
- Bring cheese to room temperature before serving to experience the best flavor. Remove soft cheeses 20 minutes beforehand and hard cheeses 60 minutes.
- When using cheese in recipes, cheese should be incorporated towards the end when possible.
- Bread, crackers, olives, cured meats, fruit, nuts, chutneys, and wine pair well with cheese and make good accompaniments on cheese plates and at cheese tastings.

Q: How should cheese be stored in the refrigerator to make it last the longest?

- A. Uncovered on a plate*
- B. Sliced in Tupperware*
- C. In waxed paper*
- D. In aluminum foil*

A: If you guessed either c or d, you’re correct. Using aluminum foil or waxed paper, make sure the cheese is fully covered but still able to breathe.



TASTING CHEESE

Tasting cheeses of all kinds - hard or soft; Italian, French, or American; raw or pasteurized – is the best way to experience the many, amazing flavors of different cheeses and to discover your favorites.

It's recommended to try no more than four different cheese varieties during a tasting. There are a few important things to note when trying new cheeses:

- **Appearance/Aroma:** Look at the cheese. Smell it. What's your first impression before tasting it?
- **Texture:** How does the cheese feel in your mouth as you chew it?
- **Flavor:** What are the specific tastes you notice? Earthy, buttery, sharp, caramel-like, nutty, milky, peppery, herbal, tart, pungent, grassy, smoky?
- **Finish:** Notice the flavors that remain after tasting. Are they different than the initial flavors? What do you think about the cheese overall? Do you like it?

Smell(s)

Flavor(s)

Cheese # 1 _____

Cheese # 2 _____

Cheese # 3 _____

Cheese # 4 _____

