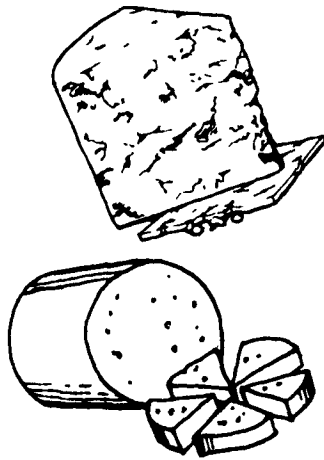


Everything You Should Know About Cheese

IDENTIFYING POPULAR NATURAL CHEESES:

Hardness	Variety	Characteristics
Hard grating	Parmesan	Cylindrical shaped; granular texture. Light yellow color with sharp, piquant flavor.
Hard grating	Romano	Granular interior and hard, brittle rind. Flavor ranges from sharp to piquant.
Hard	Cheddar	Smooth-bodied, white or orange in color, mild to sharp in flavor (depending on age). Aged Cheddar can be crumbly.
Hard	Colby	Softer, more open texture than Cheddar, with flavor ranging from mild and lightly sweet to sharp and tangy. Yellow to orange in color.
Hard	Provolone	Cream-colored interior. Cuts without crumbling. Smoky flavored.
Hard	Swiss	Smooth surface with large holes, or eyes. Pale yellow in color with shiny appearance. Mild, sweet and nutty flavor.
Hard-to-Semisoft	Edam	A flattened ball coated with red paraffin wax. Firm-textured, light yellow in color with mild, nutlike flavor.
Hard-to-Semisoft	Fontina	Slightly yellow in color. May have small eyes. Robust, salty flavor.
Hard-to-Semisoft	Gouda	Softer than Cheddar, creamy with small holes. Light yellow in color and oval or flattened spheres come with or without a wax cover. Mild, nutty flavor.



Hard-to-Semisoft	Monterey Jack	Smooth, open texture and creamy white in color. Chewy consistency with mild and mellow flavor.
Semisoft	Asiago	Round, flat, light yellow cheese that may be coated with paraffin. Sharp flavored.
Semisoft	Baby Swiss	Smooth interior with well-distributed eyes. Creamy white; mild, sweet, nutty flavor.
Semisoft	Blue	White interior distinguished by blue-vein pattern. Crumbly texture. Sharp, spicy flavor.
Semisoft	Brick	Waxy open texture, shaped like its name. Creamy white to orange in color. Mild to mellow flavor; pungent and sweet when aged.
Semisoft	Mozzarella/String	Plastic-like consistency and smooth texture; gets stringy when heated. Creamy white in color. Mild, delicate flavor.
Semisoft	Muenster	Creamy white cheese covered with a yellow, tan or white edible rind. Smooth and waxy body has numerous small, mechanically-made openings. Flavor is mild and mellow.
Semisoft	Port du Salut	Smooth surface with creamy yellow interior and russet wax coat. Shaped into small wheels or flat cylinders. Mild to robust flavor.
Soft	Camembert	Soft, thin, edible crust that's gray-white, with creamy yellow interior. Mild to pungent flavor.
Soft	Brie	Thin, white edible crust; creamy

(Turn to Page B29)

WHAT IS CHEESE? Cheese is the solid portion (curd) of milk, separated from the liquid portion (whey) by heating and fermentation (addition of harmless cultures). It takes approximately 10 pounds (or five quarts) of milk to make one pound of cheese.

CHARACTERISTICS: The appearance, texture and flavor of cheese are determined by the temperature at which it is cured (aged), the length of time it is cured, and the enzymes that are added during the curing process.

"Natural cheese" is cheese that has not been processed by blending and pasteurizing. Natural cheeses are categorized by the strength of their flavor: mild, mellow and robust ("strong"); and by their hardness: a) hard grating = aged the longest, granular in appearance with a sharp flavor; e.g.: Parmesan and Romano; b) hard = smooth, with or without eyes ("holes"), easy to slice with flavors ranging from mild to sharp; e.g.: Cheddar, Colby, Gouda, and Swiss; c) semisoft = may appear smooth or crumbly and soft; e.g.: Blue Cheese, Brick, Muenster, Monterey Jack and Mozzarella (sometimes also considered "soft"); d) soft = fresh varieties, such as Cream, Cottage and Ricotta; or cured varieties such as Brie, Limburger and Feta.

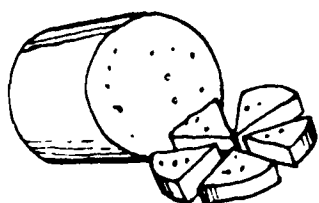
Pasteurized Process Cheese is a smooth blending of natural cheeses, pasteurized by heating to the point where all further ripening stops. Pasteurized Process Cheese Food includes up to 49% of additional concentrates or mixtures of other dairy products. Pasteurized Process Cheese Spreads are lower in fat but higher in moisture, and do not need to be refrigerated.

Cold Pack Cheese is a blend of natural cheeses that are not heated during manufacturing, and often have spices and other flavorings added. Cold Pack Cheese Food has optional additional dairy items added, as well as an acidifying agent, water, salt, color, spices and or sweetening agent.

NUTRITION

Natural cheese is a source of many of the nutrients found in milk, such as calcium, protein, phosphorus and Vitamin B. The specific nutrient content of a cheese depends on the quality of milk used, the type of cheese manufactured, and the manufacturing process itself.

A one-ounce serving of natural cheese is generally 100 calories — 100 "nutrient-dense", not "empty calories". Cheese is up to 99% digestible, and because it is lower in lactose than milk, it is an excellent source of nutrition (especially calcium) for people who are lactose-sensitive.



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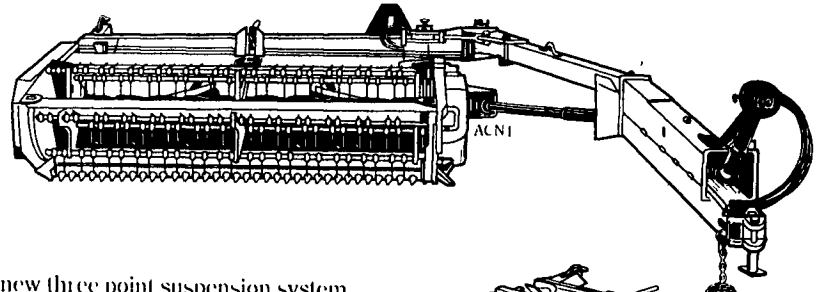
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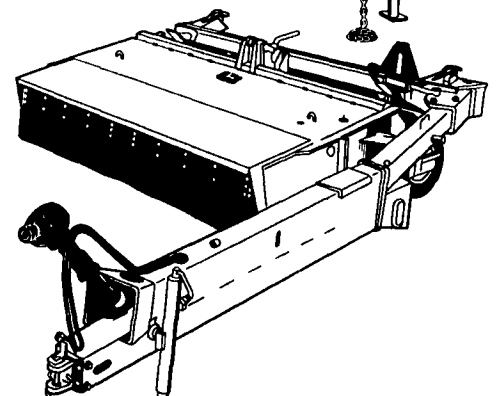
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