



Culinary Institute
of America

Flavors of the Hudson Valley Boot Camp

Day Two: Cheese



Learning Objectives

- Explain the influence of terroir on Hudson Valley cheeses.
- Discuss the relationship between quality of milk and the quality of cheese.
- Taste various of Hudson Valley cheeses and evaluate their qualities.
- Distinguish between the various categories of cheese, stating characteristics of each.

Cheese

- Made from pressed milk curd (protein, lactose, fat)
- Pressing curd forms whey (water, residual protein)
- Is a living food due to friendly bacteria that continually changes it



Types of Cheese:

- **Farmhouse:** Produced from milk of animals raised on that farm
- **Artisan:** Made from a single source of milk
- **Commercial:** Purchased on a commodity basis

Hudson Valley Cheese

- Some of country's best, most innovative cheesemakers
- Many artisanal/ farmhouse cheese producers
- Hudson Valley cheese is never uniform
- 4-season climate correlates to subtle changes in flavor throughout the year
- Cheese made from grass-fed ruminants: goats, sheep, cattle
- Ruminants have different feed in each season. Flavor, fat, protein content of animal milk varies with diet.

Hudson Valley Cheese



“The Hudson Valley is a complex, micro region for cheesemaking,” Thorpe says. “Considering how small it is, the diversity of cheese made is extraordinary. You have producers that work with all three of the major milk types—cow, goat, and sheep—which is unusual.”

Liz Thorpe from Murray’s Cheese Shop, New York City

Cheese Classifications



- Soft
- Semi-soft
- Soft-ripened
- Blue veined
- Pasta Filata
- Hard
- Very hard

Soft Cheese Types

- Soft Ash Goat Cheese
- Queso Fresco
- Feta
- Farmer's Cheese
- Boursin
- Ricotta
- Cottage Cheese
- Mascarpone



Soft Cheese Characteristics



- Fresh cheeses are unripened
- Moist, soft
- Mild, fresh, creamy flavor
- Tart (fresh goat) or more distinct (sheep's milk ricotta)
- High moisture content reduces shelf life
- Often held in brine

Soft Cheese Uses



Feta: Salad,
Spanakopita



Chèvre: Spread,
filling, salad



Boursin: Spread



Cottage cheese:
With fruit, in dip



Fromage blanc:
Cooking ingredient



Mascarpone:
Fruit, tiramisu

Soft Cheese Uses



Queso fresco: Topping, filling for Mexican dishes



Farmer's cheese: Fruit, dips, desserts, pasta, vegetables



Cream cheese: Spreads, dip, cheesecake



Ricotta: Ingredient, desserts, filling for cannoli, cheesecake

Pasta Filata Cheese

- Italian for “spun curd”
- Curds heated in water; stretched to develop ropy consistency; shaped into balls, logs, etc.
- Served very fresh, but can be aged
- Examples: mozzarella, provolone



Pasta Filata Cheese Varieties



- **Mozzarella:** With tomatoes and basil in Caprese salad, pizza, pasta
- **Provolone:** Table cheese with olives, bread, raw vegetables, or salami; in sandwiches; for melting

Soft Ripened Cheese Characteristics

- Fresh cheeses that are ripened
- Soft interior
- Usually edible surface mold on exterior
- Mold forms rind as part of ripening
- Varying richness
- Single, double, and triple cream (50, 60, 70% fat)
- High moisture content reduces shelf life



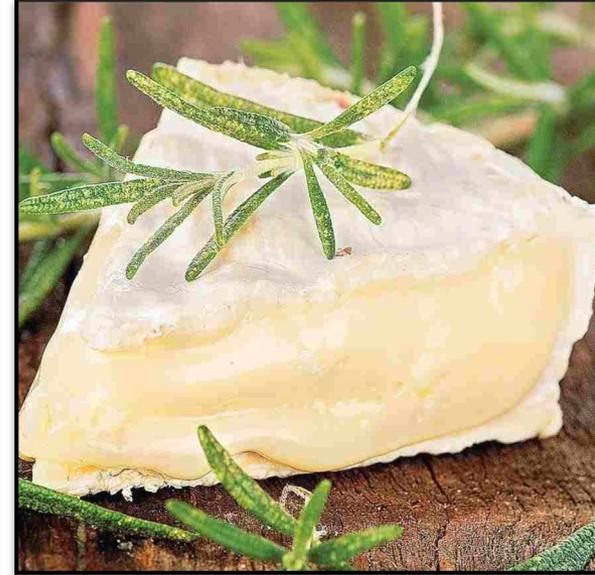
Soft Ripened Cheese



Camembert:
Sandwiches,
table cheese



Explorateur:
Table cheese, with
champagne



Brie: Sandwiches,
salads, table
cheese

Soft Washed Rind Cheeses



Reblochon: Table cheese, with fruit or bread



Epoisses: Table cheese, dish accompaniment



Taleggio: Salad, ingredient, table cheese

Soft Washed Rind Cheeses



Limburger: Table cheese, with fruits and vegetables



Pont l'evêque: Dessert, crepes, salads, table cheese

Semi-Soft Cheese Types



Muenster: For melting



Havarti: Sandwiches



Cacciotti: Table cheese, for melting



Morbier: Table cheese

Semi-Soft Cheese Types

Fontina: Table cheese, sandwiches, cooking, fondues, melting cheese



Monterey Jack: Table cheese, for melting

Port-salut: Table cheese paired with raw onions and beer, great for melting



Blue-Veined Cheese

- Earliest cheeses?
- Needles used to inject mold, allows gas; oxygen to support cheese
- Cheese salted, brined; stored for aging in cave-like conditions for 3-12 months
- Blue cheese is made with *Penicillium Roqueforti* (mold) during the cheesemaking process



Blue Cheese

Spanish blue (valdeon, Cabrales, picon): Table cheese, salads



Maytag blue: Table cheese, dressings, salads

Pont Reyes: Table cheese, dressings, salads



Blue Cheese



Danish blue: Dressings, salads, slices, spreads



Roquefort: Table cheese, salads



Gorgonzola: Table cheese, fruit, salad, pizza, ingredient, slices, spreads



Stilton: Table cheese, salads

Hard Cheese: Cheddar/ Swiss

- Wide variety of cheese: Cheddar and Swiss are most popular
- Cheddar originated in England
- Named from cheddaring process manufacturing
- Sharpness depends on how long cheese is aged
- Swiss cheese is characterized by holes (eyes) which range in size



Hard Cheese Uses



Emmentaler:
Fondues, sandwiches



Cantal: Salads,
sandwiches, fruit



Ricotta Salata: Pasta, salads,
salami, fruit; vegetables



Cheddar: Table cheese,
sandwiches, ingredient, melting

Hard Cheese Uses



Manchego: Table cheese, salads, grated



Jarlsberg: Melting cheese, popular in U.S



Gouda: Table cheese, grated when aged



Gruyere: Fondue, gratins, soups, sandwiches

Very Hard/Grating Cheeses

- Hard granular texture
- Commonly used as grating cheese, but also eaten as table cheese
- In Italy, “granas” means grainy cheese
- True Parmigiano-Reggiano known as “king of cheeses”



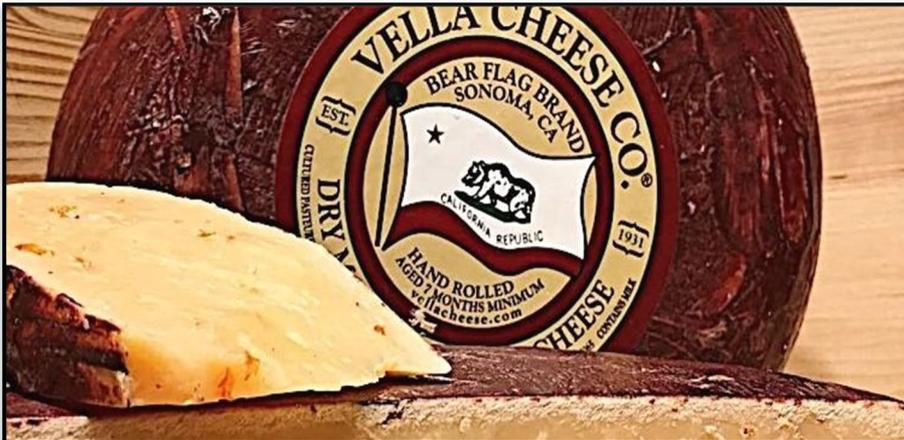
Very Hard Cheese Classifications



Pecorino Romano: Table cheese, pasta or risotto, salads



Asiago: Salads, pasta, fruit and bread



Dry Monterey Jack: Table cheese, grated, pasta or risotto, in salads

Very Hard Cheese Classifications

Sapsago: Grated on noodles, salads, or soups, mixed with butter or yogurt in dips



Grana Padano: Grating, less expensive alternative to Parmigiano-Reggiano



Parmigiano-Reggiano: Table cheese; grated over pasta or risotto, in salads, rind used in vegetable stocks



Cheese Boards

- Enormous amount of cheese varieties available today
- Range vastly in taste, texture, appearance
- “What grows together, goes together”
- Look at national or regional origins of cheese to determine complementary items



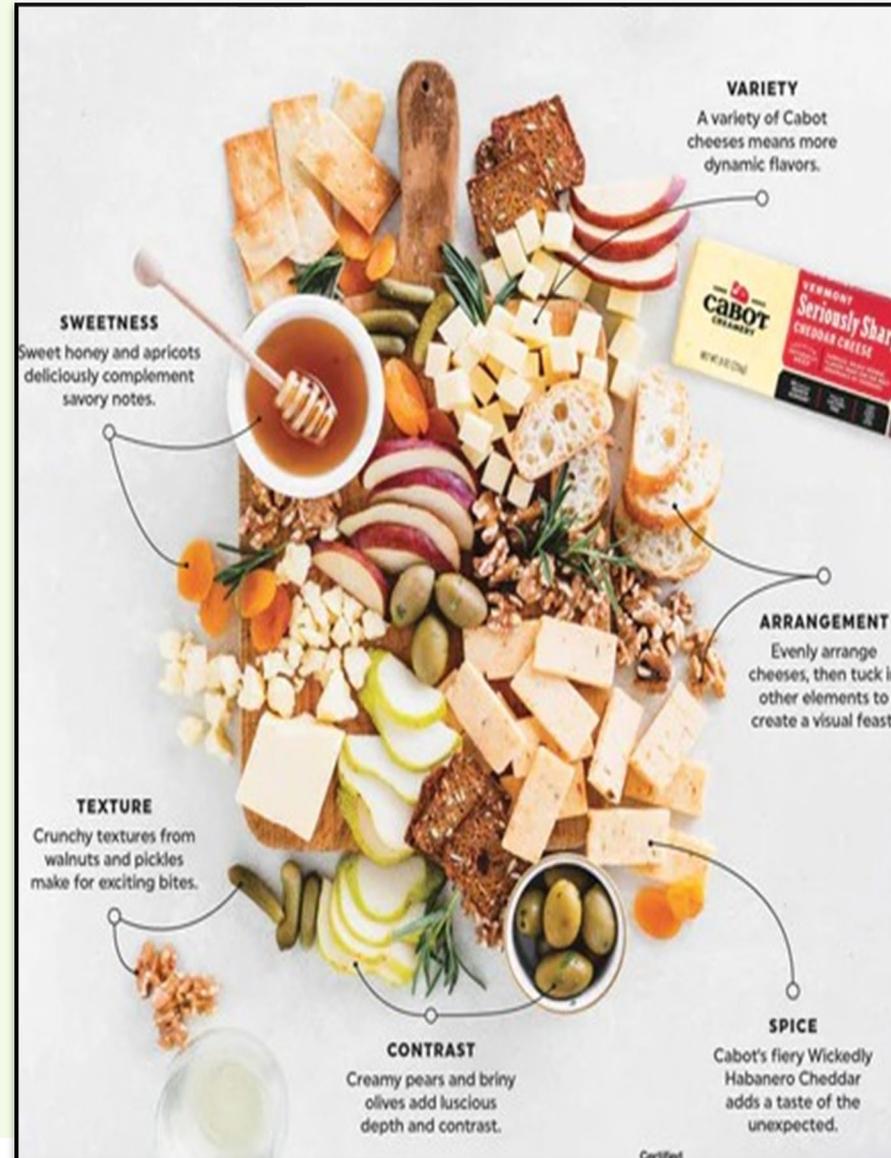
Cheese Boards: Selection



- Cheese from same/similar
- Type
- Style
- Rind
- Provide variety and select cheeses made
- From different milks
- In varying degrees of hardness
- Variety of rinds, different styles and flavors

Cheese Boards: Selection

- How many cheeses should be offered?
- Appetizer plate: 4 cheeses
- Full dinner plate: 10 cheeses
- After dinner: 4 - 5 cheeses
- Serve $\frac{3}{4}$ oz. to $1 \frac{1}{2}$ oz. of each cheese depending on number of cheeses selected
- Serve at room temperature with its own knife



Cheese Boards: Service



- Method of slicing depends on shape and size
- Divide evenly with equal share from inside and outside
- Round cheese cut into wedges, like cake
- Cut cheese slices lengthwise rather than across
- Unpasteurized cheese with range of flavors should not be sliced far in advance
- Loses subtlety and aroma

Cheese Boards Accompaniments

- Sliced bread, not rolls
- Crackers - neutral flavored
- Olives
- Seasonal fruit
- Quince paste



Cheese Handling and Storage



- Storage temperature should be 45 - 55°F with humidity of 80%
- Wrap with paper only - do not shrink wrap cheeses
- Prevents spoilage due to condensation trapped by plastic
- Avoid storing cheese with strong-smelling foods
- As cheese breathes, absorbs other aromas
- Some cheeses that are too watery can be wrapped in a clean cloth

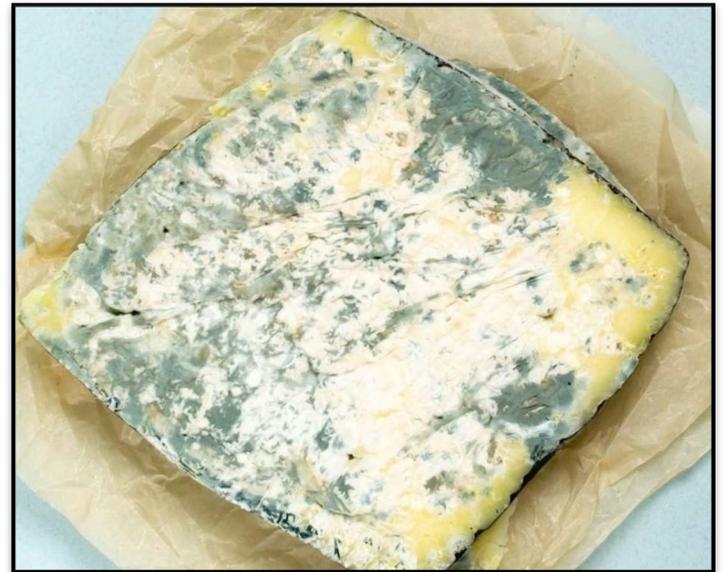
Cheese Handling and Storage

- Stack cheeses so that firmest ones are on bottom
- Wrap blue cheese separately to prevent mold spores from spreading
- Turn cheese over every day to keep butterfat evenly distributed throughout
- Practice FIFO (first in, first out)
- Keep in well sanitized area
- Use food gloves when handling



When Good Cheese Goes Bad

- Cheese smells of ammonia
- Color of bloomy rind goes from white to brownish-gray
- Well of cheese is bulging or cracked
- Blue/green mold in the paste of cheese, and it is not a blue cheese
- If cheese develops mold, remove minimum of 1- inch





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Any Questions?