



*Everything you ever
wanted to know about*

cheese

The History of Cheese

Cheese is nutritious food made mostly from the milk of cows but also other mammals, including sheep, goats, buffalo, reindeer, camels and yaks. Around 4000 years ago mankind started to breed animals and process their milk. That's when the cheese was born. There are at least 652 cheeses made around the world, including such familiar names as Cheddar, Camembert, Stilton or Parmesan, as well as rare cheeses like Crostin du Chavignol.

There are hundreds of different types of cheese that can be differentiated both by the type of milk; raw, skimmed or pasteurized; and by the animal; cow, goat, sheep, buffalo, horse or camel.

No matter how far archaeological finds go, there is evidence that cheese came into being in prehistoric times. Cheese can not really be said to have been invented. This delicious food must have resulted from the simple observation that milk left in a container ends up by coagulating, even more if it is hot. People living in areas where the climate changed seasonally would also have noticed the effect of temperature on this process: in warmer weather the milk would curdle faster than in the cold. This might be considered the first cheese-making discovery.



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Serving and Storage Tips

- Unpasteurized cheese with a range of flavors should not be sliced until purchase otherwise it will start to lose its subtlety and aroma.
- Keep the cheese in conditions in which it matures. Hard to semi-soft cheeses are stored in the temperatures from around 8–13 degrees C.
- Keep the cheese wrapped in the waxed paper and place it in a loose-fitting food-bag so as not to lose humidity and maintain the circulation of air.
- Wrap blue cheeses all over as mold spores spread readily not only to other cheeses but also to everything nearby.
- Chilled cheeses should be taken out of the refrigerator one and a half or two hours before serving.
- Cheeses contain living organisms that must not be cut off from air, yet it is important not to let a cheese dry out.
- Do not store cheese with other strong-smelling foods. As a cheese breathes it will absorb other aromas and may spoil.
- Wrap soft cheeses loosely. Use waxed or grease-proof paper rather than cling film.
- Let cold cheese warm up for about half an hour before eating to allow the flavor and aroma to develop.

