

## **Milk to Cheese!**

\* Milk Type refers to the type of milk used to make the cheese; typically either cow, sheep, or goat. Some cheeses are made from a combination of the three. There is one type of mozzarella cheese, *mozzarella di bufala*, that is made from the milk of water buffalo. Each type of milk brings out different flavors in cheese. In very general terms, cow's milk can often be described as earthy, sheep's milk as nutty, and goat's milk as tangy and grassy.



\* Raw milk refers to milk that has not been pasteurized. In the United States, cheese made from raw milk must be aged at least 60 days before being sold. This law was put in place by the Food and Drug Administration to protect people from harmful bacteria that might exist in raw milk. The FDA believes that after 60 days, any harmful bacteria in raw milk will cease to exist. There are opponents of this law in the cheese industry who believe that pasteurizing milk kills all nuances of flavor in cheese.

The *Foundation* has developed tools and resources to “sow the seeds of understanding”. Our programs are available throughout New York State. We invite all who utilize agriculture in the form of food, shelter and clothing to invest in our programs to help us as we work to accomplish our mission. Thanks to Cabot for their wonderful photos and support.

## **New York Cheese**

Total cheese production in NY, excluding cottage cheese, totaled 785 million pounds in 2014.

U.S.D.A. National Agricultural Statistics Service said Italian cheese, which accounted for 47 % of NY total cheese output, was 369 million pounds.

Total cottage cheese production was 291 million pounds .



## **Cream Cheese Trivia**

Around 1873, William A. Lawrence, a Chester, NY, dairyman, was the first to mass-produce cream cheese.

In 1873 he purchased a Neufchatel factory and shortly thereafter, by adding cream to the process, was able to create a richer cheese, that he called “cream cheese”.



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Sowing the Seeds of Understanding

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# Cheese



The Mission of the Foundation is to inform and educate all New Yorkers regarding agriculture and to increase understanding between the farm and non-farm public.



# Do You Know?

## Cheese Info!

**Soft Cheese** is named for its soft texture as it does not undergo any kind of heating or pressing. It is primarily used as a spread. These cheeses should be used within a few days as they tend to spoil quickly. Some soft cheese kinds include: Cottage cheese, Feta cheese and Ricotta cheese.

**Semi-soft Cheese** is not primarily a cooking cheese and make a fantastic ingredient for desserts and snacks. One of the special characteristics is that they can be frozen in the refrigerator and then thawed for later use. Both freezing and thawing do not make them lose their flavor, although their texture might sometimes undergo a change. Some popular semi-soft cheese include: Gouda, Mozzarella, and Asadero.

**Semi-hard Cheese**, also known as semi-firm, is pressed during production to remove moisture. Most of these cheeses can be used for cooking and are very good for sandwiches and snacks. They tend to become harder with age, and grow a little pungent. They last longer than softer cheeses; maybe about one to two months, if refrigerated. Famous names of semi-hard cheese include: Gloucester, Cheddar, Caerphilly, and Comté.

**Hard Cheese** contains even less water than semi-hard cheese, it is pressed more and thus, becomes hard. It has a longer shelf-life than any other form of cheese and can last for about two years in a refrigerated state. As time passes the hard cheese becomes harder and stronger in flavor. This is one of best cooking cheeses. Some of the tastiest kinds of hard cheese include: Parmesan, Pecorino, and Romano.



# Delicious & Good for YOU...

## Types of Cheese!

### ARTISINAL

Artisanal refers to cheese that is handmade, rather than mass-produced in a factory. If the artisanal cheese maker also raise their own animals for milk (rather than purchasing milk from another farm) their cheese is considered to be "farmstead" cheese.

### BLOOMY RIND

If the outside of a cheese is white and almost fuzzy, it has a bloomy rind. Cheeses like Brie and Triple Cremes have bloomy rinds.

### WASHED RIND

If the outside of a cheese has an orange or reddish hue, it is a sure sign of a washed rind. The exterior of a washed rind cheese is washed in brine and/or alcohol. This keeps the texture of the cheese soft and intensifies the flavor. Most washed rind cheeses have a strong, stinky aroma.

### NATURAL RIND

When some types of cheese age, such as Parmigiano-Reggiano, and the surface of the cheese naturally hardens from being exposed to air. Cheeses with natural rinds are sometimes rubbed down with oil, encased with cloth, or covered with foil.



**Processed Cheese** is in high demand. Processed cheese is not always pure cheese, sometimes a combination of two or more kinds of cheeses, as well as other unfermented dairy products such as milk, whey, cream and butter as well as emulsifiers, colors, flavors and extra salt. Good for cooking as well as eating and at times seems to be a tastier substitute for other kinds of cheeses. Its most important characteristic is a very long shelf-life.



## Types of Cheese!

### BLUE CHEESE

A style of cheese that always has blue and/or green veins of mold running through it. The flavor ranges from sweet and salty to pungent. Specific types of mold are needed when blue cheese is made to cause this sort of excessive blueing.

### TRIPLE CREME

A style of cheese made with the addition of extra cream, bringing the milk fat content up to at least 75%. Triple creme cheeses like Saint Andre have a whipped texture similar to soft butter. The flavor is buttery, salty and typically mild.

### DOUBLE CREME

A double creme cheese is a step below a triple creme in terms of richness and milk fat content. The most well-known example of a double creme is Brie. The texture is gooey and runny as opposed to the whipped texture of a triple creme. The flavor of double cremes can be mild or strong and aromatic.

### AGED

This is a broad category referring to cheese with a hard, crumbly texture or a semi-hard texture. Aged can mean several months or several years. An aged cheese can be anything from Comte to Gouda to Pecorino.

