

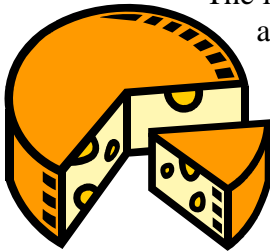
“Cheeses of the World” Participant Handout

You may have enjoyed a simple grilled Cheddar cheese sandwich or savored a rich and complex Stilton cheese with a crisp pear slice. Today cheeses are served breakfast through dinner, for snacks and dessert. Cheeses have been crafted for over 4,000 years and the wide varieties now available have everything to do with geography, weather and human ingenuity.

The first cheeses may have been produced accidentally before Roman times in Europe and Asia when milk was carried in the fourth (or true stomach) of a milk-fed calf. Rennet, an extract in that organ, acted as a curdling agent to thicken the milk. Prolonged bacterial action took the homogeneous, yogurt-like mixture to the next phase: CHEESE!

Milk is made of fat, water, sugar, protein and minerals. After milking, the tiny, lumpy globules of fat float to the top to form a layer of cream. The protein in milk is called casein and whey. Casein is like small clusters of tiny sponges soaked in water. When milk is heated or mixed with salt or acids, the denatured proteins clump together.

The liquid that has been forced out is called whey. The curds—mostly protein and fat—are used to make cheese. Fresh curds (such as cottage and ricotta cheese) can be eaten. The cheese can be stored and ripened. The aged cheese can be eaten over many months. Cheese producers can control the ripening process with enzymes and other methods to create flavors, textures and appearances for distinctive cheeses. Ripened cheeses can be aged to mild flavors or strong and sharp. On the following page there is a list of a variety of different cheeses and some information about each.



Nutrition Connection

If you ask any child you know what cheese is made from, the most common answer will obviously be milk! And we all know that familiar little jingle “milk does a body good”...well so can cheese which is a product of milk. Cheese can be part of your healthy diet and can really liven up your favorite dishes.

On MyPyramid, cheese fits into the milk group. An average person on a 2,000 calorie diet needs about 3 cups of milk, or its equivalent, a day (1.5 ounces of natural cheese or 2 ounces of processed cheese = 1 cup of milk).



Cheese Safety

Food safety should always be a top priority. When choosing cheese, a good choice is cheese made from pasteurized milk - especially for people who are at higher risk such as older adults and those with weakened immune systems. Cheeses made from raw milk are more likely to have harmful bacteria that could cause illness.

Many people like to serve their cheese at room temperature because it brings out the flavor; but leaving cheese out for too long before or after serving can be a safety risk. A safer recommendation would be to take the cheese out of the refrigerator 10-15 minutes prior to serving for better flavor. Leftover portions of cheese need to be refrigerated immediately.



Examples of Cheese Types and Varieties

(Descriptions adapted from www.cheese.com)

Soft

Brie	<i>France</i>	Has a nickname "The Queen of Cheeses". One of the great dessert cheeses, comes as a wheel and is packed in a wooden box. In order to enjoy the taste fully, Brie must be served at room temperature.
Queso Fresco	<i>Mexico</i>	One of the most favorite Mexican cheeses. It is fresh cheese that has a grainy feel and very mild, fresh acidity. Used for grilling and baking and can also be used in salads.
Ricotta	<i>Italy</i>	Traditional, creamery, whey cheese made from cow's milk. It is white, creamy and mild and is primarily used as an ingredient in lasagna.

Semi-soft

Feta	<i>Greece</i>	One of the most famous cheeses in Greece. It is made in various sizes, often as a loaf-shape. Feta is solid, but crumbly with some fissures. Pure white, it has a milky fresh acidity.
Monterey Jack	<i>United States</i>	Consistency depends on its maturity; most softer varieties (common in American supermarkets) is aged for one month. Monterey Jack has a buttery, bland taste and melts easily.
Manchego	<i>Spain</i>	Produced in the La Mancha region from pasteurized sheep's milk. Has a black gray or buff colored rind with a crosshatch pattern, the interior ranges from stark white to yellowish. Has a mild, slightly briny, nutty flavor.

Firm

Cheddar	<i>England</i>	The most widely purchased and eaten cheese in the world. The color ranges from white to pale yellow to yellow-orange color. Is always made from cow's milk and has a slightly crumbly texture if properly cured.
Edam	<i>Holland</i>	This is a pressed, semi-hard to hard cheese, made from cow's milk. It comes in a shape of ball covered with distinctive red wax. Edam is produced from skimmed or semi-skimmed milk.
Jarlsberg	<i>Norway</i>	A traditional, hard, Norwegian cheese. Its flavor is more nut-like and sweeter. The paste is golden yellow with holes of various sizes. Can be used as a table cheese, dessert cheese or sandwich cheese.

Hard

Parmesan	<i>Italy</i>	Named after an area in Italy, one of the world's most popular and widely-enjoyed cheeses. Milk used for Parmesan is heated and curdled in copper containers.
Sapsago	<i>Switzerland</i>	Traditional, hard cheese made from cow's milk. Has a shape of truncated cone. Is pale green and rindless. Salty, sour and mouthwatering. Not an eating cheese but is good as a food topping and in cooking.

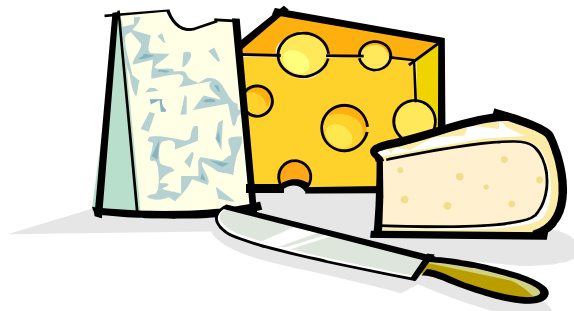
Blue-veined

Gorgonzola	<i>Italy</i>	A traditional, creamery and co-operative, blue cheese. The greenish-blue penicillin mould imparts a sharp, spicy flavor and provides an excellent contrast to the rich, creamy cheese. Excellent in salads and dips.
Stilton	<i>England</i>	Historically referred to as "The King of Cheeses" a blue-mould cheese with a rich and mellow flavor and a piquant aftertaste. It has narrow, blue-green veins and a wrinkled rind which is not edible. Excellent for crumbling over salads or as a dessert cheese.



Tasting suggestions

- Camembert & Brie (kept cold) with crackers and fruit
- Bleu cheeses with crisp pear and/or apples slices
- Cream or Neufschatel with seafood sauce, bay shrimp and crackers
- Cheese tray suggestions:
 - Select a variety of colors and shapes
 - Use easy to cut cheeses: firm, semi soft, ripened soft cheese.
 - Have a different knife for each cheese
 - Do not pre-slice cheese, it will dry out and the texture will change
 - Serve with bread rounds, crackers or sliced fruit
- Wrap a small brie round in puff pastry after it has been topped with a thin film of current jelly, marmalade or sautéed apple slices. Brush with egg wash and bake at 400°F until golden brown. Serve warm or cooled with cheese knife.
- Open faced cheese sandwich: Top a slice of your favorite toast with a thin slice of Cheddar and sliced beets. Microwave until cheese softens.
- Colorful quesadillas: Microwave or warm 2 corn or flour tortillas. Fill with grated cheese and chopped veggies like broccoli, peppers, spinach, tomatoes and zucchini. Warm it in the microwave until cheese is melted. Cut into wedges.
- Encourage veggie consumption by adding cheese, grated, crumbled or cubed to a salad.



Developed by OSU Extension Family and Community Development faculty: Emilee Hugie (Warm Springs) and Glenda Hyde (Deschutes county)

Stuffed French Toast

Ingredients:

6 slices French bread, 1 inch thick
¼ cup nonfat or light cream cheese
½ teaspoon grated orange peel
1 teaspoon orange juice
Egg substitute equivalent to 3 eggs
2 tablespoons skim milk
Vegetable oil spray

Directions:

1. Cut a pocket horizontally into each slice of French bread, being careful not to cut all the way through. Set aside.
2. In a small bowl, stir together cream cheese, orange peel, and orange juice. Spoon about 1 heaping teaspoon cream cheese mixture into each bread pocket. Spread evenly with a knife.
3. In a shallow bowl, beat together egg substitute and milk. Place a slice of stuffed bread in the egg mixture. Let it soak about 30 seconds. Turn bread over and let it soak another 30 seconds. Repeat with remaining pieces of bread.
4. Spray a griddle or large skillet with vegetable oil. Place over medium heat. Cook bread slices 3 to 4 minutes on each side or until golden brown. Serve warm.

Tip: Refrigerate leftovers within 2 to 3 hours of serving.

Yield: 6 servings

Source: American Heart Association, *Quick and Easy Cookbook*, page 34

Nutrition Facts

Serving Size (105g)
Servings Per Container

Amount Per Serving	
Calories 250	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 480mg	20%
Total Carbohydrate 37g	12%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 12g	
Vitamin A 4%	• Vitamin C 2%
Calcium 6%	• Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cheese Bread Wreath

Ingredients:

¼ cup freshly grated Parmesan cheese
1 loaf (1 pound) frozen bread dough (from 3-pound package), thawed
1 tablespoon olive or vegetable oil
1 small clove garlic, finely chopped

Directions:

1. Grease cookie sheet. Sprinkle 2 tablespoons of cheese onto flat surface. Roll bread dough in cheese into 24-inch rope. Place on cookie sheet, forming a circle; pinch ends to seal.
2. Snip dough 16 times at about 1 ½ -inch intervals from the outer edge of the circle, cutting two-thirds of the way through, using kitchen scissors. Lift and turn every other section of the dough toward the center of the circle pinching ends, so the dough resembles branches.
3. Cover and let rise in warm place 1 to 2 hours or until double. (Dough is ready if indentation remains when touched.)
4. Heat oven to 350 F. Mix oil and garlic; brush over dough. Sprinkle with remaining 2 tablespoons cheese. Bake 25 to 30 minutes or until golden brown.

Source: Betty Crocker *Creative Recipes*, November 1998, page 44.

Yield: 8 servings

Nutrition Facts

Serving Size (61g)
Servings Per Container

Amount Per Serving	
Calories 170	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Easy Lasagna Bake

Nutrition News: This recipe is a good source (at least 10% of Daily Value) of iron and an excellent source (at least 20% of Daily Value) of calcium..

Ingredients:

1 pound ground beef (10% fat)
2 15-ounce cans tomato sauce
1 Tablespoon Italian seasoning
1 cup water

2 ½ cups part-skim mozzarella cheese, shredded
1 15-ounce container part-skim ricotta cheese
¼ cup fresh parsley, chopped

8 extra-wide lasagna noodles, uncooked

Directions:

1. Preheat oven to 350°F.
2. Brown meat, drain fat. Add tomato sauce, spices and water.
3. Mix chopped parsley and ricotta cheese.
4. In 9 x 13 baking pan, layer the ingredients: 1/3 of meat sauce, 4 noodles, 1/2 of ricotta cheese, and 1/3 of mozzarella cheese. Repeat. Add remaining meat sauce and mozzarella cheese.
5. Cover tightly with greased aluminum foil.
6. Bake for 45 minutes. Remove foil and bake for 15 more minutes. Let stand 15 minutes before serving.

Tip:

- Serve with a crisp green salad with lite vinaigrette and a cup of low or no-fat milk. Enjoy fresh fruit for dessert.
- Refrigerate leftovers within 2 to 3 hours of serving.

Nutrition Facts			
Serving Size (140g)			
Servings Per Container			
Amount Per Serving			
Calories 180	Calories from Fat 70		
% Daily Value*			
Total Fat 8g			12%
Saturated Fat 4.5g			23%
Trans Fat 0g			
Cholesterol 35mg			12%
Sodium 380mg			16%
Total Carbohydrate 14g			5%
Dietary Fiber 1g			4%
Sugars 3g			
Protein 14g			
Vitamin A 8%		• Vitamin C 8%	
Calcium 20%		• Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Yield: About 16 servings

Source: 2008, Glenda Hyde, OSU Extension, Deschutes Co. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>