



Dairy
Australia



CHEESE PLEASE!

ENJOYING AUSTRALIA'S QUALITY CHEESE AT ITS BEST

WE'RE TALKING
DAIRY
MATTERS.COM.AU

DISCOVER CHEESE

Whether it's a vintage cheddar from Tasmania, an oozing brie from the Barossa, or a blushing washed rind from New South Wales, your new favourite cheese is waiting to be discovered!

From stinky and creamy to sharp and nutty, there are hundreds of Australian cheeses to be found at your local farmer's market, specialty cheese retailer or suburban supermarket. However you find it, we hope this guide inspires you to savour the flavours, textures and aromas of great Australian cheese.

THE AUSTRALIAN GRAND DAIRY AWARDS

For exceptional quality and superior taste look for the gold and blue Australian Grand Dairy Awards medal.

In the 'Grand Final' of dairy competitions, only gold-medal winning products are invited to enter and are taken through a rigorous process of judging for flavour, aroma, texture and appearance by Australian cheese and dairy experts. The very best are crowned Champion in their class or the ultimate accolade of Grand Champion – for the very best cheese and dairy product in Australia.

The next time you're shopping, choose an Australian Grand Dairy Awards Champion and experience the difference!

For more information visit dairy.com.au.





CHOOSING AND CARING FOR YOUR CHEESE

BUYING CHEESE

As with most things in life, you'll be rewarded for choosing a quality product. But with so many cheeses on offer, how do you pick the right one for you?

- Buy cheese from a reputable retailer with an attractive range of quality Australian cheeses and a high turnover.
- Be guided by your retailer's suggestions about what's ripe and in season – they should be able to offer some serving suggestions too.
- Soft cheeses such as white mould, washed rind and blue varieties should be ripe and ready to eat – use the best before date as a guide.
- Fresh cheeses (as the name implies) should be purchased as fresh as possible and used straight away.
- For large, firmer cheeses, buy portions that have been freshly cut from the wheel.
- Buy only what you'll need for the next week or two – once cheese has been portioned it starts to deteriorate, so buy smaller amounts but more often to ensure it's always fresh.

USE-BY AND BEST BEFORE DATES – WHAT'S THE DIFFERENCE?

All Australian cheeses will display a use by or best before date, here's what they mean.

Use-by date Generally, fresh cheese styles in the unripened and stretched curd categories will have a use-by date. These cheeses should be consumed as fresh as possible and may not be safe to eat after the use-by date. Most other cheese styles will have a best before date.

Best before date Is an indication of when the cheesemaker predicts the cheese will be perfectly ripe, so it's generally best to consume it close to that date. After the best before date, the quality of the cheese is likely to deteriorate, but it won't necessarily be unsafe to eat.

Many retailers reduce the price of small, whole cheeses such as white mould and washed rind varieties when they are near their best before date – this is the best time to eat them, so take advantage of a bargain!

FREEZING CHEESE

This is not recommended, unless it is hard or grated, such as cheddar or parmesan. You can, however, freeze baked foods containing cheese, such as lasagne or savoury muffins.

GUIDE TO STORING CHEESE

- 1** Leave small, whole cheeses (such as camembert or burrata) in their original wrappings or containers.
- 2** For portioned cheeses, remove plastic wrap and re-wrap in paper – proper cheese or deli paper is best, but baking paper does the trick too.
- 3** Store the wrapped cheeses in the fridge, in a container with a loose-fitting lid (if it's airtight the cheese can't breathe). The vegetable crisper is the best place, as it's humid and slightly warmer.
- 4** Store stronger-smelling cheeses in a separate container so the smell doesn't taint other cheese or food in the fridge.





FRESH UNRIPENED CHEESE

These are the simplest of cheeses and are delicate and milky in flavour. They are made by gently souring milk with special cultures, then draining to release some moisture. With no rind and a soft texture, they are high in moisture and generally lower in fat than firmer cheeses. Fresh cheeses are often used in cooking and baking due to their versatility and convenience.

STYLES

Cottage cheese, cream cheese, feta, mascarpone, neufchatel, quark, ricotta, chèvre and labne.

SELECT

- Snowy white in colour.
- Fresh and milky smelling with a sweet or pleasantly sour aroma.
- Moist, but free from excess liquid.
- Use within a few days of purchase or before the use-by date.

STORE

- **Ricotta** drain off excess whey before storing to prevent the cheese from souring.
- **Feta** store fully immersed in brine or marinade in an airtight container.
- **Others** store in original wrapping or container or on a clean plate covered with plastic wrap.

SERVE

Remove from fridge about 15 minutes before serving to take off the chill.

SWEET PARTNERS

Fresh berries, seasonal fruits, honey, grated citrus rinds, jams, stewed fruits, chocolate, nuts, spices and liqueurs.

SAVOURY PARTNERS

Fresh or roasted tomatoes, olives, smoked fish, cured meats, roasted Mediterranean vegetables (capsicum, eggplant, zucchini), savoury jams, fresh herbs (basil, parsley, dill mint), flatbread and grissini.

DID YOU KNOW?

Bocconcini translates to 'little mouthfuls' in Italian



STRETCHED CURD CHEESE

So called because of the way it is made. The curd is heated in water (70–80°C) until it becomes elastic, then kneaded and stretched into various shapes and quickly cooled. This gives the cheese its stringy texture and characteristic 'stretch' when melted.

Stretched curd cheeses have mild, milky flavours when fresh and can develop more assertive flavours when matured. They take on many flavours, so are great for cooking or combining with other foods.

STYLES

Matured mozzarella (pizza cheese), scamorza, caciocavallo and provolone.

Fresh mozzarella, fiore di latte, treccia, burrata, stracchino, bocconcini and haloumi.

SELECT

- Smooth and supple in appearance.
- Fresh bocconcini and mozzarella styles should have a shiny surface and the interior should shred into fine filaments like a piece of cooked chicken breast.

STORE

- If stored in liquid (water, whey or brine), it should be clear. Avoid those in cloudy liquid.
- If water becomes cloudy during storage, drain well, clean the container and add fresh tap water. Then replace the cheese.
- **Haloumi** store in original wrapping covered in brine, or well wrapped in plastic.
- **Matured styles** store in original wrapping. Once opened, re-wrap in fresh plastic and use within a week (or before use-by date).

SERVE

If enjoying as part of an antipasto platter or salad, remove from fridge about 15 minutes before serving to take off the chill and drain excess liquid.

SWEET PARTNERS

Grilled stonefruits, fresh or grilled figs, fresh mint and pomegranate molasses.

SAVOURY PARTNERS

Olives, cured meats, pesto, Mediterranean vegetables, ripe tomatoes, fresh basil, extra virgin olive oil, foccacia or Turkish bread and grissini.

WHITE MOULD CHEESE

Known for their rich, buttery flavours and creamy textures, white mould cheeses are also termed surface ripened, as they ripen from the outside in towards the centre.

Once the white mould has fully covered the rind of the cheese, it is wrapped in cheese paper until it is ready to eat. The white mould helps break down the interior of the cheese from firm and chalky to the characteristic creamy texture that is craved by cheese lovers.

After 6–8 weeks of maturation, the surface mould will start to break down, changing from a velvety white colour to off-white, tinged with orange or brown and will develop stronger flavours.

STYLES

Camembert, brie, double brie and triple cream.

SELECT

- Cheese should have a velvety white rind, with no dry edges or cracks.
- The centre of the cheese should ooze or bulge when cut.
- Choose cheeses that are ripe and ready to eat. Under-ripe cheese will have a thick, chalky centre and taste acidic. Over-ripe cheese may have a brown surface and will usually have a strong smell of ammonia.
- If you can't see the inside of the cheese, test with a gentle squeeze as you would for an avocado – it should be soft at the edges and in the middle.

SERVE

Cooking at high temperatures is not recommended, however whole cheeses can be baked gently until just warm and oozing.

SWEET PARTNERS

Fresh stonefruits such as nectarines, apricots or cherries, strawberries, raspberries or blackberries, fresh or baked apples and pears and fruit bread.

SAVOURY PARTNERS

Roast chicken, ham, nuts, white baguette, lavosh, smoked salmon and thyme.

The ripening of white mould cheese



Week 1–2

Chalky curd throughout the cheese



Week 3–4

Curd under the rind has softened, still with a chalky centre



Week 6–8

Chalk line has disappeared and the centre is soft throughout. The cheese is at its prime!





WASHED RIND CHEESE

Like white mould cheeses, these styles are also known as surface ripened. Washed rind cheeses are among the world's strongest smelling, but many have a surprisingly mild flavour.

They have a robust aroma reminiscent of cured meats (or smelly socks!) and a very savoury flavour with a hint of sweetness.

Washed rind cheeses are made in a similar way to white mould cheeses, except that the cheese surface is washed during maturation with a brine solution containing a bacterium, *Brevibacterium linens* (also known as *Brevi* or *B. linens*). This gives the rind its distinctive aroma and red/orange colour.

STYLES

Australian manufacturers sell washed rind cheeses by brand name. Many will have the word 'red' or 'gold' in the name.

SELECT

- Look for a red/orange or golden rind with a pleasantly pungent aroma.
- No smell means no flavour and the cheese is yet to ripen.
- Avoid cheeses with excessively wet/sticky rinds or brown rinds smelling of ammonia.
- Centre of the cheese should ooze or bulge when cut.
- Test for ripeness as for white mould cheeses.

SERVE

SWEET PARTNERS

Fresh pears, fresh or marinated figs, walnuts, hazelnuts, pecans and fruit and nut bread.

SAVOURY PARTNERS

Fresh or dried herbs like rosemary or thyme, spices such as fennel or caraway seeds, cured meats or paté, baked potatoes, steamed asparagus, sautéed mushrooms, grilled steak, kangaroo or lamb, sourdough or rye bread and fennel seed crackers.

BLUE CHEESE

From mild and sweet to strong and spicy, blue cheese covers a range of styles from creamy to crumbly. Also known as 'internally ripened' cheeses, as the flavour develops from the blue, grey or green veins that grow from the centre out towards the rind. In the early stages of cheesemaking, the milk is inoculated with special mould spores (usually *Penicillium roqueforti*). After several weeks maturation, the cheesemaker spikes the cheeses with stainless steel needles to allow air to penetrate the cheese, which allows the blue mould to start growing. Once the veins have radiated out from the centre to the rind, the cheese is fully ripe and ready to eat.

STYLES

Australian manufacturers produce blue cheese in a variety of styles and market them under specific brand names.

SELECT

- Select blue cheese with veins radiating out from the centre right to the edges.
- The rind should be damp but not too sticky. Avoid blue cheeses that have wet or sticky rinds and a strong yeasty smell.
- The colour of the veining can range from blue to green or grey.
- Select blue cheese with a pale yellow/white paste and avoid cheese with excessive browning of the interior.
- Avoid cheese with excessive cracks or splits in the rind.
- As a general rule, the more blue veins in the cheese, the stronger the flavour will be.

SERVE

SAVOURY PARTNERS

Pork, steak and smoked meats, shave over asparagus, mushrooms, roasted beetroot or pumpkin, crumble through salads, combine with sour cream as a sauce for potatoes or steak, or to use as a dip, melt through cream as a sauce for pasta or gnocchi, or stir into risotto. Avoid pairing with acidic foods.

SWEET PARTNERS

Honey, quince paste and other fruit pastes, walnuts and pecans, fresh or dried figs, fresh or roasted pears, muscatels, dates and fruit and nut bread.





CHEDDAR-STYLE CHEESE

Cheddar is Australia's most popular cheese. The name refers to a special manufacturing process called 'cheddaring', which is still used in some hand-made cheddars. The many variations of cheddar reflect different cheese-making methods and the length of maturation. For example, a vintage cheddar crumbles in the mouth and has a deep, lingering flavour, whereas, a mild cheddar will slice well for making a sandwich. Cheddar is available wrapped in wax or cloth or vacuum packed in plastic.

STYLES

Cheddar, Cheshire, club cheese, colby, Red Leicester, Lancashire and Double Gloucester.

CLASSIFICATIONS

- Mild matured for 1–3 months
- Semi-mature matured for 3–6 months
- Mature or tasty matured for 6–12 months
- Vintage matured for 12–24 months

SELECT

- Look for cheese with an even yellow colour (cloth-wrapped cheddars can be darker around the rind).
- Younger cheddars will have a smooth, supple texture. More mature cheddars should have a crumbly texture that is free from excessive dryness or surface cracks.
- The longer the cheese is aged, the more the flavour will develop.
- Small crunchy white crystals of calcium lactate may be present in a very mature cheddar. They have a distinctive zingy bite in the mouth, which is often desired in vintage cheddar.

SERVE

SAVOURY PARTNERS

Pickled vegetables, piccalilli, mustard or chutney, smoked meats, roasted vegetables, garlic bread, fresh herbs and caraway or cumin spices, smoked almonds and wholegrain or rye bread.

SWEET PARTNERS

Fresh or baked apples and pears, grapes, fresh or dried figs, sweet spices like cloves and cinnamon, fruit cake and fruit mince tarts, apple pie, fruit pastes such as quince, muscatels, nuts and fruit and nut bread.

The rind of cheddar

Cloth-wrapped cheddar

Traditionally, all cheddar was made in wheels wrapped in cloth, which allows the cheese to breathe and protects the rind. As the cheese ages, it develops a distinctive earthy flavour and crumbly texture.

Waxed cheddar

Cheddar coated in wax develops a moist texture and a fruity flavour profile, as the wax cuts off the oxygen supply during maturation to the cheese.

Rindless cheddar

Rindless cheddar is matured in a vacuum-sealed bag which prevents moisture loss, so it develops a similar flavour profile to waxed cheddar. It is generally moist in texture, although vintage versions can be crumbly.

SEMI-HARD AND EYE CHEESE

These cheeses have a smooth, supple texture and flavours ranging from sweet to nutty. The eye cheeses are named for the holes that are formed by bubbles of carbon dioxide gas produced during maturation. Styles range from mild-flavoured and young (matured for a few months) to richly flavoured aged versions (matured for 12 months or more).

Some of these cheeses like gruyere, tilsit and raclette are matured with a washed rind (also known as smear ripened), which produces a more pungent aroma and complex, savoury flavours. They are excellent when used for melting and grilling.

STYLES

Swiss style Emmental, gruyere, tilsit and raclette

Dutch style Gouda, edam and maasdam

Other styles Marketed by brand name

SELECT

- Look for cheese with an even yellow colour (the smear ripened varieties can be darker around the rind).
- Select cheese with a smooth cut surface and shiny eyes (if present).
- Avoid cheese with mould on the cut surfaces; with cracks or that are excessively dry or hard.
- The longer the cheese is aged, the more the flavour will develop.

SERVE

Most are excellent when used as a grilling or melting cheese or in fondue.

SAVOURY PARTNERS

Hamburgers and steak sandwiches, mustard, cornichons, dill pickles and relishes, smoked and cured meats, ham, melt over potatoes, gnocchi, mushrooms, asparagus and soups, bake into muffins, breads or quiches and sourdough or rye bread.

SWEET PARTNERS

Muscateles, dried apples or pears, hazelnuts, walnuts or pecans and fruit and nut bread.

LOOK OUT FOR

Innovative Australian cheeses such as cheese washed in wine, wrapped in vine leaves or layered with ash





HARD CHEESE

Hard cheeses have a robust and concentrated flavour and develop deeper flavours the longer they are matured. They keep well due to their very low moisture content.

They are most often grated or shaved over hot dishes or salads, but can make an interesting addition to a cheese board too.

STYLES

Parmesan, pecorino, pepato and romano.

SELECT

- Look for cheese that is hard and granular in texture, but not excessively dry, cracked or split.
- When cut fresh from a wheel, the wedge should have a rich, fruity aroma. No smell usually means no flavour.

STORE

- These cheeses can be stored for long periods of time due to their low moisture content, if well-wrapped in paper and kept in a plastic container in the fridge.
- Grated cheese can be frozen in an airtight freezer bag or container for up to 12 months.

SERVE

SAVOURY PARTNERS

Tomatoes, olives, fresh herbs, chicken, Mediterranean vegetables such as zucchini and eggplant, shave onto pizza, salads and cooked asparagus, grate onto pasta, risotto or omelette, stir into soups, mix into meatballs or burger patties, combine with breadcrumbs or ground almonds and fresh herbs to crumb meats and vegetables.

SWEET PARTNERS

Fresh or dried pears, apples or figs, roasted almonds or hazelnuts and aged balsamic vinegar.

WHY NOT TRY

Infuse left-over parmesan rinds in olive oil over a low heat for 10 minutes. Allow to cool and use oil to drizzle over pizza, pasta or salads

ONE PERFECT MATCH

Some say cheese should be served with nothing more than a knife. But often, the perfect accompaniment can elevate a cheese from everyday to extraordinary.

Sometimes the best combinations are complementary, such as strawberries with brie, but other examples such as blue cheese with honey, prove that opposites attract.

So, put the quince paste aside, and style up your cheese plate with these suggestions – you might find your very own match made in heaven.

WHY NOT TRY

Simply serve one stunning cheese and a perfect accompaniment to create that **wow** factor for your guests



RICOTTA +
DUKKAH & EXTRA VIRGIN OLIVE OIL



RACLETTE +
POTATO CHIPS & PICKLES



BLUE +
SMALL SQUARES OF DARK CHOCOLATE



WASHED RIND +
HONEY & FENNEL SEEDS



CHEDDAR +
THIN SLICES OF FRUIT CAKE/LOAF



BURRATA +
FRESH FIGS & POMEGRANATE MOLASSES

CHEESE AND BEVERAGE PAIRING

When pairing cheese with drinks, consider the textures as well as the flavours that might make a good match. While wine is a traditional partner, beer, cider, whisky and even tea can have a welcome place alongside your favourite cheese.

FRESH UNRIPENED CHEESE

Wines light, refreshing whites such as young riesling or semillon/sauvignon blanc blends, sparkling wine, rosé

Beer aromatic styles such as wheat beer

Tea delicate, floral styles such as oolong or jasmine

STRETCHED CURD CHEESE

Wines light, refreshing whites such as semillon/sauvignon blanc blends and pinot gris/grigio, Italian varietal reds such as sangiovese, rosé

Beer light, effervescent styles such as pilsner

WHITE MOULD CHEESE

Wines sparkling wine, heavier whites such as chardonnay or verdelho, medium-bodied reds such as pinot noir and merlot/cabernet sauvignon blends

Beer/cider light, effervescent styles such as pilsner and pear cider

Tea darjeeling and other 'afternoon-style' teas

Whisky lighter styles such as Lowland and Speyside malts

WASHED RIND CHEESE

Wines sparkling, aromatic whites such as pinot gris/grigio, medium-bodied reds such as pinot noir or grenache/shiraz blends, full-bodied whites such as chardonnay, Italian and Spanish varietal reds such as tempranillo and sangiovese

Beer medium-bodied styles such as pale ale and golden ale and most mainstream lagers

Whisky lighter styles such as Speyside malts

BLUE CHEESE

Wines sweet wines including fortifieds such as tawny or topaque, dessert wines, a sweet riesling or gewürztraminer

Beer dark ales such as stout or porter

Whisky bold, smoky styles such as Islay malts

Tea smoky teas such as lap sang sou chong or good quality Russian caravan tea

CHEDDAR AND CHEDDAR STYLES

Wines full bodied reds such as cabernet sauvignon or shiraz (or blends), fortified wines such as tawny or tokaji

Beer/cider heavier styles such as brown ale, amber ale and apple cider

Whisky bolder styles such as Highland or smoky Islay malts

Tea robust, earthy teas such as English breakfast or smoky lap sang sou chong

SEMI-HARD AND EYE CHEESE

Wines aged whites such as semillon or chardonnay

Beer aromatic and malty styles such as brown and amber ales

Whisky richly flavoured aged single malts

Tea/coffee nutty, savoury green teas such as Japanese sencha and Chinese dragon well and black coffee

HARD CHEESE

Wines sparkling wine, aged whites such as chardonnay or riesling, Italian and Spanish varietal reds such as tempranillo and sangiovese, fortifieds such as tawny or topaque

Beer heavier styles such as brown and amber ales, porter and stout

Whisky richly flavoured aged single malts



When pairing beverages
and cheese aim to contrast,
complement or cleanse –
but don't clash



PARMESAN +
AGED BALSAMIC VINEGAR

WHEN TO SERVE CHEESE

Cheese is so versatile, it can be served at the start or end of a meal, or even in between courses. Whichever way you decide to serve it, remember to serve it at room temperature – take out of the fridge approximately one hour before you want to eat it, remove the wrappings, place on a serving plate, and cover with a slightly damp tea towel to avoid drying out.

PRE-DINNER DRINKS OR COCKTAIL PARTY

Choose soft cheeses with light textures like fresh mozzarella or brie, or harder cheeses with granular textures like cheddar or parmesan, to stimulate the appetite. Serve with savoury accompaniments, cured meats and breads.

BETWEEN MAIN COURSE AND DESSERT

Choose savoury cheeses such as washed rind, cheddar or eye cheese styles that will complement wines left over from the main course. Introducing a blue cheese at this stage can make a nice transition towards sweet wines served with dessert. Sweeter accompaniments such as fresh or dried fruit, honey and jams or syrups work well here.

AFTER DESSERT

Hard and blue cheeses are the perfect way to linger, with a dessert wine or fortified wine in hand. Choose nuts, wafers or light biscuits as a carrier, to keep it light at the end of the meal.

AS A MEAL IN ITSELF

Pleasant everyone by offering a range of three or four cheeses from mild and fresh to bold and strong. Choose a separate accompaniment for each cheese, with a variety of sweet and savoury options. An interesting mix of breads and crackers can make the selection more substantial.

How much to serve?

If cheese is being served with pre-dinner drinks or as part of a meal, allow 50–100g per person in total. But if cheese is the main, offer a more generous 150–250g per person.

SERVING CHEESE

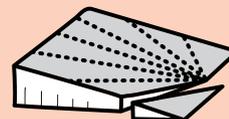
Remember the three **R**'s:
If it's **ripe** and at **room** temperature
then it's **ready** to eat!

HOW TO CUT CHEESE

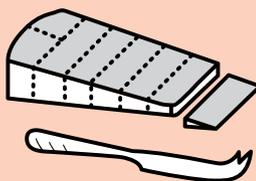
Be the perfectly polite guest and avoid cutting the tip of a wedge of brie, or eating only the middle of a chunk of cheddar. The centre and rind of each cheese will have different textures and flavours, so make sure everyone gets their share! If you've ever found yourself awkwardly navigating around a cheese platter, our simple cutting guide will have you mastering any wedge or wheel.



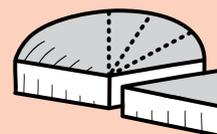
Small rounds



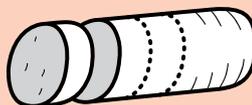
Blue vein – wedges



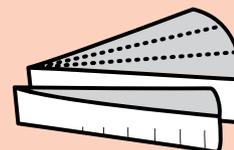
Hard/semi-hard cheeses
– wedges



Half moon – wedges



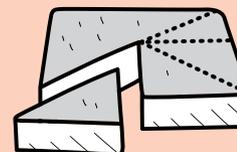
Log – slices



Soft cheese – wedges



Rounds – wedges



Squares



BRIE +
FRESH STRAWBERRIES & THYME

CREATING A CHEESE PLATTER

Serve accompaniments next to or scattered over the cheese that it matches

Bring cheese to room temperature before serving, for maximum flavour and texture

Think about textures as well as flavours to offer variety in the selection

Choose cheeses with different shapes, colours and sizes for visual impact



Scatter some crackers across the board, but put the rest in bowl to avoid overcrowding

Cut whole wheels of cheese in half or take a wedge out so guests don't feel intimidated

Keep your accompaniments simple – they should enhance, not overpower, your cheese selection

Provide a different knife for each cheese to prevent mixing flavours

LEFT OVER CHEESE TIPS

If there's a sliver of brie or a nugget of blue left on your cheese platter, don't throw it away! Here are a few tips to help savour every last bite of cheese.

Mash blue cheese into sour cream, season with black pepper and dollop onto steak

Stir grated gruyere, raclette or cheddar into muffins, frittata or quiche fillings

Mix grated hard cheddar or eye cheeses and freeze in clip-seal bags for a gourmet grilled cheese topping on demand!

Drape washed rinds over barbecued steak or lamb



Melt them all into
a béchamel sauce for
the best 'mac and cheese'
you'll ever eat

Use left-over
parmesan rind to flavour
vegetable soups and stocks.
Remove just before serving

Stir white mould
or washed rind cheeses
into mashed potatoes

DID YOU KNOW?

Mould can only grow when it is exposed to air, so to get the veins inside blue cheese, the cheese must be pierced to allow air circulation for the blue mould to grow



CHEESE SPEAK

A GLOSSARY OF CHEESE TERMS

Artisan or specialty cheese

Cheeses that are generally handmade, often in small batches.

Bacteria

Unique microbes used in cheesemaking which produce specific flavours in the cheese. The most common are *Brevibacterium linens*, used in washed rind cheeses and *Propionibacterium*, which produces the eyes in Swiss-style cheeses.

Brine

A salt and water solution. While many cheeses are dry salted, some soft cheeses are immersed in brine or washed with a brine solution prior to maturation. Other cheeses, such as feta, are stored in brine.

Curd

At the beginning of cheesemaking, the milk is set into a gel, then separated into solid (curd) and liquid (whey) components. The curd is used to make cheese and consists mainly of protein, fat and fat-soluble vitamins and minerals.

Eyes

The holes that form inside Swiss- and Dutch-style cheeses. They are formed by the carbon dioxide released by bacteria during maturation.

Farmhouse cheese

Cheese made on the farm using only milk from that farm.

Maturation

Also known as ripening or ageing. Fresh cheeses are not matured, but most other cheeses spend some time maturing before they are ready to eat – e.g. white mould cheeses are matured for about 6–8 weeks, and cheddar cheeses can be matured for anything from three months to two years.

Mould

Microbes added to the milk during cheesemaking that help ripen the cheese. Most are strains of *Penicillium* such as *P. Candidum*, which forms the rind of white mould cheeses and *P. Roqueforti*, used in blue cheese. These edible moulds contribute to the unique textures and flavours in cheese.

Rind

The external surface of the cheese. It can consist of moulds or bacteria (in the case of white mould and washed rind cheeses), a hard crust (such as parmesan or gruyere), or be covered in cloth or wax (as for many cheddars). Generally, fresh cheeses don't have a rind.

Rennet

An enzyme that converts milk from a liquid to a solid during the initial stages of cheesemaking. Traditional rennet is derived from animals, but most Australian cheese is now made with non-animal rennet, produced in laboratories.

Starter cultures

Special microbes added to the milk at the beginning of cheesemaking. They help acidify the milk and produce specific styles of cheese with distinctive flavours and textures.

Surface ripened

Cheeses that ripen from the outside in towards the centre. They normally have a coating of special moulds or bacteria on the outside, such as white mould and washed rind cheeses.

Whey

At the beginning of cheesemaking, the milk is set into a gel, then separated into solid (curd) and liquid (whey) components. The whey is either drained away or used to make other products, such as ricotta. Whey consists mostly of the lactose and water-soluble vitamins and minerals from the milk.



Dairy Australia Limited ABN 60 105 227 987
Level 3, HWT Tower
40 City Road, Southbank Vic 3006 Australia
T +61 3 9694 3777 F +61 3 9694 3701
E enquiries@dairyaustralia.com.au
dairyaustralia.com.au

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