



Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey. There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Blue cheeses are available in a variety of categories from fresh to semi-soft. Bloomy rind blues have a white rind with delicate blue vein interior. Others have a creamy texture with blue vein visible where the piecing took place. Some have a natural rind from aging while others can have a soft purple blue rind from the mould.

The blue culture can be added to milk before separation or can be injected into the curd mass. The curd is placed in mould and gently pressed to create the wheel. Piercing the curd with stainless steel needles allows oxygen to enter the mass and facilitate the growth of the blue mould.

Penicillium Roqueforti or Glaucum are the two main cultures used to create blue cheese. Bloomy rind blues are made in the same way but once the blue is developed, the rind is washed and Penicillium Candidum is sprayed on the surface to create the white mould-bloomy rind.

Blue cheeses can have mushroom, fungal to astringent or pungent aromas. Tastes can include creamy, salty, mushroom and nutty. The texture can vary from creamy to soft and crumbly.



Photograph and information courtesy of [Dairy Farmers of Canada](#).

Nutrition Facts

Per 100 g crumbled

Amount	% Daily Value
Calories 201	
Fat 16.4g	25%
Saturated 10.7g	53%
+ Trans 0g	
Cholesterol 43mg	14%
Sodium 796mg	33%
Carbohydrates 1.3g	0%
Fibre 0g	0%
Sugars 0.3g	
Protein 12.2g	
Vitamin A 12%	Vitamin C 0%
Calcium 27%	Iron 1%

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

- Blue cheeses can be served with fruit, especially pears or bread that contains fruit and nuts. Blue cheese can also be used as a garnish in salads, as a dressing, or in a stuffing.
- One *Canada's Food Guide* serving of milk and alternatives is 50 grams (1½ oz) of cheese. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Look for the 100% Canadian milk symbol on Canadian cheeses.



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Bocconcini is a semi-soft, rindless mozzarella cheese that is bright white or pale yellow in colour. It is sold in egg-sized or smaller balls.

Canadian bocconcini is made with cow's milk. Once the milk curd is ready, it is heated with warm whey and then pulled and stretched to alter the structure of the curd. The smooth curd is then cut into varying sizes, usually egg sized. Small marble sizes are also produced.

Bocconcini can have a delicate milk and cream aroma. It can have a very sweet and very light butter taste. Bocconcini has an elastic texture and consistency and is usually sold in a package containing a milky liquid.



Photograph and information courtesy of [Dairy Farmers of Canada](#).

Nutrition Facts	
Per 50 g ball	
Amount	% Daily Value
Calories 130	
Fat 10g	15%
Saturated 7g	37%
+ Trans 0.3g	
Cholesterol 30mg	9%
Sodium 0mg	0%
Carbohydrates 0g	0%
Fibre 0g	0%
Sugars 0g	
Protein 10g	
Vitamin A 10%	Vitamin C 0%
Calcium 15%	Iron 0%

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Store Canadian Bocconcini in the brine it was sold in, or in lightly salted water.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

- ☑ Bocconcini is an Italian name that means "little bites." It is often used on pizzas, in pastas and in salads. It can be combined with tomato slices, fresh basil and a little olive oil for a quick entrée or a light meal. On its own, it makes a good snack or breakfast companion.
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 50 grams (1½ oz) of cheese. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



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Brie is a soft cheese with a white, velvety rind and a cream to light yellow or straw colour. It comes in many different varieties, including plain, double cream, triple cream and flavoured.

Brie is made with cow's milk. The soft curd is gently placed in a mould so the whey drains off. It is then placed in a brine solution and transferred to a ripening room. Here, the white mould grows to become a bloomy rind cheese. To create the bloomy profile, *Penicillium Candidum* is either sprayed on the curd or is part of the curds.

Brie can have a fresh mushroom and milky aroma. It has a delicate hazelnut, mushroom and butter taste. Brie has a soft, creamy and velvety texture.



Photograph and information courtesy of [Dairy Farmers of Canada](#).

Nutrition Facts	
Per 100 g melted	
Amount	% Daily Value
Calories 339	
Fat 28.1g	43%
Saturated 17.7g	88%
+ Trans 0g	
Cholesterol 101mg	34%
Sodium 638mg	27%
Carbohydrates 0g	0%
Fibre 0g	0%
Sugars 0g	
Protein 10g	
Vitamin A 10%	Vitamin C 0%
Calcium 15%	Iron 0%

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Young Brie cheeses will keep for about a month. If the cheese is ripe and kept under good conditions, it will last for about two weeks. Soft cheeses are at their best when they emit an aroma of mushrooms and the rind gives when pressed slightly. A very strong smell or an ammonia-like odour is a sign that the cheese is overripe.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag. It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

- ☑ Brie is used in a number of different recipes, including soups. It's commonly served with a crusty bread and fruit or nuts. To take advantage of its taste, texture and qualities, leave Brie at room temperature for 45 minutes to one hour to let the inside become soft.
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 50 grams (1½ oz) of cheese. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



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Canadian Camembert is a firmer and milder soft cheese with a white, velvety rind and a cream to light yellow colour. It comes in many different varieties, including plain, double cream, triple cream and flavoured.

Camembert is made with cow's milk. Like Brie, the soft curd is gently placed in a mould so the whey drains off. It is then placed in a brine solution and transferred to a ripening room. Here, the white mould grows to become a bloomy rind cheese. To create the bloomy profile, *Penicillium Candidum* is either sprayed on the curd or is part of the curds.

Camembert can have a fresh mushroom aroma with milky accents. It has a cream, butter and fresh mushroom taste. Camembert has a soft, smooth and creamy texture.



Photograph and information courtesy of [Dairy Farmers of Canada](#).



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Nutrition Facts	
Per 100 ml	
Amount	% Daily Value
Calories 312	
Fat 25.2g	39%
Saturated 15.9g	79%
+ Trans 0g	
Cholesterol 75mg	25%
Sodium 875mg	36%
Carbohydrates 0.5g	0%
Fibre 0g	0%
Sugars 0.5g	
Protein 20.6g	
Vitamin A 25%	Vitamin C 0%
Calcium 37%	Iron 2%

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Young Camembert cheeses will keep for about a month. If the cheese is ripe and kept under good conditions, it will last for about two weeks. Soft cheeses are best when they emit an aroma of mushrooms and the rind gives when pressed slightly. A very strong smell or an ammonia-like odour is a sign that the cheese is overripe.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag. It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

- ☑ Camembert is used in a number of different recipes. It's commonly served at the beginning or end of a meal on bread or crackers or with fruit or nuts. To take advantage of its taste, texture and qualities, leave Camembert at room temperature for 45 minutes to one hour to let the inside become soft.
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 50 grams (1½ oz) of cheese. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



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Cheddar is one of the most popular cheeses in the world. Canadian cheddar cheese is a firm, rindless cheese with a bright and smooth surface and a light yellow or orange colour. It comes in different varieties that are determined by how long it is aged, including mild (3 months), medium (4 to 9 months), old (10 months to 1 year) and extra-old (2 to 7 years).

Cheddar is made with a process that involves cooking and pressing the curds. The curd is dry salted and then put into forms where the curd becomes a solid mass. It is then allowed to age relative to the designation by the cheese maker. **Annatto** is a natural orange coloring used to make orange cheddar.

Canadian cheddar cheese has a buttery aroma. It has the taste of hazelnut. Aged cheddars are salty, sweet and fruity. Cheddar has a firm, smooth texture and is slightly elastic when young and crumbly with age.



Photograph and information courtesy of [Dairy Farmers of Canada](#).

Nutrition Facts	
Per 50 g shredded	
Amount	% Daily Value
Calories 202	
Fat 16.6g	25%
Saturated 10.5g	53%
+ Trans 0g	
Cholesterol 52mg	18%
Sodium 310mg	13%
Carbohydrates 0.6g	0%
Fibre 0g	0%
Sugars 0.3g	
Protein 12.4g	
Vitamin A 14%	Vitamin C 0%
Calcium 33%	Iron 2%

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Firm cheeses keep very well, from a few weeks to several months. Firm cheeses will continue to ripen and to develop their distinct tastes.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

- ☑ Cheddar enhances omelettes, macaroni, sandwiches, soups and casseroles of all kinds. As with most cheeses, it is better to leave it at room temperature for at least 30 to 45 minutes before tasting it.
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 50 grams (1½ oz) of cheese. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



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Cottage cheese can be used in cooked or uncooked dishes. It is a fresh, rindless cheese with a white colour. Cottage cheese is made with grains of different sizes.

Cottage cheese is made with skimmed cow's milk. It can also have added cream. The milk is curdled and then drained. It is usually not pressed. Draining removes most the whey, but not all of it. Some producers wash the curd more to remove excess acidity.

Cottage cheese has a light, fresh, milky aroma. It has the very sweet taste of fresh milk, which can be slightly more acidulous in cottage cheeses with bigger grains. It has a liquid, velvety and granular texture. Pressed cottage cheeses have a dry texture.



Photograph and information courtesy of [Dairy Farmers of Canada](#).

Nutrition Facts

Per 100 ml 2% M.F. unpacked

Amount	% Daily Value
Calories 82	
Fat 2.3g	4%
Saturated 0.9g	5%
+ Trans 0g	
Cholesterol 10mg	3%
Sodium 315mg	13%
Carbohydrates 3.5g	1%
Fibre 0g	0%
Sugars 3.5g	
Protein 11.3g	
Vitamin A 2%	Vitamin C 0%
Calcium 8%	Iron 1%

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- The shelf life of fresh cheeses is the shortest of all cheese categories. It usually can be kept for no more than two weeks.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

- ☑ Cottage cheese is a popular choice for breakfasts, on a toast or bagels, plain, slightly sweetened or salted or with fresh fruits or fine herbs. Cottage cheese can be used in dips, salads and cooked or baked dishes, such as lasagna, cannelloni or cake recipes.
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 250 ml (1 cup) of cottage cheese. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



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Cream cheese is a fresh cheese that is soft, creamy and very smooth with a white colour. It has a bright and velvety surface. It comes in different varieties, including plain and flavoured with spices or fruit.

Cream cheese is made with cow's milk. Lactic bacteria is added to pasteurized milk and allowed to ferment. At the right moment, the liquid coagulates to become cream cheese. Cream cheese does not go through the pressing stage. The milk separates and the whey is allowed to drain off the curd, after which the curd is stirred to make it homogenous. Stabilizers can be added to the curd.

Cream cheese has a light, fresh cream aroma. It has a milk and cream taste that is sweet and slightly tangy. It has a supple and flexible texture.



Photograph and information courtesy of [Dairy Farmers of Canada](#).

Nutrition Facts	
Per 100 ml	
Amount	% Daily Value
Calories 336	
Fat 33.6g	52%
Saturated 19g	95%
+ Trans 0g	
Cholesterol 108mg	36%
Sodium 315mg	13%
Carbohydrates 4g	1%
Fibre 0g	0%
Sugars 3.2g	
Protein 5.8g	
Vitamin A 37%	Vitamin C 0%
Calcium 9%	Iron 3%

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- The shelf life of fresh cheeses is the shortest of all cheese categories. It usually can be kept for no more than two weeks.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

- ☑ Cream cheese is an excellent spreading cheese, famous for its use on bagels with smoked salmon, but also delicious on everyday toast. It can also be used with raw vegetables and crackers, or olives and capers. It adapts to both salty and sweet seasonings and toppings, including strawberries, blueberries, pineapple, honey, cucumbers, bell peppers, carrots, herbs and citrus zest.
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 50 grams (1½ oz) of cheese. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



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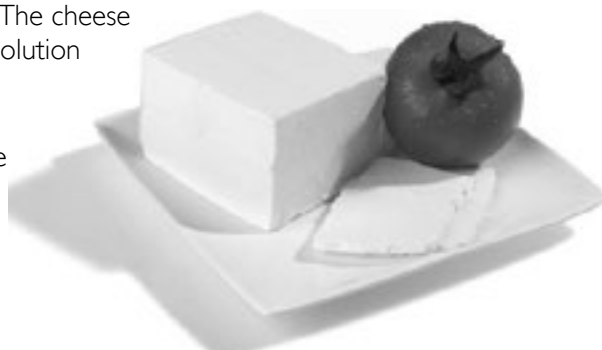
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Produced since ancient times, feta is stored in a brine solution. In fact the word "feta" translates as "slice" and comes from the practice of cutting the cheese into slices before immersing it in barrels of salty water.

Feta is a soft cheese with a wet and rough surface and a bright white body colour. It is usually vacuum-packed or in brine. There are different varieties of feta, including natural or mixed with herbs and vegetables such as basil/tomato or oregano/olives. Feta can also be sold in a dry, crumbly state with reduced sodium levels.

Feta can be made with cow's milk. The curdled milk, using either rennet or microbial rennet, is separated and allowed to drain. The curds are cut and salted and then pressed to form a larger mass. The cheese is then allowed to sit in brine solution to cure.

Feta has a salty flavour because of the brine. It has a salty, complex aroma and a mild, crisp and granular texture.



Photograph and information courtesy of [Dairy Farmers of Canada](#).

Nutrition Facts	
Per 100 g crumbled	
Amount	% Daily Value
Calories 167	
Fat 13.5g	21%
Saturated 9.5g	47%
+ Trans 0g	
Cholesterol 56mg	19%
Sodium 708mg	29%
Carbohydrates 2.6g	1%
Fibre 0g	0%
Sugars 2.6g	
Protein 9g	
Vitamin A 8%	Vitamin C 0%
Calcium 28%	Iron 3%

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Feta should be kept for no more than two weeks.
- Store Canadian Feta in the brine it was sold in, or in lightly salted water.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

- ☑ Feta is sometimes most known as an ingredient in Greek salads. However, it can also be an excellent ingredient in dishes such as a shrimp casserole, with spinach in flaky pastry, in gazpacho, on pizzas, with roasted vegetables, between two slices of focaccia, in a Panini or in an omelette.
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 50 grams (1½ oz) of cheese. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



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Gouda cheese is recognized by its paraffin wax packaging. It has a unique flavour of almonds and cream. Gouda is a firm, rindless cheese, covered with a red, yellow or black wax. It is available in plain or flavoured, and aged or smoked varieties.

Gouda is made with cow's milk. Once the curd is separated from the whey, it is washed with water to remove some of the lactic acid and emphasize the sweet milk flavour. It is then pressed in a form to create the Gouda wheel. Cheese makers can use different cultures which allow them to ripen the cheese at varying temperatures.

Gouda has a light milk, butter or nut aroma. It has an almond and cream taste. Aged Gouda has a butterscotch or caramel flavour. Gouda cheese is firm and compact with a slightly elastic texture. Older Gouda has a brittle and firm texture.



Photograph and information courtesy of **Dairy Farmers of Canada.**



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Nutrition Facts	
Per 100 g diced	
Amount	% Daily Value
Calories 199	
Fat 15.6g	24%
Saturated 9.8g	49%
+ Trans 0g	
Cholesterol 64mg	21%
Sodium 457mg	19%
Carbohydrates 1.2g	0%
Fibre 0g	0%
Sugars 1.2g	
Protein 13.9g	
Vitamin A 9%	Vitamin C 0%
Calcium 36%	Iron 1%

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Firm cheeses keep very well, from a few weeks to several months. Firm cheeses will continue to ripen and to develop their distinct tastes.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

- ☑ Gouda cheese gains body and sharpness with time. Gouda is excellent by itself, with fruit or raw vegetables, in sandwiches, in stuffed pancakes or in au gratin soup. Cheese makers judge the quality of a wheel of Gouda by the sound it makes when struck with the index finger. If it makes the same sound a plank would, then it's perfect!
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 50 grams (1½ oz) of cheese. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



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Havarti cheese is a semi-soft, rindless cheese, with a smooth and slightly bright surface and cream to yellow colour. It has very small, irregular openings, or “eyes” distributed throughout it. Havarti is available in plain or flavoured with herb varieties.

Havarti is made with cow’s milk. Once the curd is separated from the whey, the curds are pressed, cooked, drained and divided. Typically aged about 3 months, Havarti’s ripening begins from the interior out to the rind.

Havarti has a buttery aroma. It has a buttery, very sweet and slightly acidulous taste. Old Havarti is salty and tastes like hazelnut. Havarti cheese has a supple and flexible texture.



Photograph and information courtesy of [Dairy Farmers of Canada](#).

Nutrition Facts	
Per 100 g	
Amount	% Daily Value
Calories 371	
Fat 29.7g	46%
Saturated 18.8g	94%
+ Trans 0g	
Cholesterol 94mg	31%
Sodium 560mg	23%
Carbohydrates 2.8g	1%
Fibre 0g	0%
Sugars 0.5g	
Protein 23.2g	
Vitamin A 22%	Vitamin C 0%
Calcium 67%	Iron 2%

Storage & handling

- Buy the freshest cheese possible and always use by the “best before date.”
- Refrigerate at 4° C as soon as possible after purchase.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

- The mild flavour of Canadian Havarti lends itself to numerous uses in the kitchen. It can be added to many dishes, including sandwiches, salads, pasta, rice or vegetables. It is also popular by itself, with raw vegetables or fruit.
- One *Canada's Food Guide* serving of milk and alternatives is 50 grams (1½ oz) of cheese. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



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Created in North America around 1892, Canadian Monterey Jack has also been called Jack, Monterey and California Jack. It is similar in taste and texture to cheddar cheese. Monterey Jack is a semi-soft rindless cheese that is very pale yellow to pale orange in colour. It can be made with whole, partially skimmed or skimmed milk and is available in jalapeno pepper and other flavours.

Monterey Jack is made with cow's milk. Once the curd is separated from the whey, the curd is heated a second time to remove more whey. The cheese is salted, sometimes particulates are added, and then it is pressed in a form. The cheese may be washed with a light brine solution. It is allowed to dry and then packed. The cheese is usually aged one month, but can be aged as long as 6 months.

Monterey Jack has a very light hazelnut aroma. It has a mild, slightly acidulous taste with a light flavour of hazelnut. Monterey Jack cheese has a supple, flexible and soft texture.



Photograph and information courtesy of **Dairy Farmers of Canada**.

Nutrition Facts	
Per 100 g	
Amount	% Daily Value
Calories 373	
Fat 30.3g	47%
Saturated 19g	95%
+ Trans 0g	
Cholesterol 89mg	30%
Sodium 536mg	22%
Carbohydrates 0.7g	0%
Fibre 0g	0%
Sugars 0.5g	
Protein 24.5g	
Vitamin A 15%	Vitamin C 0%
Calcium 75%	Iron 4%

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

- Monterey Jack is a versatile cheese, often used in chili con carne and other Mexican dishes. It can be grated on a salad, melted in an omelette or combined with pasta or rice. It is also great on a cheese tray.
- One *Canada's Food Guide* serving of milk and alternatives is 50 grams (1½ oz) of cheese. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Look for the 100% Canadian milk symbol on Canadian cheeses.



Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey. There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Mozzarella cheese comes from the verb “mozzare,” which means “to cut” in Italian. Mozzarella is a semi-soft rindless cheese with a bright surface and a white to ivory colour. It can be made with whole, partially skimmed or skimmed milk and is available in plain and smoked varieties.

Mozzarella is an unripened cheese that is cooked and stretched using warm whey after the curd is formed. This creates the stringy texture. This is an example of a “pasta filata.” Some Mozzarellas are produced by pressing the curd into a plastic bag without the traditional stretching so the cheese will break rather than peel.

Mozzarella has a light milky aroma. It has a delicate taste of milk and butter and is slightly acidulous. Mozzarella has a supple, soft, elastic, fibrous and slightly crunchy texture.



Photograph and information courtesy of [Dairy Farmers of Canada](#).

Nutrition Facts

Per **100 g diced (52% water, 22.5% M.F.)**

Amount	% Daily Value
Calories 167	
Fat 12.5g	19%
Saturated 7.3g	37%
+ Trans 0g	
Cholesterol 44mg	15%
Sodium 350mg	15%
Carbohydrates 1.2g	0%
Fibre 0g	0%
Sugars 0.6g	
Protein 12.4g	
Vitamin A 10%	Vitamin C 0%
Calcium 26%	Iron 2%

Storage & handling

- Buy the freshest cheese possible and always use by the “best before date.”
- Refrigerate at 4° C as soon as possible after purchase.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

- Mozzarella is widely used and popular for pizza, lasagna, hamburgers and au gratin dishes as well as sandwiches, salads, omelettes and snacks.
- One *Canada's Food Guide* serving of milk and alternatives is 50 grams (1½ oz) of cheese. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Look for the 100% Canadian milk symbol on Canadian cheeses.



Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey. There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Paneer is a type of cheese that was first made in the Indian subcontinent. It is a fresh unripened curd cheese that is made by curdling milk with an acid, such as vinegar or lemon juice.

Paneer is made with whole cow's milk. The food acid is added to heated milk to separate the curds from the whey. The curds are drained and the water that remains is pressed out. The paneer is then placed in chilled water for 2 to 3 hours. In some cultural cuisines, the curds are wrapped in cloth and pressed under a heavy weight. In other cultural cuisines, the curds are beaten or kneaded into a dough-like consistency.

Paneer provides an excellent source of protein and fat for vegetarian diets. It has a very mild, fresh flavour.



Nutrition Facts

Per 100 g

Amount	% Daily Value
Calories 357	
Fat 28.6g	43%
Saturated 17.9g	89%
+ Trans 0g	
Cholesterol 107mg	36%
Sodium 36mg	0%
Carbohydrates 0g	0%
Fibre 0g	0%
Sugars 0g	
Protein 21.4g	
Vitamin A 18%	Vitamin C 0%
Calcium 54%	Iron 21%

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- The shelf life of fresh cheeses is the shortest of all cheese categories. It usually can be kept for no more than two weeks.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

- ☑ Paneer can be cut into cubes for use in curried dishes. It can also be shredded for garnishes for rice dishes, omelettes or other vegetarian dishes.
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 50 grams (1½ oz) of cheese. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey. There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Parmesan is a hard cheese with a dark, hard dry rind that can be an oily yellow colour. The interior is straw coloured. It is used on both cooked and uncooked dishes.

Parmesan is made with cow's milk. The additional heating of the curd allows for more whey to be removed. As a result, Parmesan has a longer shelf life than many cheeses. Once the curd is set, it is placed in a brine solution after which the outer layer will be harder and ready for ripening.

Parmesan has bread, almond and apple aromas. It has a rich nutty taste and can be quite salty, depending on its age. It has a hard, crisp and granular but tender texture.



Photograph and information courtesy of **Dairy Farmers of Canada**.



Look for the 100% Canadian milk symbol on Canadian cheeses.

Nutrition Facts	
Per 100 g	
Amount	% Daily Value
Calories 166	
Fat 10.9g	17%
Saturated 6.9g	35%
+ Trans 0g	
Cholesterol 29mg	10%
Sodium 677mg	28%
Carbohydrates 1.4g	0%
Fibre 0g	0%
Sugars 0.3g	
Protein 15.1g	
Vitamin A 9%	Vitamin C 0%
Calcium 45%	Iron 2%

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Stored properly, hard cheeses can keep for up to a year.
- Make sure the wrapping adheres well to the cheese to prevent the cheese from drying out.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in a plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

- Parmesan cheese can be added to pastas, to roasted zucchini and eggplant, or combined with mozzarella, cheddar or Swiss on pizzas and in au gratin dishes and soups. A young Canadian parmesan, aged between 6 months and a year, is delicious with wedges of melon and pears, olives and smoked ham.
- One *Canada's Food Guide* serving of milk and alternatives is 50 grams (1½ oz) of cheese. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



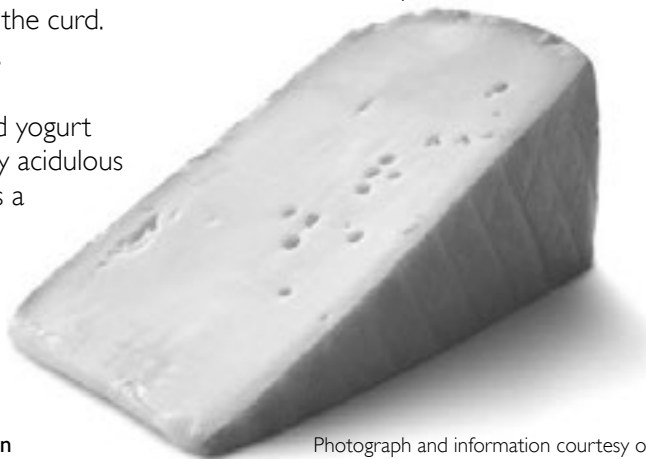
Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey. There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Saint-Paulin is a Canadian cheese that was originally created by monks. It is very mild and melts very well. It is a semi-soft cheese and has a smooth surface covered with an orange film and a cream to light yellow interior:

Saint-Paulin is made with cow's milk. The milk is gently heated along with the culture and rennet. After the curd is formed, it is put into a mould and then placed in a brine solution to "set" the cheese. An **annatto** solution, which is a natural food colouring, can be applied to create a coloured rind. Some producers will use an edible paraffin to protect the curd.

This cheese is not aged long.

Saint-Paulin has light milk and yogurt aromas. It has a sweet, slightly acidulous taste of butter and nut. It has a supple, flexible and slightly elastic texture.



Photograph and information courtesy of **Dairy Farmers of Canada.**



Look for the 100% Canadian milk symbol on Canadian cheeses.

Nutrition Facts

Per 100 g

Amount	% Daily Value
Calories 286	
Fat 21.4g	32%
Saturated 10.7g	54%
+ Trans 0g	
Cholesterol 54mg	18%
Sodium 571mg	25%
Carbohydrates 0g	0%
Fibre 0g	0%
Sugars 0g	
Protein 25g	
Vitamin A 21%	Vitamin C 0%
Calcium 71%	Iron 0%

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

- ☑ Saint-Paulin melts well in pasta sauces, rice dishes, quiches and omelettes. In cubes, it adds flavour to salads. It can also be served with fresh fruit and bread.
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 50 grams (1½ oz) of cheese. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey. There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Canadian Swiss cheeses include a number of well-known cheeses, from Emmental to Gruyère, in which "eyes" are formed during ripening. Swiss cheese is a firm, rindless cheese with an ivory to light yellow interior.

Swiss cheese is made from cow's milk. An enzyme is added to form a large solid mass of curd. Active draining techniques are used in one or a combination of stretching, kneading, cutting and stirring. Varying degrees of active pressure are applied to the mass of curds. Heating can also be used.

Ripening starts within and occurs throughout the body of the cheese. The culture gives off a gas to produce the "eye." The cheese is also turned on a regular basis to create the circle "eyes."

Canadian Swiss cheese can have a light milk aroma with hazelnut accents. It is a sweet cheese, with a delicate taste of almond. Swiss has a firm and supple texture and is chewy when eaten.



Photograph and information courtesy of **Dairy Farmers of Canada**.

Nutrition Facts	
Per 50 g shredded Emmental	
Amount	% Daily Value
Calories 190	
Fat 13.9g	21%
Saturated 8.9g	44%
+ Trans 0g	
Cholesterol 46mg	15%
Sodium 96mg	4%
Carbohydrates 2.7g	1%
Fibre 0g	0%
Sugars 0.7g	
Protein 13.5g	
Vitamin A 11%	Vitamin C 0%
Calcium 36%	Iron 1%

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Firm cheeses keep very well, from a few weeks to several months. Firm cheeses will continue to ripen and to develop their distinct tastes.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

- ☑ Swiss cheese is great at breakfast, at snack time, in sandwiches, in pasta dishes, on au gratin potatoes and in fondues. The "eyes" sometimes ooze a bit of the cheese's oils, which is a sure sign of freshness.
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 50 grams (1½ oz) of cheese. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Look for the 100% Canadian milk symbol on Canadian cheeses.