

Cheese

Buying Cheese:

1. Buy in small amounts
2. Use quickly
3. Seal pre-packed cheese after use
4. Buy from hygienic shop
5. Check use-by date

Storing Cheese:

1. Refrigerate & use opened cheese in 2/3 days
2. Allow blue cheese air to circulate in a polythene box
3. Wrap in polythene
4. Eat / Serve cheese at room temp

Culinary Uses:

- Sauces
- Salads
- Fillings
- Toppings
- Desserts
- Baking
- Sandwiches
- Snack
- On its own
- Protein alternative to meat

Effects of Heat / Cooking on cheese:

- Fat melts & separates
- Protein coagulates – hard / indigestible
- Little nutrient loss
- Change in colour
- Carbonises (burns) if overheated



PROFILE OF AN IRISH FOOD COMPANY / MANUFACTURER

Name: Knockanore Irish Farmhouse Cheese

Key Points:

- County Waterford in the ancient parish of Knockanore
- Eamonn and Patricia Lonergan's farm produces Knockanore Cheese
- **GOLD-WINNER** at the **INTERNATIONAL CHEESE AWARDS**
- A hard-pressed, mature farm-house cheese made with raw cow's milk from the Lonergan's own Pedigree Friesian herd
- Flavoured with spices and herbs such as black pepper and chives or oakwood smoked.
- Family run business for over 20yrs
- Knockanore Cheese is sold all over the world (USA etc)
- Knockanore Cheese is free from artificial flavouring & preservatives
- Employs 4 people
- Plan to continue to develop products
- Rebranded their products with a new label in 2008
- Go to Farmers markets / trade fairs to sell / promote cheese
- Use a HACCP system to ensure product safety
- Cheese not recommended for pregnant women as it is unpasteurised
- Eamonn learnt how to make cheese in UCC and trained in Teagasc Moorepark Fermoy
- England and Denmark are their main markets