



The Complete Book of Cheese: With a Comprehensive Dictionary of Cheeses

Bob Brown

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The Complete Book of Cheese

by Bob Brown

Illustrations by Eric Blegvad

With a Comprehensive Dictionary of Cheeses

Hundreds of types of cheese from various countries are produced. Their styles, textures and flavors depend on the origin of the milk (including the animal's diet), whether they have been pasteurized, the butterfat content, the bacteria and mold, the processing, and aging. Herbs, spices, or wood smoke may be used as flavoring agents. The yellow to red color of many cheeses, such as Red Leicester, is produced by adding annatto. Other ingredients may be added to some cheeses, such as black peppers, garlic, chives or cranberries.

For a few cheeses, the milk is curdled by adding acids such as vinegar or lemon juice. Most cheeses are acidified to a lesser degree by bacteria, which turn milk sugars into lactic acid, then the addition of rennet completes the curdling. Vegetarian alternatives to rennet are available; most are produced by fermentation of the fungus *Mucor miehei*, but others have been extracted from various species of the *Cynara* thistle family.

Cheese is valued for its portability, long life, and high content of fat, protein, calcium, and phosphorus. Cheese is more compact and has a longer shelf life than milk, although how long a cheese will keep may depend on the type of cheese; labels on packets of cheese often claim that a cheese should be consumed within three to five days of opening. Generally speaking, hard cheeses last longer than soft cheeses, such as Brie or goat's milk cheese. Cheesemakers near a dairy region may benefit from fresher, lower-priced milk, and lower shipping costs. The long storage life of some cheese, especially if it is encased in a protective rind, allows selling when markets are favorable.



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