



PDO and PGI cheeses, Italy's dairy excellence

A collection to discover the gems of our territories



AFIDOP is the Italian Association of PDO and PGI Cheeses, bringing together and representing the main Consortia for the Protection of Cheeses with a Protected Designation of Origin (PDO) and a Protected Geographical Indication (PGI) which are present in Italy: ranging from large - to small - scale production and covering almost all the certified cheeses produced in Italy. An extensive, broadly representative panorama of the various associations.

The Association, established in 1994, has always been committed to promoting the knowledge of certified Italian cheeses, through clear, comprehensive information on their traditional features and quality, while also providing support to the Consortia in carrying out their activities.

The Association's promotion and enhancement of PDO and PGI cheeses is developed in different areas and initiatives, such as the organization of institutional or promotional events, participation in international fairs and events, publication of promotional material highlighting the PDO and PGI cheese sector and the distinctive characteristics of the various cheeses.



**MINISTERO DELL'AGRICOLTURA
DELLA SOVRANITÀ ALIMENTARE
E DELLE FORESTE**



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PDO and PGI cheeses, Italian masterpieces

Italy is the country with the largest number of agricultural and food products with Geographical Indication (GI) recognised by the European Union, a great achievement of the national agricultural and food heritage. Among this 300 GIs, 60 are dairy products, including Protected Designation of Origin (PDOs) and Protected Geographical Indication (PGIs).

These cheeses have a history and heritage dating back centuries and are a main part of Italy's culinary culture. They represent the Italian way of life, synonym of taste and conviviality, with a know-how handed down through the generations, respecting the rhythm of nature and preserving the timeless traditions.

This extraordinary heritage is represented and protected by AFIDOP (the Association of Italian Cheeses with Protected Designation of Origin and Protected Geographical Indication) to which the most important Protection Consortia belong. It reunites most of the Protection Consortia and, thanks to its intrinsic link with local territories, it ensures the final consumer with certified products and gives due recognition to all the production chains.

A PDO cheese takes its name from the territory where it originated, and it can only be produced in this area. Traditional production regulations are defined in a detailed Specification, registered with the European Commission, specifying every aspect, from production methods to labelling and marketing regulations. The cheese must follow a precise recognition procedure to be registered in the PDO Product Register, including strict quality tests. Only after passing them can the product use the EU PDO label. PGI cheeses must follow similar regulations. In this case, at least one production stage must occur in a specific geographic area.

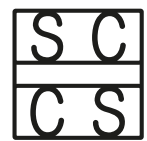
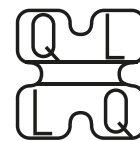
In the following pages you will find information on the products' historical and geographical origin, the production system, nutritional values, culinary uses and distinguishing characteristics of the various PDO and PGI cheeses protected by the AFIDOP Consortia members.

We hope you will understand why each of these cheeses is an authentic champion of Made in Italy agri-food products, sold both in Italy and abroad, and why it should be cherished and promoted at all levels.

We hope you enjoy reading this publication.



Our Associates



Asiago PDO

Ancient history, contemporary present

The only PDO that possesses two types
of products with distinct processing
methods



Asiago cheese is the fourth Italian PDO cheese made from cow's milk and the only Protected Designation of Origin to include two distinct processing methods under the same name, "Asiago": Asiago PDO Fresco (Fresh) and Asiago PDO Stagionato (Seasoned).

The origin of Asiago PDO lies in the Asiago Plateau, the largest in Europe. Written records of its presence date back to the year 1,000, while recent archaeological studies trace the first evidence of cheese-making activity in the area, even before 1,200 BC. Initially made of both sheep's and cow's milk, its production was passed down through transitioning to the exclusive use of cow's milk. The end of Serenissima Republic of Venice (1797) also marked the end of special agreements and privileges enjoyed by the inhabitants of the Altopiano dei Sette Comuni concerning the wintering of flocks on the Veneto-Friuli plains. During the 19th century, hundreds of families moved to the valley on a permanent basis, taking their cheese-making tradition with them. The events of the First World War changed the balance and forced the inhabitants of the plateau to flee to other areas. As a result, today Asiago PDO is produced throughout the provinces of Vicenza and Trento and in parts of the provinces of Padua and Treviso.

The oldest Asiago PDO, closest to the tradition of the Highland cheesemakers and with the most intense and enveloping flavour is Asiago PDO Stagionato (Seasoned Asiago). In the early 20th century, the tradition of the PDO area, combined with the most innovative cheese-making technology, gave rise to Asiago PDO Fresco (Fresh Asiago), with its sweet and soft taste that has gained international fame.



THE ASIAGO PDO CHEESE PROTECTION CONSORTIUM is an association of 38 cheese producers and 6 cheese ripeners representing around 1,000 farms. It was founded in 1979 to ensure that only cheese that complies with the Product Specification is named, recognised and sold as Asiago PDO, thus handing down the tradition and strengthening its identity. Every wheel of Asiago PDO cheese is guaranteed total compliance with the Product Specification and a production process whose traceability is guaranteed by the Consortium itself. In fact, the cheese is given an origin marking consisting of a series of words "ASIAGO" and the PDO logo imprinted on the edge of the cheese called "scalzo" attesting to its origin. To this is added a serial number stamped on each cheese wheel that identifies the producing dairy. All Asiago PDO cheeses are numbered: from the number one can trace the date of production, processing data, and the names of the dairy farmers through a process of complete transparency from production to the table.

Since 2006, Asiago PDO, which is produced entirely at an altitude of over 600 metres and with milk from farms in this area, has enjoyed special protection from the European Union and has been called 'Prodotto della Montagna'. From October 2020, Asiago PDO can also be produced with vegetable rennet. The novelty introduces vegetable coagulant as an alternative to bovine rennet and is linked to the thousand-year-old tradition of cheese production on the Asiago Plateau. There is evidence, in fact, that, in this area, wild thistle extract (*Cynara cardunculus* or *Cynara scolimus*) was used as a vegetable coagulant as far back as the Bronze Age. An important choice, linking tradition and innovation by responding to new consumer demands. ●

Did you know that

ASIAGO PDO FRESCO is made from whole milk. It is a cheese with a young flavor reminiscent of freshly milked milk, melting in the mouth with sweet and delicate notes. Two types: Asiago PDO Fresco, with a maturation period of 20 to 40 days, and Asiago PDO Fresco Riserva, with more than 40 days of maturation. It has a natural protein content of 24%.

ASIAGO PDO STAGIONATO is made from semi-skimmed milk. It is a tasty cheese with a strong personality. Depending on maturity, it can be subdivided into: Asiago Mezzano, with 4-10 months of maturing, with a rich but still sweet taste; Asiago PDO Vecchio, with 10-15 months of maturing, with a strong, slightly piquant flavour; and Asiago PDO Stravecchio, with more than 15 months of maturing, with an intense, extremely tasty flavour. After 6 months of aging, Asiago PDO can be declared naturally lactose-free. Its protein content is 28%.



CRISPY CANAPÉS WITH ASIAGO PDO FRESCO, PEPPER PEAR COMPOTE AND PECANS

Serves 6-8 people

Preparation time: 20 minutes

Cooking time: 25 minutes

Ingredients

300 g Kaiser pears - 150 g phyllo pasta - 100 g Asiago PDO - 24 pecan kernels - one shallot - one bay leaf - 50 g butter - black pepper - salt

Preparation

Peel the pears, remove the core, cut them into small cubes and cook them in a pan for about 10 minutes with the peeled and finely chopped shallot, a grinding of pepper, a pinch of salt, the bay leaf and 10 g of butter until soft and transparent.

Cut the cheese into very small cubes, melt the remaining butter in a bain-marie, and brush the phyllo pasta sheets. Cut them into 6 cm squares and arrange one in 12 tartlet molds 6 cm in diameter. Brush them with butter, overlap a second square offset from the first, brush it with more butter and fill the tartlet with the cooled, bay leaf-removed pears and two-thirds of the Asiago PDO.

Cover with the remaining phyllo dough squares, brush them with butter, sprinkle with the remaining Asiago PDO, arrange half a pecan kernel in the center, and bake in a preheated oven at 180 °C for 15 minutes.

Bitto PDO

From the high-altitude peaks of Valtellina

It strongly reflects the characteristics of Alpine meadows

Bitto PDO is a full fat, cooked, semi-hard cheese, made from raw alpine cow's milk processed immediately after milking. Specifications allow the addition of goat's milk (up to 10%). The secret ingredient? Its birthplace among the high-altitude peaks of Valtellina and its age-old processing. Two elements that combine to generate a unique and highly natural product that strongly reflects the characteristics of Alpine meadows.

From the 1st of June to 30th September, the herds are taken up to the high pastures, at altitudes of 1400-2000 metres, moving from intermediate to higher altitudes before returning down to the valley at summer's end. During these three to four months of alpine grazing, the herd is led through a route in stages, from the lowest to the highest, in order to make the most of the pasture and its maturation times.

Along the way, the traditional "calècc", the ancient stone barns found only in the Bitto valley, provide a place to milk the cows by hand and process the milk immediately, before it disperses its natural heat. This process results in the maximum expression of the local, spontaneous dairy microflora. The fresh, raw milk is coagulated with calf rennet. The curd is broken up until the clumps are the size of rice grains and then cooked in copper cauldrons at a temperature between 48 and 52 °C for about 30 minutes. Once extracted, the paste is placed in traditional "fascere" (moulds) that give it its characteristic concave side and pressed for about 10 hours. Salting is either dry or in brine.

The maturation process begins in the "casere d'alpe", typical storage



The **CONSORZIO PER LA TUTELA DEI FORMAGGI VALTELLINA CASERA E BITTO** (Consortium for the Protection of Valtellina Casera and Bitto Cheeses - C.T.C.B.) was founded on 2 October 1995, on the initiative of Bitto and Valtellina Casera cheese makers and other dairy producers in the province of Sondrio, with the aim of safeguarding the uniqueness of Valtellina PDO cheeses. Leading this venture were 35 founding members, representing the production chains of these two PDO cheeses.

In 1996, the Protected Designation of Origin was obtained together with the approval of the respective Product Specifications (Regulation No. 1263 of 01/07/1996), which set out the exact timing, knowledge and rules to follow in order to guarantee the products and protect consumers. Since 1998, the certifying and guaranteeing body is the CSQA, in Thiene (province of Vicenza). To date, it is the only Protection Consortium in Italy that represents two PDO productions.

structures found in the pastures of Valtellina and is completed in premises at the bottom of the valley. After the minimum aging period is reached, the cheese wheels that have passed the Consortium's inspection are branded. Ripening lasts at least 70 days, but can also be extended for several years without altering the sensory and structural properties of the cheese.

Bitto PDO has a cylindrical shape, a diameter of between 30 and 50 cm and a concave side from 8 to 12 cm in height, with a weight ranging

from 8 to 25 kg. Its characteristics vary according to its maturity:

- Fresh Bitto PDO (Bitto DOP Fresco) shows a semi-hard paste of a white-to-straw yellow colour, is compact and has diffuse eye formation. The rind is thin, yellow and has a delicate and sweet taste;
- Mature Bitto PDO (Bitto DOP Maturo) has a hard, crumbly paste, straw-yellow in colour. It has an intense flavour that becomes stronger as it ages. ●

Did you know that

BITTO PDO must be produced exclusively with cow's milk from cows mainly of the brown breed, raised at a minimum height of about 1,400 meters with a possible addition of goat's milk (allowed up to 10%).

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POTATO, LEEK, APPLE AND BITTO PDO CLAFOUTIS

Serves 4 people

Preparation time: 25 minutes

Cooking time: 1 hour 15 minutes

Ingredients

400 g potatoes - one leek - 2 Annurche apples - a pinch of caraway seeds - 200 g Bitto PDO - 2 sprigs of thyme - 3 eggs - 40 g cornstarch - half a liter of milk - 2 tablespoons extra virgin olive oil - nutmeg - black pepper - salt

Preparation

Boil the potatoes, starting with cold water, for 30 minutes from the start of boiling, drain and let them cool. Peel them and cut them into slices about 1 inch thick. Clean the leek, cut it into rounds and cook it for 5 minutes over a low flame in a pan with oil and a pinch of salt. Remove the rind and cut the Bitto PDO into thin slices, wash and dry the apples, core them and cut into thin wedges.

Place all the prepared ingredients in an oven dish, beat the eggs with the cornstarch, a pinch of salt, the crushed caraway seeds, a pinch of grated nutmeg, a pinch of salt and the milk, and pour the mixture into the oven dish.

Bake in a preheated oven at 180 °C for 30 minutes.



Burrata di Andria PGI

The values of Apulia

Synonymous with “Italianness” in the world’s best restaurants

Burrata di Andria PGI was born in the early 1930s, when due to heavy snowfall, the local cheesemakers (experts in the art of manteca, that is, of preserving butter in scamorza paste) could not bring milk from the slopes of Castel del Monte (famous manor of Frederick II of Swabia) to the city of Andria. Having to process it in situ, so as not to waste it, they used the same techniques of manteca processing to create a pouch made of pasta spun cheese and filled with strands of the same cheese dipped in the cream that naturally surfaced from the milk (such filling got the name “stracciatella,” precisely because the pasta filata was “torn”). Finally, they closed the pouch giving the product a familiar round, “apical” closure: thus, the first Burrata di Andria PGI was born.

Today, Burrata di Andria PGI is the highest agrifood expression in Apulia, an example of people’s ability to make a virtue of necessity, to succeed in transforming a problem into an excellence, not only gastronomic but above all cultural, representative of an entire territory, its values, its history, its inhabitants. And thanks also to its presence in haute cuisine, it is synonymous with the Italian spirit in



The **CONSORZIO PER LA TUTELA DELLA BURRATA DI ANDRIA IGP** (Protection Consortium of Burrata di Andria PGI) was established in February 2017 with the aim of enhancing the value and promoting this Geographical Indication product. Today it is composed of 15 of the most important dairy companies in Apulia. It obtained the Recognition of the Ministry of Agriculture to carry out the functions of Protection of the product with Geographical Indication with MD No.0036584 of 16/05/2018 and can act in any forum to protect Burrata di Andria PGI from fraud, imitations and information that may confuse or mislead the consumer. The need to protect Burrata di Andria PGI stems from the desire to promote this excellence in Italy and abroad. Today, through the PGI logo, it is recognizable to consumers all over the world as the original product.

the best restaurants around the world. Even its numerous imitations only attest to its success.

The distinctive characteristics of Burrata di Andria PGI are as follows:

- selected raw materials, that meet the qualitative, physico-chemical, organoleptic and hygienic-sanitary parameters provided for in the Product Specification;
- fraying of the dough, until thin, irregular "lucini" are obtained which, together with the cream, make up the filling of Burrata di Andria PGI;
- thin, uniform outer pouch (or casing), around 2 mm (originally, this pouch was inflated with the mouth; today, for obvious sanitary reasons, this is not the case anymore);
- leakage of cream and flakes when cut;
- apical closure;
- pleasant hints of fresh lactic acid and cream;
- weight between 100 and 1,000 grams;
- storage temperature of 4 °C.

It is advisable to keep it out of the fridge 1-2 hours before consumption.

In November 2016, Burrata di Andria was recognized by the European Union as a Protected Geographical Indication product with the "Burrata di Andria PGI" designation. It is endowed with: Product Specification that regulates the quality of the raw materials, the production and packaging methods, the affixing of the appropriate logos and the complete traceability of the product from the raw material to the finished product; a system of mandatory controls that provides for both the intervention of an Inspection Body, appointed by the Ministry of Agriculture, Food Sovereignty and Forestry (MASAF), which verifies producers' compliance with the Specification, and the intervention of the Consortium, recognized by Ministry itself, which protects the designation. ●

Did you know that

Burrata di Andria PGI was born with a great vocation for the foreign markets. It was well known, in the 1960s, the passion of the Shah of Persia, who asked for it to be sent to him by air to have it as fresh as possible. Today, although the main market is the Italian and European markets, the fame of Burrata di Andria PGI goes from New York to Dubai, from Vancouver to Singapore, not to mention Shanghai and Tokyo.

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CAPPELLETTI ALLA PARMIGIANA WITH BURRATA DI ANDRIA PGI MOUSSE

Serves 4 people

Ingredients

Egg pasta: 150 g remilled semolina - 150 g 00 flour - 150 g of yolk - 1 whole egg. Knead all the ingredients together; after finishing the dough, cover it with plastic wrap and let it rest one day in the refrigerator

Parmigiana filling: 3 eggplant - 3 eggs - flour to taste - 2 Burrata di Andria PGI (2x125 g) - tomato sauce to taste - basil - salt

Preparation

Slice the eggplants and place them in a colander sprinkled with coarse salt underweight to remove the water and bitterness of the eggplant, all for at least a couple of hours. Then flour the slices, turn them in the egg and fry them in oil at 180 °C and drain on paper towels. Now, compose the parmigiana by laying the eggplant in a baking dish and, to follow, the tomato sauce, Burrata di Andria PGI and basil, so for three more layers ending with the tomato sauce. Bake at 180 °C for 30 minutes. Once the parmigiana is ready, let it cool and then blend it with the help of a mini-pimer, to create the filling for the cappelletto.

Once everything is ready, we roll out our dough to a thickness of 0.5 mm, with a round pastry cutter we form the dough, put in the center the filling and close it by shaping the cappelletto. We cook the pasta in boiling salted water for 5 minutes, drain it and toss it in a pan with a little butter and basil. We complete with the mousse made with whipped Burrata di Andria PGI and placed in a cooking siphon. Bake in a preheated oven at 180 °C for 30 minutes.

Caciocavallo Silano PDO

Descendant of the dairy tradition of the South

A perfect mix of history, culture, environment and territory

Caciocavallo Silano PDO is one of the most typical string cheeses of Southern Italy. Hippocrates already mentioned its production in 500 BC, discussing the art used by the Greeks in preparing “Cacio”. With the Decree of the President of the Council of Ministers of 10 May 1993, Caciocavallo Silano obtained the coveted PDO of European Union, joining in the elite of products that can boast European symbols. This symbol guarantees the authenticity and healthiness of the Caciocavallo Silano PDO, a cheese produced exclusively with milk coming from cattle farms located in the territories listed in the Prime Ministerial Decree 10-05-1993 according to a manufacturing process, defined in the same standard, which has its roots in noblest southern dairy tradition. The brand, depicting a pine tree, attests to its authenticity.

Caciocavallo Silano PDO, a healthy and genuine cheese, is full of vitamins, mineral salts, proteins and due to its strong nutritional qualities, it is particularly suitable for the diet of children, athletes and the elderly. Its flavor is sweet and delicate when it is fresh and spicier when it is seasoned. Caciocavallo Silano PDO is tasty both raw and cooked thanks to its stretched curd that gives a soft and perfect consistency.



The fundamental aims of the **CONSORTIUM FOR THE PROTECTION OF CACIOCAVALLO SILANO PDO** are Enhancement, Supervision and Protection. It was founded in December 1993 and is based in Spezzano della Sila, Cosenza. Recognized by MASAF (Ministry of Agriculture, Food Sovereignty and Forests) with EC Reg. n. 1263/96, Caciocavallo Silano cheese obtained the European “PDO”. A brand that guarantees the genuineness and healthiness of Caciocavallo Silano PDO, a cheese produced exclusively with fresh milk coming from cattle farms located in the territories listed in the Product Specification, registered in Brussels, and according to a manufacturing process based on the ancient dairy roots of southern Italy. The primary objectives of the Protection Consortium are to defend and protect the production and trade of the ‘Caciocavallo Silano’ cheese and the use of its name in compliance with the Product Specification of the “PDO”; to safeguard the typicality, genuineness and peculiar characteristics of the product; to promote its consumption and to facilitate trade and export.

Caciocavallo Silano PDO is genuine because it is produced exclusively with cow's milk - raw or thermised -, salt and animal rennet. Only 3 ingredients, all natural, processed with ancient artisan methods that enhance the flavor and transmit the aroma of southern Italian pastures. Eaten raw or cooked, it is part of the traditional cuisine of southern Italy which defines its flavors and textures. It is produced exclusively in the Italian territories, defined by its Specification, with milk coming from them.

The production area of Caciocavallo Silano PDO is spread along the South Apennines ridge, in many Regions such as: Basilicata, Calabria,

Campania, Molise and Apulia, together in a historical-cultural-environmental landscape to preserve a South typical produce. ●

Did you know that

The crust of Caciocavallo Silano PDO is thin, smooth, and markedly straw-colored. Slight indentations may be present due to the ties that keep the cheese straddling poles during aging. The weight of each wheel ranges from 1.5 to 2.5 kg.



SALAD WITH CLEMENTINES, POMEGRANATE AND CACIOCAVALLO SILANO PDO

Serves 4 people

Preparation time: 20 minutes

Ingredients

200 g Caciocavallo Silano PDO - 3 heads of Belgian lettuce - 5 clementines - half a pomegranate - 40 g shelled pistachios - one teaspoon of old-fashioned mustard - a teaspoon of acacia honey - a sprig of mint - a few stalks of chives - extra virgin olive oil - salt

Preparation

Peel 4 clementines raw and slice them, collecting the emitted juice in a

small bowl. Squeeze the remaining clementine and combine the juice to the previous one. Add a pinch of salt, the mustard, honey and 4 tablespoons of oil and emulsify the ingredients with a fork or a small whisk.

Detach the salad leaves, wash them, dry them, cut them in half lengthwise and arrange them on 4 plates.

Combine the clementine slices, the Caciocavallo Silano PDO deprived of the rind and cut into cubes about 2 centimeters on a side, the beans taken from the pomegranate and the coarsely chopped pistachios.

Season with the prepared citronette and sprinkle with the leaves of mint and chopped chives.

Casciotta d'Urbino PDO Marche's jewel with a centuries-old past

A strange and unique name
for a story of wisdom and passion

Since its inception, the Casciotta d'Urbino PDO Protection Consortium has been credited with recovering and widely promoting the preparation of Casciotta d'Urbino PDO and its historical tradition. Additional accomplishments pertain to the recognition of the raw material produced in the Apennine regions within the PDO area. They also involve the safeguarding of the territory by advocating sheep farming as an environmentally protective activity.

Casciotta d'Urbino PDO is a little gem of cheese-making in the Marche region that encapsulates a centuries-old past; the tenacity of small and large producers; a strange - and unique - name; a fascinating story of passion and ties involving none other than Maestro Michelangelo Buonarroti.

The fruit of traditional processing and a symbol of the Pesaro and Urbino (Marche) area, Casciotta d'Urbino PDO is one of the first cheese products to have gained PDO certification in Italy. It is among the oldest local cheeses in Italy, tracing its origins back to the 16th century and is made from a blend of sheep's milk (70-80%) and cow's milk (20-30%). Its unique name stands out for its peculiar phoneme "SC". A mispronunciation that is said to be due to a transcription error by a government employee and which differentiates it from other cheeses that, like it, derive their identifying term from the ancient "cascio", a local dialect variant of the more common "cacio".

It is a table cheese that can be seasoned with olive oil, herbs and pepper. It goes beautifully with polenta, but is also excellent paired



In the 1980s, the association of Casciotta d'Urbino producers was established with its headquarters at the Pesaro Chamber of Commerce. Its aim was to promote the recognition by the Ministry of the Product Specification as a Designation of Origin. In 2001, after various stages, it underwent a transformation into the **CASCIOTTA D'URBINO PDO CHEESE PROTECTION CONSORTIUM**, with its headquarters situated in Urbania within the Community of Mountain Regions. On 26 May 2017, the new statute of the Casciotta d'Urbino PDO Protection Consortium was approved, with headquarters at via Cerbara in Colli al Metauro. The Consortium is actively engaged in promoting the Product Specification of Casciotta d'Urbino PDO. It also explores potential adjustments and innovations to meet market demands while striving to enhance the overall production qualities of Casciotta d'Urbino PDO. Additionally, the Consortium undertakes activities to safeguard, promote, and enhance the distinctive production features of Casciotta d'Urbino PDO.

with fresh vegetables, Ascoli olives, fresh fruit or nuts. It also goes well with aperitifs, honey and jams. It prefers young white wines such as Bianchetto del Metauro DOC, an indigenous variety from the province of Pesaro and Urbino, but also some rosé wines.

Casciotta d'Urbino PDO is produced within the territory of the province of Pesaro-Urbino and in some municipalities of the province of Rimini (Novafeltria, Talamello, Sant'Agata Feltria, Casteldelci, Maiolo, San Leo, Pennabilli) following age-old cheese-making techniques, which have been strengthened over the centuries and are strictly controlled. It is a cheese obtained from whole ewe's milk in quantities varying from a minimum of 70% to a maximum of 80%, and whole cow's milk for the remaining 20-30% from two daily milkings. The milk is coagulated at a temperature of around 35 °C with liquid and/or powered rennet. ●

Did you know that

Casciotta d'Urbino PDO was much loved by Michelangelo Buonarroti, who had land in Casteldurante, the present-day Urbania, a small village nestled in the hinterland of the province of Pesaro and Urbino.

It is said that, to ensure that he had an abundant supply of Casciotta while he was busy with the Piazza del Campidoglio and the Basilica of St. Peter's in the Vatican and its dome, Michelangelo rented three farms with a house and land in Casteldurante from his servant and closest associate, Francesco Amatori, known as l'Urbino, and a native of the town. It is from this individual, and not, as one might think, from the nearby Renaissance city of Urbino, that the PDO takes its name.

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CASCIOBURGER

Serves 4 people

Preparation time: 15 minutes

Cooking time: 25 minutes

Ingredients

4 seeded hamburger buns - 4 100 g veal burgers - 400 g turnip greens - one clove of garlic - a pinch of hot chili pepper - 2 anchovy fillets in oil - 10 g butter - 10 g flour 00 - 150 g Casciotta d'Urbino PDO - 40 g leeks - 2 dl milk - 10 g butter - extra virgin olive oil - black pepper

Preparation

Clean turnip greens, wash them, cook them in boiling salted water for 5 minutes, drain and let them season for 2-3 minutes in a frying pan with 2 tablespoons of oil, the chopped anchovy fillets, chili pepper and a pinch of salt.

Melt the butter in a saucepan, add the leek chopped very finely and flour, toast it in the seasoning for 2-3 minutes, pour in the milk while stirring simultaneously with a whisk, adjust the salt and cook the sauce for 5 minutes. Add 80 g of Casciotta d'Urbino PDO grated and stir until melted. Keep the sauce warm.

Cook the burgers on the griddle and season with a pinch of salt, cut the buns in half and toast them lightly on the griddle on the crumbs. Top the bases with the Casciotta d'Urbino PDO fondue, the meat, turnip greens, the remaining Casciotta d'Urbino PDO cut into thin slices and the remaining bread. Serve immediately.

Fontina PDO

The unique flavour of the Aosta Valley

Made with whole, raw milk, from local breeds

Fontina PDO, a protected and typical cheese from the Aosta Valley, is characterized by a fresh milk aroma, sweet flavor, and soft and elastic texture. It comes exclusively from this region, resulting from a specific combination of factors: the use of whole, raw milk from local cattle breeds (Valdostana Pezzata Rossa, Valdostana Pezzata Nera, Castana) and processed quickly. These cows feed on alpine grass in summer and hay in winter, giving the cheese unique quality and flavors.

Fontina PDO is distinguished by its ivory or straw-yellow appearance, soft texture, sparse eyes, and a flavor that ranges from delicate and buttery in young forms to fruitier and nuttier notes in aged varieties.

In the 1960s, despite technical and commercial innovations in the Italian dairy industry, the production of Fontina PDO maintained its typicality and quality thanks



The **FONTINA PDO PROTECTION CONSORTIUM** was born from the Fontina Producers Consortium, established in 1952. It oversees the production and trade of Fontina cheese, ensuring its quality and authenticity through marking. The Consortium's brand, introduced since its foundation, protects consumers from imitations, with a progressive increase in the number of marked forms from the 1950s to today. The date of July 14, 1993, is significant, when the Consortium requested the recognition of PDO (Protected Designation of Origin) for Fontina from the European Union, which was officially obtained in 1996.

Since April 26, 2002, the Ministry of Agricultural and Forestry Policies officially recognizes the Consortium for the protection of Fontina PDO, entrusting it with tasks of protection, promotion, and valorization of the cheese, in addition to fighting against counterfeiting. This mandate is regularly renewed, highlighting the ongoing commitment to the quality and authenticity of the cheese.

to the efforts of the producers and the control of the Fontina PDO Producers and Protection Consortium, which oversees its production and commercialization, ensuring the authenticity and tradition of this unique cheese.

In fact, Fontina PDO must follow a precise Product Specification that establishes the characteristics of the cheese and the entire production cycle, from raw material to aging. The Specification ensures that each form of Fontina PDO meets strict requirements before being marked by the Consortium, thus guaranteeing the uniqueness and authenticity of the product in the Alpine cheese panorama. ●



COMPOTE SALAD WITH FONTINA PDO, ELDERBERRY JELLY AND SEED CRACKER

Serves 4 people

Preparation time: 25 minutes

Cooking time: 35 minutes + rest

Ingredients

300 g aged Fontina PDO - one small head of curly lettuce - one head of Verona radicchio - 100 g Jerusalem artichokes - one lemon - 2 dl of elderberry syrup - 1 dl white wine - 2 g agar agar powder - 120 g 00 flour - 60 g remilled durum wheat semolina - 30 g of toasted sesame seeds - 25 g of toasted pumpkin seeds - 25 g of seeds flax seeds - one tablespoon of acacia honey - half a pink grapefruit - extra virgin olive oil - salt

Preparation

Pour the elderberry syrup into a small saucepan with the white wine, bring it to a boil, add the agar agar, stirring with a small whisk, cook for three minutes and pour into a small baking dish. Let cool and transfer to the refrigerator for two hours.

Mix the two types of flour with a pinch of salt, the honey, 2 tbsp. of oil, 1 dl of water and the seeds, and let the dough rest covered for 30 minutes. Roll it out on a sheet of baking paper into a sheet about 2 millimeters thick, brush it with a little water and cut it into rectangles. Bake in a preheated oven at 180 °C for 15 minutes, turn off the oven and leave the crackers in the unlit oven for 15 minutes.

Arrange on the plates the hulled, washed and chopped salads, the jelly elderberry jelly diced, the Jerusalem artichokes peeled, cut into thin strips wafer-thin and doused with lemon juice, the crackers in chunks and the Fontina PDO stripped of its rind and cut into sticks. Season with the pink grapefruit juice emulsified with a pinch of salt and 4 tablespoons of oil and accompany with the remaining crackers.

Did you know that

The name "Fontina" has ancient and debated origins, linked to both places and characteristics of the product. Its first historical mention dates to the 15th century, although the official classification and the designation of origin were established much later, specifically in 1955.

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Gorgonzola PDO The “stracchino” of Piedmont and Lombardy

Today on the tables of 89 countries,
mainly in Europe

Gorgonzola PDO's birth dates to the Middle Ages, around the year 1007, more than 11 centuries ago. It appears that they called it “stracchino” in days of old; nevertheless, its date of birth remains a mystery. There are some indications that may lead to an even earlier date for the manufacture of the “stracchino di Gorgonzola”. The word “stracchino” itself comes from the adjective “stracco”, that is to say “stanco”, which in Italian means “tired”: this leads us to the transhumance of cow herds - back in Roman times - from the higher grounds on alpine pastures down to the lower - lying water - meadows in the Po Valley.

By law and by tradition there are only two regions in Italy which are entitled to manufacture Gorgonzola PDO cheese, and even within these regions, only some provinces are allowed to produce it. For the region of Piedmont these provinces are Novara, Vercelli, Cuneo, Biella, Verbano-Cusio-Ossola and Casale Monferrato with its surroundings, whereas for the region of Lombardy the provinces are Bergamo, Brescia, Como, Cremona, Lecco, Lodi, Milan, Monza, Pavia and Varese. Only milk from the dairy farms of these provinces may be used to produce this cheese and thus bestow on their Gorgonzola the PDO certificate.

Gorgonzola PDO is an uncooked, straw-white cheese whose green streaks are due to the process of marbling, that is, the formation of mold. It is creamy and soft with a distinctive flavor: slightly spicy the mild type, stronger and stronger flavor the spicy type whose paste is more herbaceous, firm and crumbly. At origin, the



GORGONZOLA

In October 1955, the “Gorgonzola” registered designation of origin was officially recognised in Italy (by Presidential Decree 1269). In 1970 the **CONSORZIO PER LA TUTELA DEL FORMAGGIO GORGONZOLA** (Protection Consortium of Gorgonzola cheese) was founded, a non-profit organisation that works to protect producers and consumers. In 1996, Gorgonzola was added to the European Union’s list of Protected Designation of Origin products and became a PDO. Consortium’s commitments are: to protect and supervise the production and trade of Gorgonzola PDO and the use of its name; to promote any useful initiative aimed at safeguarding its typicality and special characteristics from any abuse, unfair competition, counterfeiting, misuse of the PDO, conduct prohibited by law; to cooperate with the Ministry of Agriculture Food and Forestry to supervise, protect and safeguard the PDO by means of vigilante agents; to cooperate with the E.U., the Italian State, Regions, Autonomous Provinces, public and private entities, and PDO control bodies; to implement information, advertising and promotional initiatives to increase awareness and consumption in all markets.

wheels are branded on both flat sides of the Gorgonzola PDO wheel, but the consumer, upon purchase, can be guaranteed authenticity by the "g" mark printed on the background of the foil wrapping the cheese, granted exclusively to companies authorized by the Consortium.

Gorgonzola PDO cheese amazes you every time you taste it. But also, when you discover its values and properties. Gorgonzola PDO is rich in micronutrients that are useful to our health, especially in vitamins and

mineral salts, including calcium, phosphorous and zinc. Gorgonzola PDO is naturally lactose-free (less than 0.1 g/100 g, a natural consequence of the typical production process. It contains galactose). To enjoy the creaminess of Gorgonzola PDO to the fullest, it is best to remove it from the refrigerator at least half an hour before consuming.

Today Gorgonzola PDO is on tables all over the world, with distribution in 89 foreign countries, especially on the European continent. ●

Did you know that

The Gorgonzola PDO is a source of vitamins A, B2, B6 and B12. Vitamin B6 contributes to the normal function of the nervous and immune systems, while vitamins B6 and B12 contribute to the normal formation of red blood cells.



CHOCOLATE TRUFFLES AND GORGONZOLA PDO PICCANTE (SPICY)

Serves 4 people

Preparation time: 30 minutes + rest

Cooking time: 5 minutes

Ingredients

100 g Gorgonzola PDO Piccante - 0.8 dl fresh cream - 30 g of brown sugar - 150 g of 70% dark chocolate - 40 g of cocoa bitter powder - a pinch of salt

Preparation

Finely chop the chocolate, pour the cream into a saucepan, add a pinch

of salt, brown sugar and 70 g of Gorgonzola PDO Piccante stripped of its rind and crumbled. Heat over a low flame stirring occasionally until the Gorgonzola PDO Piccante has melted.

Pour the mixture over the chopped chocolate and stir with a spatula until the mixture is smooth and homogeneous. Allow to cool and transfer to the refrigerator for two hours.

Take one teaspoon at a time of the mixture, form small balls the size of cherries and dip them in sifted cocoa. Decorate with the remaining Gorgonzola PDO Piccante reduced to slivers and store in the refrigerator until ready to serve.

Grana Padano PDO

The ancient recipe of the Cistercian monks

Created in the 12th century,
today it is produced in 33 provinces
in northern Italy



“Grana” cheese from the Po Valley was created around 1135 in the Abbey of Chiaravalle, south of Milan, by Cistercian monks who found a clever solution to preserve the surplus milk produced, by creating a hard cheese, which could withstand the test of time. The current name “Grana Padano PDO” dates to the creation of the Protection Consortium on 10 April 1954, with “Grana” describing its grainy texture and “Padano” the production area in the Pianura Padana (Po River Valley). The recognition of the Protected Designation of Origin by the EU was given in 1996.

Grana Padano PDO cheese is produced exclusively with raw milk from the production area, from cows fed according to precise rules and milked twice a day or from cows milked with free access to an automatic milking system, partially skimmed by natural surfacing of the cream, and processed exclusively in copper or copper lined cauldrons, shaped like inverted bells, from each of which two wheels are obtained. Each cauldron is filled with around 1,000 litres of milk. A natural whey starter is added to the milk, then heated to a temperature of 31-33 °C and calf rennet is added for coagulation.

Once the coagulation has occurred, the curd is chopped into small grains with a manual instrument called “spino” (like a giant whisk). Heating to a maximum of 56 °C follows and then, after a resting period of around an hour, the twin fresh wheels of cheese are collected, wrapped in linen cloths and placed into moulds, where they receive the initial typical marks: small lozenges with alternatively “Grana” and “Padano” written inside and all the other signs appearing on the rind except for the fire brand. Finally, before the ageing process begins, the wheels are soaked in brine for around 20 days.



Dating back to 1954, the **PROTECTION CONSORTIUM OF GRANA PADANO PDO CHEESE** - Consorzio Tutela Grana Padano - is a non-profit organisation, which brings together producers and curers to protect and promote Grana Padano PDO cheese in the world. It ensures that every wheel of cheese is made according to the Product Specification so that it can be awarded its PDO (Protected Designation of Origin) status and be fire-branded with the Grana Padano mark whilst also protecting it against fraud in Italy and abroad. It ensures the consumers that whenever they buy a piece of Grana Padano, it is genuine Grana Padano PDO cheese.

The Consortium is based in Desenzano del Garda, in the heart of the Grana Padano PDO production area situated in Northern Italy, along the Po River Valley, from the Piedmont region to the Veneto region, up to the province of Trento in the north-east and, towards the south of the valley, a few areas of Emilia-Romagna with a total of 33 provinces.

The ageing process lasts for a minimum of 9 to over 24 months. At 9 months, each wheel is carefully tested for appearance, aroma and texture. This important step is carried out exclusively by the impartial expertise of the Consorzio Tutela Grana Padano (Protection Consortium) technicians, under the supervision of a third-party certifying body. Only the best wheels receive the fire-branded logo

officially grading them Grana Padano PDO cheese. Grana Padano PDO cheese is the world's best-selling PDO cheese.

Rich in nutrients and very digestible, it is an excellent and nutritional choice for the whole family. Grana Padano PDO possesses unique nutritional features such as quality proteins, vitamins, mineral salts and especially calcium. ●

Did you know that

- It takes about 15 liters of naturally, partially skimmed milk to produce 1 kg of Grana Padano PDO
- 50 g of Grana Padano PDO provide more than 600 mg of Calcium - 60% of the daily requirement for adults
- 30 g of Grana Padano PDO contain the same nutritional value to approximately 0.5 liter of milk (1 pint)
- 100 g of Grana Padano contain 33 g of proteins
- It is naturally lactose-free due to the production process and long ageing

Find many delicious and tasty Grana Padano recipes on granapadano.it.

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PANNA COTTA WITH GRANA PADANO PDO RISERVA 20 MONTHS WITH COOKED WINE FROM FIGS

Serves 4 people

Preparation time: 25 minutes + rest

Cooking time: 10 minutes

Ingredients

2 dl fresh cream - 100 g Grana Padano PDO Riserva 20 mesi grated -
5 g gelatin sheets - 0.8 dl cooked wine from figs - black pepper - salt

Preparation

Soak the gelatin in cold water for 15 minutes. Pour the cream in a small saucepan, add a pinch of salt, a grinding of pepper and 50 g of grated Grana Padano PDO Riserva and heat over a low flame until the cheese has melted and the mixture begins to simmer.

Remove the saucepan from the heat, add the drained and squeezed gelatin and stir until melted. Pour into 4 small glasses, let it cool and transfer to the refrigerator for 4 hours.

Divide the remaining Grana Padano PDO Riserva into 4 portions, sprinkle one in a nonstick skillet so that it forms a diskette even and thin, heat the pan over a low flame and cook the cheese until it has melted and begins to brown slightly. Roll the waffle on the handle of a wooden spoon covered with baking paper, to cool and slip into cannoli. Bake the remaining Grana Padano PDO in the same way.

Pour the cooked wine into the small glasses over the panna cotta, decorate with the Grana Padano PDO Riserva wafer and serve.



Montasio PDO

The milk, the cheesemakers and the territory of Friuli-Venezia Giulia

A cheese born out of respect for tradition and time

Montasio PDO cheese takes its name from the Montasio massif, in Friuli-Venezia Giulia. In its pastures this cheese was once produced with unique characteristics, which were given by the fortunate combination of three main factors: the territory (grass, water and air), the milk and the human factor (cheesemakers).

Montasio PDO has an ancient history: it was the refining of the techniques used by the shepherds in the thirteenth/fourteenth century, then collected by the monks of the Moggio Udinese Abbey, that laid the foundations to produce Montasio PDO cheese as we know it today.

The first mention of the Denomination appeared in the price lists of the city of Udine in 1773. The tradition of Montasio PDO, which started from the valleys of the Julian and Carnic Alps, spread over time throughout Friuli-Venezia Giulia and eastern Veneto plains, remaining faithful to strict rules, which were codified also by the cheesemakers school founded in 1924 in San Vito al Tagliamento (PN). The latter trained hundreds of "Montasio Masters".



The typicality of Montasio PDO has been protected thanks to the Stresa Convention in 1955. In 1984, by the will of the producers and seasoners, the **PROTECTION CONSORTIUM OF MONTASIO CHEESE** was born. In 1986 Montasio obtained the PDO recognition by Italian State and the heel of the cheese began to be marked with the mark of origin. In 1996 Montasio received from the EU PDO - Protected Designation of Origin, the most important certification of typicality regarding cheese in Europe: only products of recognized historicity, made in a specific area and whose production is regulated by a strict Product Specification, can boast of it.

Fresh and unpasteurized milk is produced and transformed into Montasio PDO only in Friuli-Venezia Giulia and eastern Veneto (in provinces of Belluno and Treviso, and in part of provinces of Padua and Venice).

Montasio PDO is a cheese with a high nutritional value and with a balanced composition: 32-36% water, 35-37% lipids, 25-30% proteins. Particularly digestible, it is ideal for feeding the children and the elderly.

To produce Montasio PDO cheese tradition and time are respected. The soft processing, without any high cooking temperatures or forced drying of the curd, makes Montasio PDO a multipurpose cheese. Its "soft" technology contributes to forming its nutritional characteristics. The flavors and qualities are therefore those of a cheese with a soft and delicate taste.

Due to its typical processing, Montasio PDO cheese is defined as "The Cheese of Good Sense" and is naturally lactose-free thanks to the typical processing (contains galactose). ●

Did you know that

Montasio PDO counts:

- 51 facilities located in the area of origin between producers, ripeners and an association of milk producers;
- about 800 dairy farms producing milk for Montasio PDO cheese, that fall within the area of origin all certified by the CSQA Certification Body;
- each year:
 - 800,000 wheels produced
 - 1,000 chemical-physical analyses on Montasio PDO between producers and ripeners
 - more than 30,000 analyses on milk, 500 organoleptic analyses on samples of Montasio PDO
 - more than 250 controls on the entire distribution chain



SAVOY CABBAGE STRUDEL, PATATE AND MONTASIO PDO

Serves 4 people

Preparation time: 30 minutes + rest

Cooking time: 45 minutes

Ingredients

200 g Montasio PDO cheese - 150 g 0 flour - half a teaspoon of apple vinegar - 50 g breadcrumbs - 400 g savoy cabbage - 1 small onion red - 2 medium potatoes - extra virgin olive oil - 40 g butter - black pepper - salt

Preparation

Mix the flour with 0.8 dl lukewarm water, a tablespoon of oil, a pinch of salt and the vinegar until a soft dough is obtained. Transfer it into a bowl, brush with oil, cover and let stand for 1 hour. Melt 20 g of butter in a small frying pan, add the breadcrumbs and toast it over a low flame until it turns a hazelnut color. Clean the savoy cabbage and cut it into strips, peel the potatoes and cut them into cubes, remove the rind from the Montasio PDO cheese and cut it into cubes, peel the onion and cut it into thin slices.

Cook the potatoes and cabbage in boiling salted water for 7-8 minutes, stew the onion with 10 g butter, add the drained savoy cabbage and potatoes carefully and allow to season on a low flame for 7-8 minutes. Let it cool. Roll out the dough into a very thin rectangular sheet and transfer it to a sheet of baking paper. Sprinkle it with the breadcrumbs toast leaving the edges free, covering with the cabbage mixture and with Montasio PDO cheese, close inward the edges of the long sides and roll the dough over the filling.

Transfer the strudel to a baking sheet lined with baking paper and bake in a preheated oven at 190 °C for 30 minutes

Mozzarella di Bufala Campana PDO

A “regal” cheese

Its Protection Consortium is based in the Royal Cavallerizze (Horsery) of the Royal Palace of Caserta

Mozzarella di Bufala Campana is the most important PDO mark in central and southern Italy, and one of the top five Italian PDO/PGI products. The word “mozzarella” comes from the verb “mozzare” (to cut off), which means to manually cut off the stringy curd (“pasta filata”) with the thumb and forefinger. It is the only “mozzarella di bufala” to have obtained European PDO recognition.

The Product Specification calls for only fresh, whole buffalo milk from farms in the PDO area. The area of origin in central-southern Italy includes: the Campania region (provinces of Caserta, Salerno, Naples and Benevento); lower Lazio (provinces of Latina, Frosinone and Rome); some municipalities in the province of Foggia (Apulia); and the sole municipality of Venafrò (Molise). The provinces of Caserta and Salerno account for more than 90% of PDO-certified production. The PDO area also includes 3 National Parks (Circeo, Cilento and Gargano) and as many as 10 Regional Parks.

While the presence of buffalo in Italy dates back before the year 1000, the earliest historical documents on mozzarella testify how in the 12th century the monks of the Monastery of San Lorenzo in Capua (province of Caserta) used to offer a cheese called “mozza” or “provatura”, accompanied by a piece of bread, to pilgrims, who visited in procession.

Mozzarella di Bufala Campana PDO is a fresh “pasta filata” cheese that owes its characteristics to the fresh buffalo milk from its territory of origin and to the manufacturing process that follows a rigorous Product Specification. Known for its typical spherical shape, Mozzarella di Bufala Campana can also be produced in different sizes and shapes such as ciliegine, bocconcini, ovoline, nodini, trecce, as well as the smoked variant, always using the traditional method.



The **CONSORZIO DI TUTELA DELLA MOZZARELLA DI BUFALA CAMPANA** was established in 1981 to attain and register the denomination of origin. It is the only body - recognized by the Italian Ministry of Agricultural, Food and Forestry Policies - responsible for safeguarding, controlling, valorizing, and promoting Mozzarella di Bufala Campana PDO. In 2016, the Protection Consortium moved its headquarters to the Royal Palace's Horsery (Regie Cavallerizze del Palazzo Reale) in Caserta: for the first time in history an agreement between the Department for Cultural Affairs and Heritage and the agri-food excellences is made. The word 'mozzarella' is considered a generic expression by international food legislation, like pizza, pasta, etc. It is used throughout the world for products without any links to historic, cultural, and artisanal traditions. The PDO mark has made it possible to spread the knowledge of the original product, its territory and unmistakable flavor worldwide, but above all, it has enabled consumers to tell the difference between non-certified mozzarella and Mozzarella di Bufala Campana PDO, which goes through different controls from breeding to stores.

It is a particularly nutrient-rich cheese (288 kcal/100 gr) due to the presence of 17 gr of protein, 24 gr of fat, especially unsaturated fatty acids and short-chain fatty acids, easily transported in the bloodstream rather than stored in fat deposits; cholesterol does not exceed 50/60 mg, lower than meat and eggs and well below the World Health Organization's max limit (300 mg/day). There is very little lactose, less than 0.4 gr.

On the market, it can be recognized only if the package displays the trademarks of the Consortium and the PDO, together with the name "Mozzarella di Bufala Campana", in addition to the necessary legal indications. On the table, on the other hand, check the porcelain-white color, the smooth surface, the elastic consistency initially, that softens then. Once cut there should be a whitish serosity with the scent of milk ferments, the flavor is firm but delicate. ●

Did you know that

The advice is to consume Mozzarella di Bufala Campana PDO at room temperature on the same day of purchase. Otherwise, it should be kept in a cool place (10/15 °C), still immersed in its liquid. If placed in the refrigerator, it should be taken out some time before being eaten so that it can be served at room temperature and its true flavor can be enjoyed.

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MOZZARELLA DI BUFALA CAMPANA PDO WITH SUN-DRIED TOMATO PESTO AND CETARA ANCHOVY

Serves 4 people

Preparation time: 10 minutes

Cooking time: 2 minutes

Ingredients

4 Mozzarella di Bufala Campana PDO, 125 g each - 12 tomatoes dried in oil - 4 fillets of Cetara anchovies - 40 g peeled almonds and toasted - about 20 basil leaves - a small clove of garlic - one untreated lemon - extra virgin olive oil - oil of peanut - salt

Preparation

Drain the sun-dried tomatoes from their preserving oil, dry them with kitchen paper, cut them into small pieces and transfer them to a small blender. Add the chopped almonds, about 10 basil leaves, the garlic clove peeled and stripped of its central core, the zest of half a lemon grated, 4-5 tablespoons of oil and a pinch of salt. Blend until smooth and homogeneous pesto is obtained. Arrange 4 tablespoons full of pesto in the center of 4 plates.

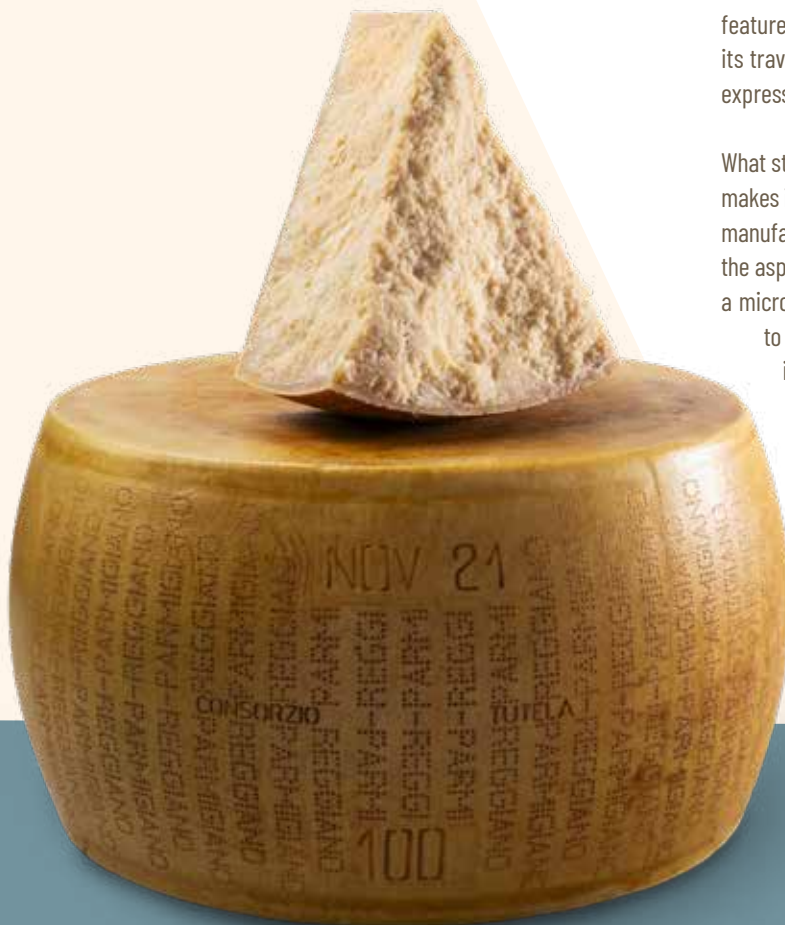
Cut the Bufala Campana PDO mozzarellas into slices and reassemble the mozzarellas alternating them with sun-dried tomato pesto. Serve with the anchovy fillets and with the remaining basil leaves fried in a pan with a finger of hot peanut oil until they become crispy.



Parmigiano Reggiano PDO

Living in time (and space)

Dry pasta and its large size have always made it travel all over the world



Parmigiano Reggiano PDO is known among the oldest and richest cheeses. It is produced today essentially the same as it was a thousand years ago: with the same ingredients (milk, salt and rennet), with the same artisan care and with a production technique that has changed little over the centuries, thanks to the decision to maintain a completely natural production process, without the use of additives.

Its origins date back to the Middle Ages. In particular, monks were the first producers of Parmigiano Reggiano PDO, driven by the quest for a cheese featuring one main characteristic: that of lasting for a long time. They achieved this result by letting the cheese mass dry and increasing the wheel size, thus enabling the cheese to keep long and thus to travel, including far away from the production area. This feature has been Parmigiano Reggiano PDO's fortune, resulting in its travelling around the world for centuries to become an authentic expression of what we call today the Made in Italy agribusiness.

What strongly binds Parmigiano Reggiano PDO to its area of origin and makes it so that in no other place in the world can the same product be manufactured, even if the same production techniques were used, are the aspects associated to culture and tradition. It is first and foremost a microbiological characteristic that binds Parmigiano Reggiano PDO to its area of origin. Only raw milk produced in the area of origin is indeed used to produce Parmigiano Reggiano PDO cheese. It is a special milk, characterised by a unique and intense bacterial activity of the local microbial flora, influenced by environmental factors, especially by the forage, grass and hay from the area that account for the main feed of the cows dedicated to this specific production.



**PARMIGIANO
REGGIANO**

The **PARMIGIANO REGGIANO CONSORTIUM** is the protection body that includes all Parmigiano Reggiano PDO producers, who process the milk from the farmers of the area of origin into this PDO cheese. It was set up in 1934 and has the purpose of protecting, defending and promoting the product, safeguarding its typicality and disseminating its knowledge worldwide. Its production is governed by a strict Specification, registered with the European Union, because Parmigiano Reggiano is a cheese with Protected Designation of Origin (PDO), i.e. a product that, based on its distinctive characteristics and its tie to the area of origin, is safeguarded by a system of the EU to protect consumers and producers alike. To bear the designation "Parmigiano Reggiano PDO", the cheese must be made respecting strict rules. It must be produced in the area of origin (the provinces of Parma, Reggio Emilia, Modena, Mantua to the right of the Po River, and Bologna to the left of the Reno River - a surface of about 10,000 km²). The production of cow's milk, the processing into cheese, the maturation until a minimum age of 12 months, the packaging and the grating of Parmigiano Reggiano PDO must take place exclusively in the area of origin.

Every wheel of Parmigiano Reggiano is given a mark of origin (the well known "dots" and starting from 2002 also a "casein plate"). Furthermore, every wheel is quality tested at an age of about 12 months. Only if the wheel passes this test, it is branded with the selection mark (oval mark). The certification of conformity with the Product Specification is given by the P-R Quality Control Body on behalf of the European Union and the Ministry.

Its numerous properties are all linked to the intrinsic product quality:

digestibility, high calcium content present in a bioavailable form, source of phosphorus, absence of additives and preservatives, source of minerals, organoleptic pleasantness and liking. Due to these characteristics, Parmigiano Reggiano PDO is a fundamental food in the daily diet of everyone, from children to elderly people, including athletes who find in Parmigiano Reggiano PDO a fully natural energy charge. Thanks to its production process, the "King of Cheeses" is also naturally lactose-free already 48 hours from production since all its sugar (lactose) is transformed into lactic acid by lactic bacteria. ●

Did you know that

- The first written evidence of the existence of Parmigiano Reggiano PDO dates back to 1254 in a notarial deed found in the State Archives of Genoa where the "caseus parmensis", i.e. the cheese from Parma, is mentioned.
- The best-known literary evidence dates back to 1344: Giovanni Boccaccio in the "Decameron" described the district of Bengodi and mentioned a mountain of "grated Parmesan" on which "macaroni and ravioli" were rolled, which is a clear indication of the product's use in the kitchen.



RISOTTO MANTECATO AL PARMIGIANO REGGIANO PDO WITH WATERCRESS, POLLEN AND HAZELNUT CRUMBLE

Serves 4 people

Preparation time: 15 minutes

Cooking time: 20 minutes

Ingredients

300 g Carnaroli rice - 2 spring onions - 100 g watercress - 1.5 liters of vegetable broth - half a glass of white wine - 80 g of Parmigiano Reggiano PDO - a tablespoon of pollen - 30 g of toasted hazelnuts - 40 g of butter - salt

Preparation

Clean the spring onions and chop them finely, clean and wash the watercress and blanch it in boiling vegetable broth for one minute. Drain it with a skimmer, let it cool, squeeze it out and chop it finely.

Toast the rice in a saucepan over low heat, stirring constantly, add 10 g butter and the prepared spring onions, deglaze with the white wine and allow it to evaporate. Bring the risotto to cooking, gradually adding the boiling vegetable stock and turn off when the rice is very al dente.

Add 50 g grated Parmigiano Reggiano PDO, the remaining butter and the chopped watercress, stir-fry for a few minutes, cover the casserole dish and let stand for 5 minutes.

Serve on plates and sprinkle with pollen, chopped hazelnuts and the Parmigiano Reggiano PDO reduced to thin slivers.

Pecorino Romano PDO

The aromas and scents of the Mediterranean scrub

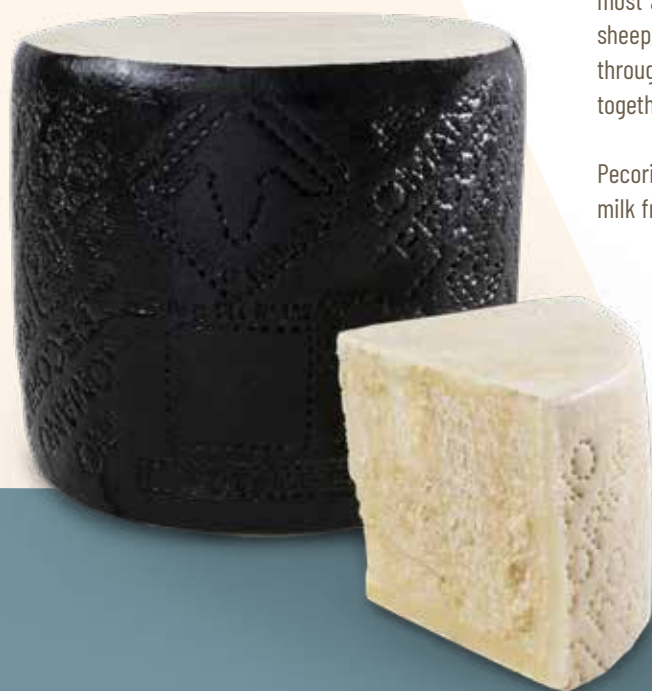
Its intense flavors come from the territories of production

The ancient Romans already showed great appreciation for Pecorino Romano PDO, so much so that even the poet Virgil described its nutritional and energetic properties. Pecorino Romano PDO soon became a popular product, and its transformation technique spread from Lazio to Tuscany and above all to Sardinia, where today much of the processing is concentrated.

The territories have great importance in producing this cheese, because the intensity of flavors that characterize it, arises from their peculiarities: favorable climate and natural expanses rich in aromatic herbs. At the basis of the quality of Pecorino Romano PDO is the extraordinary excellence of the sheep's milk used and the great experience of the cheesemakers in its transformation, who manage in a skillful way to transfer into this cheese the unique and unmistakable hints present in the aromas and scents of the Mediterranean scrub.

Today Pecorino Romano PDO is produced in Sardinia (95%), Lazio and Tuscany in the province of Grosseto (5%), territories in which respect and protection of nature are absolute values. In these regions, the most appreciated sheep breed for milk production is the Sardinian sheep, a very ancient native breed, whose breeding is widespread throughout the national territory and which in Sardinia alone brings together 50% of the entire Italian sheep population.

Pecorino Romano PDO is a hard cheese, produced only with sheep's milk from farms in the production area. It has a thin ivory or natural



Pecorino Romano PDO was one of the first Italian cheeses to obtain national and international recognition, starting from the Stresa Convention in 1951, through the Italian Protected Designation of Origin in 1955, up to the EU Protected Designation of Origin in 1996. The **PROTECTION CONSORTIUM OF PECORINO ROMANO PDO** was established in 1979 and currently brings together 46 producers: 36 in Sardinia, 9 in Lazio and 1 in the province of Grosseto. In the territory of origin there are approximately 11,400 farms, of which approximately 10,980 in Sardinia alone. Approximately 80% of the milk production is conferred to the production of Pecorino Romano PDO. The Consortium protects production and trade through the activity of the Internal Supervisory Office. The EU PDO certification acts as a guarantee of a high level of safety and traceability of the products as greater protection for consumers.

straw-colored rind and can be capped, with special food protectors, black or natural in color.

The paste is compact or slightly streaked, the color of which varies from white to straw yellow, depending on the technical production conditions. Its taste is aromatic, slightly spicy in table cheese and intensely spicy, with variable flavor, in grating cheese.

Pecorino Romano PDO is a source of proteins with high biological value, calcium, CLA and vitamins B1, B2, PP, A and E.

Its excellent nutritional properties make it suitable for a modern and balanced diet: its caloric intake is 384 Kcal per 100 g of product, and this guarantees high energy power and extreme digestibility, as well as being naturally lactose-free. ●

Did you know that

In ancient Rome, Pecorino Romano PDO's long-lasting properties made this cheese a basic food to be given to legionaries as a supplement to their daily ration of spelled soup. A 27 g portion provided the right amount of energy and vigor to face battles.

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PECORINO ROMANO PDO AND PISTACHIO FRITTERS WITH PERSIMMON SAUCE

Serves 4-6 people

Preparation time: 15 minutes

Cooking time: 10 minutes

Ingredients

100 g grated Pecorino Romano PDO - 2 egg whites - 5 peppercorns black
- a dozen shelled pistachios - 1 persimmon - peanut oil

Preparation

Toast the peppercorns in a thick-bottomed skillet until they begin to give off their aroma. Allow them to cool and pound them coarsely. Pour the egg whites into a bowl and beat them lightly with a fork. Add the Pecorino Romano PDO and the pepper pounded, mix until smooth and form hazelnut-sized balls. Insert a pistachio in the center of each one and close the dough again.

Heat plenty of oil in a high-sided frying pan, add the prepared balls and fry them until they begin to brown. Drain on frying paper and serve hot with the peeled persimmon, stripped of any pits and whipped.



Pecorino Sardo PDO

An icon of Sardinia

Its history is rooted in the times
of the Nuragic people

Pecorino Sardo PDO is one of the oldest cheeses in Sardinia and boasts a long history, dating back to the times of the Nuragic civilization. During the time of the Carthaginians, and more latterly the Romans, Sardinia became one of the Mediterranean's major producers of grain. As a result, vast swathes of forest made way for grain production, but also for grazing land, which quickly became increasingly more prevalent thanks to the island's unique and very favorable environmental and climatic conditions, where natural meadows rich in a wide variety of shrubs provided, exactly as they do today, a very important food source for the island's sheep.

Over the centuries, the processing techniques were refined and the traditional methods that had been passed down gradually merged with new and more innovative processing practices. This was largely driven by the fact that new and larger markets were opening, and these markets were demanding products that were hygienically safe, had clearly defined organoleptic qualities and were easy to identify. From the second half of 20th century (the 60s in particular), the characteristic production technology of Pecorino Sardo PDO has been continuously honed until today, without ever forgetting the origins and teachings passed down from tradition.

Pecorino Sardo PDO was awarded the Denomination of Origin status in 1991 with the Prime Ministerial Decree dated 04/11/91. In 1996, with Regulation (EC) No. 1263/96 dated 01/07/96, it was granted PDO. Pecorino Sardo PDO is produced solely from whole sheep's milk from Sardinia. The sheep feed primarily on the vegetation provided by the island's natural pastures, meadows and grasslands,



**PECORINO
SARDO**^{PDO}

Established on 2 July 1996 by 26 of Sardinia's dairy companies, the **PROTECTION CONSORTIUM OF PECORINO SARDO PDO** is, by Ministerial Decree, the Representative Body for Pecorino Sardo PDO, and in 2002, it was officially vested with the role of protecting, promoting and developing the PDO status, as well as with guarding against any abuse, fraud or counterfeiting of the product. This ministerial mandate has, without fail, been renewed every three years. For 30 years, the Consortium has been overseeing the quality and marketing of Pecorino Sardo PDO in Italy and throughout the world, and its work, which is largely aimed at ensuring it achieves its statutory objectives, has enabled the product to gain a major foothold in the Italian market, to the extent that it is now unanimously considered the symbol and emblem of its Area of Origin: Sardinia.

hence why the milk used to produce the PDO cheese is of such high quality, and from which the finished product gets its unique flavor and taste. It has been scientifically proven that Omega 3 and Omega 6 fatty acids (otherwise known as CLA – Conjugated Linoleic Acid), which are prevalent in Pecorino Sardo PDO, are very important from a nutritional perspective.

Pecorino Sardo PDO is an excellent table cheese with two types which differ in terms of processing techniques, ageing, size and organoleptic characteristics: the Mild and the Mature. The Mature one is lactose-free.

Every wheel, once it's reached the minimum ageing period, is carefully checked and, if it satisfies all the requirements laid down by the Product Specification, is stamped with an indelible food stamp bearing the

capital letters of the "PS PDO" Denomination as well as the production company's identification details.

When the wheels are released for sale, an additional conformity check is carried out. The producer's label is then applied including three elements: the producer's label on which the Pecorino Sardo PDO trademark is arranged in a radial pattern; a numbered sticker, issued by the Consortium, which uniquely identifies each wheel (green sticker is used for wheels of Mild Pecorino Sardo, and blue sticker is used for Mature Pecorino Sardo); the EU's PDO logo.

This system guarantees not only the traceability of production, but also traceability within the PDO supply chain, since from the finished product it's always possible to follow the audit trail back to the "milk round" from which each individual production batch was made. ●

Did you know that

The first accurate historical records detailing the ancient origins of Pecorino Sardo PDO date back to the late 1700s. The cheeses mentioned were called Bianco, Rosso Fino, Affumicato, Fresa and Spiatatu. Between them, the Rosso Fino and the Affumicato can be considered the precursors of Pecorino Sardo PDO. Both cheeses were made from raw milk or milk heated by dipping hot stones on them. The Fine Red (Rosso Fino) and the Smoked Cheese (Affumicato) still live on today.

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CHESTNUT MALTAGLIATI WITH PECORINO SARDO PDO AND MARJORAM

Serves 4-6 people

Preparation time: 25 minutes + rest

Cooking time: 2 minutes

Ingredients

200 g of 00 flour - 120 g of chestnut flour - 80 g of wheat flour durum wheat - 50 g grated Pecorino Sardo PDO Maturo - 80 g Pecorino Sardo PDO Dolce in wedges - one untreated lemon - 4 sprigs of marjoram - extra virgin olive oil - black pepper - salt

Preparation

Knead 00 flour with wheat flour, sifted chestnut flour and 2 dl water; form into a loaf, wrap it in a sheet of plastic wrap and let it rest for 30 minutes. Pour the grated Pecorino cheese into a bowl and add the zest of half a lemon grated, the leaves of 4 sprigs of marjoram finely chopped and 4-5 tablespoons of oil. Roll out the dough into a sheet about the thickness of about 2 millimeters and with a serrated pastry cutter cut out lozenges. Cook them for 2-3 minutes in boiling salted water, scoop out a small ladleful of the pasta cooking water, let it cool and mix it with the Pecorino mixture.

Drain the pasta leaving it moist, pour it into the bowl, stir quickly and serve with the remaining marjoram leaves and the Pecorino Sardo PDO Dolce cut into wedges.



Pecorino Toscano PDO

Etruscan roots for noble banquets

In the fifteenth century it was among Lorenzo the Magnificent's favorite cheeses

Pecorino Toscano PDO has its roots in the centuries. Pastoralism was, in fact, the prevalent activity of the Etruscans and Romans. Pliny the Elder spoke about this "cacio", as it was initially (and still today in Tuscany) called, in his "Naturalis Historia", in which he said that from a city of Etruscan origin, Luni (today's Lunigiana), a fine cheese called "Lunense" arrived in Rome and was much appreciated for its goodness and the size of its shapes.

Today, as yesterday, Pecorino Toscano PDO characterizes the dairy tradition of its original territory, within which the milk is produced, transformed into cheese, and brought to the end of maturation. Its unique and delicate flavour tells an ancient story that reaches the present day in the name of quality and close bonds with the production territory. From the breeding of the sheep to their milking, passing through all the production stages, up to ageing, everything must take place, as established by the



The PROTECTION CONSORTIUM OF PECORINO TOSCANO PDO was founded on 27th February 1985 by a group of producers whose strong wish was to pass on the tradition and strengthen the identity of this Tuscan excellence at a national and international level. In 1986, it obtained recognition of the Designation of Origin at the national level; in 1988, it received the supervisory role. Since 2nd July 1996, Pecorino Toscano has been a PDO product: PDO means "Protected Designation of Origin", a recognition from the European Union to all those agri-food products whose qualitative characteristics depend, essentially or exclusively, on their production territory. To earn the PDO, the Consortium members must follow all the official Product Specification: a list of all the places, production stages, characteristics, and conditions required for Pecorino Toscano to obtain and maintain the PDO mark. The Consortium certifies that only the Pecorino that respects those rules is called, recognized, and marketed as Pecorino Toscano PDO to guarantee the consumer the excellence of a unique product.

Product Specification, in the area of origin, which includes the whole Tuscany, the Municipalities of Allorona and Castiglione del Lago in Umbria, and those of Acquapendente, Onano, San Lorenzo Nuovo, Grotte di Castro, Gradoli, Valentano, Farnese, Ischia di Castro, Montefiascone, Bolsena, and Capodimonte in Latium.

Each territory's different climatic conditions and cheese-making traditions give Pecorino Toscano PDO different nuances of tastes and aromas.

Aged Pecorino Toscano PDO, if grated, should be grated at the time to retain its freshness and organoleptic properties, or, at most, in such a quantity that it should not be kept more than a day. It is also recommended to serve Pecorino Toscano PDO at room temperature by removing it from the refrigerator at least a few hours before. The cheese can be presented either whole or cut into slices, wedges or cubes. ●

Did you know that

In 1400, traces of Pecorino Toscano PDO were found as "cacio marzolino". According to historical sources, this cheese was welcome at noble banquets and even among Lorenzo the Magnificent's favourites. In the fifteenth century, in a text by Platina, "Marzolino d'Etruria" and "Parmesan" were celebrated as the best cheeses in Italy.

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FRIED SAGE PECORINO TOSCANO PDO PUFFS

Serves 4 people

Preparation time: 15 minutes + rest

Cooking time: 5 minutes

Ingredients

200 g of medium-aged Pecorino Toscano PDO - 12 leaves of sage - 50 g 00 flour - 50 g potato starch - 8 g yeast for savory pies - 1 dl milk - peanut oil - salt

Preparation

Remove the rind from the Pecorino Toscano PDO and cut it into sticks 6 centimeters long and 1 centimeter thick. Transfer them to the freezer for 20 minutes.

Remove the center rib from the sage leaves by cutting two parts. Mix the flour with starch, add a pinch of salt, the sifted baking powder and mix. Pour in the milk at a trickle, stirring at the same time with a whisk.

Brush one side of each Pecorino stick with a layer of batter and adhere a half sage leaf. Dip them, one at a time, into the batter and fry in plenty of hot peanut oil for 2 minutes. Drain on frying paper and serve.

Piave PDO

Sweet and intense from the Belluno area

A tradition officially started
on January 8th, 1872, in Casale d'Agordo
on the initiative of a local parish priest

The production technique for Piave PDO cheese has been handed down from generation to generation in the Belluno area and its origins date back to the end of the 19th century, when the first mountain "turnarie" dairies in Italy were established. The idea of bringing together the small farmers of the town to process the milk "in turns" (or shifts) at a single farm, thereby reducing production costs and increasing profits, became popular during those years in every small town in the Belluno mountains. It made a decisive contribution to the birth of local dairy and cheese-making traditions and of that cheese which will then be codified with the name "Piave". An important name that evokes profound suggestions linked to the Belluno legendary river.

Piave is a hard, cooked PDO cheese made in the province of Belluno (the northernmost part of the Veneto region in north-eastern Italy) exclusively from the finest quality raw materials. It is distinguished by its flavor: sweet and intense, never spicy, with a full aroma reminiscent of Alpine herbs and flowers. Piave PDO is naturally lactose-free. There are five types of Piave PDO cheese: Piave PDO Fresco (from 20 to 60 days maturation), Piave PDO Mezzano (from 2 to 6 months maturation), Piave PDO Vecchio (over 6 months maturation), Piave PDO Vecchio Selezione Oro (over 12 months maturation), Piave PDO Vecchio Riserva (over 18 months maturation).

The milk used to produce Piave PDO comes exclusively from the province of Belluno, and over 60% is collected in the municipalities of the Dolomiti Bellunesi National Park, territories that are characterized by mountain environments unique in the world, with a great richness and rarity of the flora.

As envisaged by the Product Specification, the milk used to



The **PROTECTION CONSORTIUM OF FORMAGGIO PIAVE PDO CHEESE**, which has its headquarters in Busche di Cesiomaggiore (BL) - Italy, was set up in 2010 to defend the designation of protected origin against abuse, falsification and unfair competition. At the same time, the Consortium aims to safeguard the typicality and special characteristics of Piave PDO cheese, to promote it on all national and international markets and to develop the image of the product by informing consumers. Piave cheese has been a Protected Designation cheese since 2010. To guarantee compliance with the rules laid down in the Product Specification, every phase is monitored by CSQA, the body recognized for the certification of Piave PDO, and by the Consortium, with the support of the competent authorities, including the Ministry of Agricultural Food Policies, the Carabinieri Anti-Fraud Unit, the Anti-sophistication and Health Dept, etc. The Consortium also helps to ensure that none of the operations compromise the authenticity and genuineness of the product, monitoring the use of the name in commercial trade.

make Piave PDO cheese comes at least 80% of breeds of cattle typical of the production area: the Bruna Italiana, the Grigio Alpina, the Pezzata Rossa Italiana and the Frisona Italiana. The breeding methods are based on traditional criteria, characterised by the link between the breed of cattle and the territory: free housing is often practised, sometimes with grazing in mountain pastures during the summer months, and feeding using the cheapest and most abundant local staple, stable multi-grass meadow fodder, mostly grown wild, supplemented with excellent quality cereals and grains. Fresh or mature, Piave PDO is a genuine food due to the natural

ingredients: fresh milk, milk enzymes, rennet and salt. It is a nutritionally complete product because it contains essential amino acids, calcium and phosphorus. It is easily digestible because biochemical changes during the ripening process make fats and proteins easy to assimilate. It is rich in essential minerals such as calcium, an essential nutrient that contributes to the formation and maintenance of bones and teeth, blood coagulation and muscle contraction. The calcium contained in the cheese is distinguished not only by its large quantity but, above all, by its high bioavailability: it is easily absorbed into the metabolic processes. ●

Did you know that

Due to its versatility, Piave PDO is ideal for frequent consumption and daily cooking. Some suggestions for use:

- as such is combined with jams, both sweet and spicy;
 - grated to ensure a perfect mantecatura in pasta dishes;
 - in the filling of savory pies, combined with chards;
 - incorporated, grated, into the dough of gnocchi and meatballs, or melted in milk to make fondues;
 - cut into squares in tasty salads.
-



VANILLA PINEAPPLE CARPACCIO WITH PUNTARELLA AND PIAVE PDO MEZZANO

Serves 4 people

Preparation time: 15 minutes + rest

Ingredients

200 g Piave PDO Mezzano - 400 g pineapple - a small head of puntarella
- half a vanilla bean - 30 g brown sugar - 40 g of almonds with the peel
- extra virgin olive oil - salt

Preparation

Clean the puntarella, reduce them to julienne, soak them in cold water for 20 minutes, drain and repeat the step 2 more times.

Clean the pineapple and cut it into very thin slices with a very sharp knife or with a slicer. Place it in a large dish, sprinkle it with the sugar mixed with the seeds contained in the vanilla pot and leave to marinate for 15 minutes.

Drain the pineapple from the marinade and arrange it on the plates, add the puntarella drained, dried and seasoned with a pinch of salt, the almonds chopped and the Piave PDO Mezzano thinly sliced. Season with a drizzle of oil.

Provolone Valpadana PDO

A “cockade” of guarantee

Despite its name, its production originates from cheesemakers in the south of Italy who moved north after the unification

Clearly of southern origin, the production of Provolone Valpadana PDO is today limited to an area that includes part of Lombardy, part of Veneto, some municipalities in the province of Trento and the entire territory of the province of Piacenza. A more uniform territory than it seems, which includes the Po Valley. The beginning of the production can be dated after the unification of Italy, when cheesemakers from the south moved to find the quantities of milk necessary to produce these large cheeses.

Provolone Valpadana PDO is the stretched curd cheese that has the greatest variety of shapes and weights than any other dairy product. The plasticity of the curd allows master cheesemakers to delight in producing shapes of extremely varied weights. Even today, when visiting the maturing warehouses of producing dairies, one can come across some “experiments” of a creative cheesemaker.

The Product Specification for Provolone Valpadana PDO has safeguarded this dairy culture



The PROTECTION CONSORTIUM OF PROVOLONE VALPADANA is a voluntary body, established in 1975 with the name of “Consortium for the protection of Typical Italian Provolone” and based in Piacenza. In 1986 the Consortium became the “Consortium of the typical Provolone cheese”, with the headquarters moving to Cremona. In 1993 it changed its name again (“Consorzio Tutela Provolone”) and in 2002 adopted its current name: “Consorzio Tutela Provolone Valpadana”. 1996 is the key year, since the designation of origin “Valpadana” joins the term “Provolone”, having obtained recognition as a Protected Designation of Origin (PDO) cheese. The Consortium is responsible for protecting this cheese, which has a very strong identity in Italy and in the world and needs an authoritative and official body, expression of the producers of the raw material (milk), of the processors and of the seasoners, that may protect it, guarantee its consistency and excellence and help make its inimitable qualities known. The Consortium supervises the different phases of the life of Provolone Valpadana PDO in a very rigorous way, on the specific assignment of the competent Ministry.

through the identification of standard geometric shapes, replicated in different weights. The type of rennet (of bovine, sheep or goat origin) used in the processing determines the birth of a sweet or spicy Provolone Valpadana PDO which, subsequently, it may possibly be available as smoked or long-seasoned.

Another feature of Provolone Valpadana PDO that makes it iconic, is that of the tying, still carried out by hand before being placed in the maturing warehouse and at the entrance of which, if the cheese is considered adequate, the so-called "cockade" will be affixed, the guarantee seal which must be present on all wheels, in order to protect and certify the characteristics of this cheese as required by the Product Specification. ●

Did you know that

We distinguish 4 typical shapes of Provolone Valpadana PDO: salami, melon/pear, truncated cone, flask.

Their weight varies greatly: from less than 1 kilo to over 100 kilos

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SWEET POTATO RAVIOLI WITH ROSEMARY AND PROVOLONE VALPADANA PDO

Serves 4 people

Preparation time: 30 minutes + rest

Ingredients

2 100 g spicy Provolone Valpadana PDO - 80 g sweet Provolone Valpadana PDO - 200 g 00 flour - 2 eggs - 1 yolk - 300 g potatoes orange - sweet potatoes - 1 small blond onion - 1 sprig of rosemary - 12 sage leaves - 40 g butter - extra virgin olive oil - black pepper - salt - water

Preparation

Wash and dry the sweet potatoes, prick them with a fork, and bake in a preheated oven at 220 °C for about 45 minutes. Knead the flour with the eggs for 10 minutes and let the dough rest covered for 30 minutes. Peel and finely chop the onion and let it stew gently in a saucepan with 2 tablespoons of oil and half a dl of water until this has evaporated. Cut the sweet potatoes in half, keep aside half of them, take the pulp from the remaining ones, pass them through a potato masher and season it with the spicy Provolone Valpadana PDO grated with a medium-hole grater, a pinch of salt, a ground of pepper, the chopped rosemary leaves and the cooked onion.

Roll out the dough into a thin sheet, cut out disks 6 centimeters sides, place in the center of each of them a teaspoon of sweet potato mixture and form the ravioli. Cook them in plenty of salted water at a gentle boil for 2 to 3 minutes, drain and season with butter melted with sage until hazelnut in color, the sweet potato kept aside diced and with 100 g of sweet Provolone Valpadana PDO reduced to thin slices.

Quartirolo Lombardo PDO

From the last grass of September meadows

Its history is intertwined
with the seasonal cycle and agricultural
customs of a precise area of the region,
between the Po Valley
and the pre-Alpine valleys



Quartirolo Lombardo PDO is a soft table cheese, made from raw or pasteurized cow's milk from at least two milkings. The milk from the first milking must be used whole. The milk from the second or subsequent milkings may be used whole or partially skimmed. The production area of Quartirolo Lombardo PDO includes the provinces of Bergamo, Brescia, Como, Cremona, Lecco, Lodi, Milan, Monza-Brianza, Pavia and Varese. It means that milk used must exclusively come from these areas of production, and all operations, from cheesemaking to maturing, must take place within this geographical area.

Quartirolo Lombardo PDO has the shape of a quadrangular parallelepiped, with sides of 18-22 cm, heel height 4-8 cm and a weight from 1,5 to 3,5 kg. The ageing period lasts from 2 to 30 days for the "fresh" cheese, while after 30 days the product is marked as Quartirolo Lombardo "matured" (or "aged"). The cheese is uniform and compact, with a light color ranging from white to straw, softer under the rind. The rind is thin, soft and a natural pinkish color. The taste is distinctive, slightly acid aromatic in the fresh cheese and more aromatic in the matured cheese.

The Quartirolo Lombardo cheese was recognized as PDO in 1996. The PDO Product Specification guarantees the consumer a high-quality product, both in terms of the origin and provenance of the raw materials, and in terms of its production and food safety. Quartirolo Lombardo PDO has a history that intertwines with the seasonal cycle and with agricultural customs of a very specific part of Lombardy, located between the Po Valley and the pre-Alps valleys between Bergamo and Lecco.



The **PROTECTION CONSORTIUM OF THE QUARTIROLO LOMBARDO PDO** was established on June 11, 1990, and it is the institutional reference body for associated companies that produce, mature and market the Quartirolo Lombardo PDO cheese. The Consortium is involved in several activities to protect its cheese, including supervision and monitoring of the marketing, the promotion and dissemination of the Quartirolo Lombardo PDO to the public. Furthermore, commitment in the scientific field is constant through analysis activities aimed at greater knowledge of the characteristics of this cheese, looking for a continuous improvement of the production standard. The Consortium owns the matrices necessary for branding the Quartirolo Lombardo PDO cheese. These matrices report the square "QLLQ" logo identifying the PDO and are distributed under concession to operators included in the Quartirolo Lombardo PDO production chain, certified by the appointed Control Structure. Each matrix, made of plastic material for food use, is imprinted on one of the two flat sides during the cheese production process, and it also contains the identification number of the dairy.

You can relish Quartirolo Lombardo PDO not only by itself, but also a complement to salads and cold dishes. It is unique and ideal for modern cooking for its original taste, lightweight and suitable for a healthy diet, and stands out for its versatility. Among the food combinations are particularly recommended those with nuts, olive oil, grapes, apples and honey, as well as a precious ingredient in

the preparation of pastas and salads. It goes well with Lombardy's typical wines, as long as not too aged. It can be accompanied by sparkling wine as well.

It keeps well in the refrigerator, between 0 and +6 °C, wrapped in aluminum foil or, better, in a slightly damp cloth; to exalt the full flavor and aroma, however, it is better served at room temperature. ●

Did you know that

- The origin of Quartirolo Lombardo PDO dates from the tenth Century A.D. and has to do with the ancient tradition of transhumance, when Lombard "bergamini" (dialectal name for cattlemen) were staying cattle in the mountains during the summer, and then came back to the valley just before autumn.
- In late September the valley offered the cows the last blades of grass of the end of the season. These grew after the third cut of hay, and this kind of grass was so-called "quartirola" (from "quarto" that in Italian means "fourth"). The milk that came was very aromatic and was made into cheese. The name "Quartirolo Lombardo" is a tribute to the last few blades of fresh grass of September meadows.



WARM CREAM OF ZUCCHINI AND AVOCADO WITH ORANGE MARINATED QUARTIROLO LOMBARDO PDO, CHEESE, THYME AND PINK PEPPER

Serves 4 people

Preparation time: 20 minutes + rest

Cooking time: 10 minutes

Ingredients

200 g Quartirolo Lombardo PDO - 500 g zucchini - 2 spring onions - 30 g rice flour - half a liter of vegetable broth - 1 ripe avocado - 1 untreated lemon - 1 untreated orange - 2 sprigs of thyme - half a teaspoon of pink pepper berries - extra virgin olive oil - salt

Preparation

Cut Quartirolo Lombardo PDO into cubes, transfer to a bowl, add the grated zest of half an orange and the juice of the whole citrus, crumbled pink pepper and 2 tablespoons of oil and let marinate in a cool place for 1 hour. Clean the zucchini and spring onions, grate the former with a coarse-hole grater and reduce the latter to slices.

Heat 3 tablespoons of oil in a saucepan, add the spring onion and zucchini, allow them to flavor for 2 minutes and sprinkle with the flour rice flour. Stir, drizzle in the boiling broth, and cook the soup for 7 to 8 minutes.

Let cool, add the hulled and chopped avocado, the grated zest and juice of half a lemon, and blend with an immersion blender. Adjust salt and divide into four bowls. Add Quartirolo Lombardo PDO and the remaining orange, peeled to the vivo and cut into chunks and sprinkle with the thyme leaves.



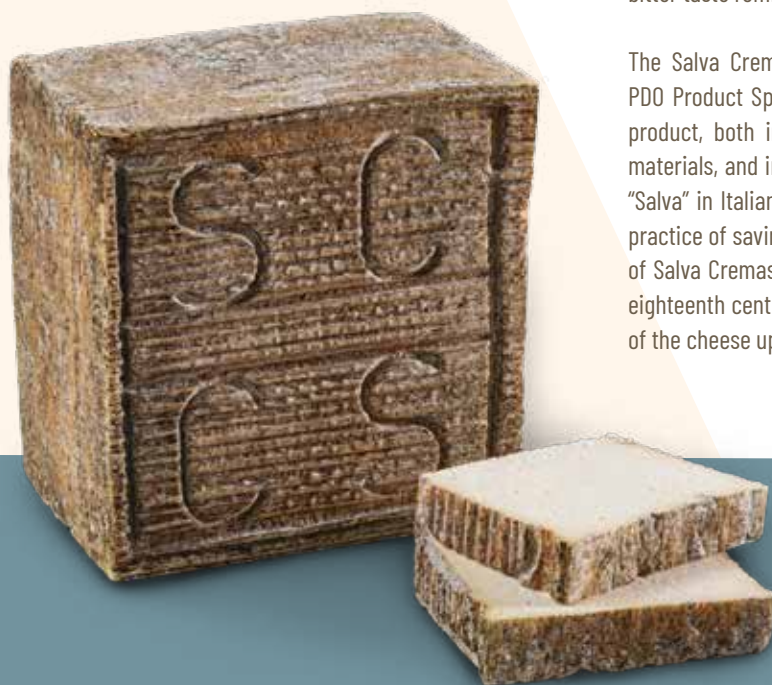
Salva Cremasco PDO

From the valley of Bergamo and Brescia to the Po Valley

Its origin dates to the 17th and 18th centuries,
when the outline of its shape can be identified on some decorative tiles

The Salva Cremasco PDO is a soft raw paste table cheese, with a washed rind, made exclusively with whole cow's milk. It has a maturing period of at least 75 days, and the shape of a quadrangular parallelepiped, with a flat face between 11-13 cm or 17-19 cm, and a straight side from 9 to 15 cm. The weight is between 1.3-1.9 kg, or from 3 to 5 kg. The paste cheese is compact, crumbly, and softer immediately under the rind. The taste is aromatic and intense and it assumes more distinct features with increasing aging. It is not particularly salty and, especially near the rind, you can feel a slight bitter taste reminding of green grass.

The Salva Cremasco cheese was recognized as PDO in 2011. The PDO Product Specification guarantees the consumer a high-quality product, both in terms of the origin and provenance of the raw materials, and in terms of its production and food safety. The name "Salva" in Italian means "to save", and it comes from the traditional practice of saving the plentiful spring productions of milk. The origin of Salva Cremasco PDO cheese dates from the seventeenth and the eighteenth century, when it is already possible to identify the profile of the cheese upon some decorative tiles.



The **PROTECTION CONSORTIUM OF THE SALVA CREMASCO PDO** was established on November the 21st, in 2002, and it is the institutional reference body for associated companies that produce, mature and market the Salva Cremasco PDO cheese. The Consortium is involved in several activities to protect its cheese, including supervision and monitoring of the marketing, the promotion and dissemination of the Salva Cremasco PDO to the public. Furthermore, commitment in the scientific field is constant through analysis activities aimed at greater knowledge of the characteristics of this cheese, looking for a continuous improvement of the production standard. The Consortium owns the matrices necessary for branding the Salva Cremasco PDO cheese. These matrices report the square "SCCS" logo identifying the PDO, and are distributed under concession to operators included in the Salva Cremasco PDO production chain, certified by the appointed Control Structure. Each matrix, made of plastic material for food use, is imprinted on one of the two flat sides during the cheese production process, and it also contains the identification number of the dairy.

The Salva Cremasco PDO has a close relationship with the seasonal transhumance that "bergamini" (dairymen and drovers at the same time) undertook with their cows, down from the countries of the valleys of Bergamo and Brescia to the farms of the plains in the fall and coming back in the next spring. During these trips, the excess milk particularly abundant in the spring, was converted to Stracchino da Salva (northern Italian dialect for "Stracchino di Salva") so they could save it for the hot season.

Salva Cremasco PDO is an extremely versatile cheese in the kitchen and is perfect both enjoyed as it is and as an ingredient for pasta, stuffed pastas and risotto. It is also delicious, grilled or fried in batter.

The typical recipe which sees it as the main ingredient is "Salva con le tighe", that is Salva Cremasco PDO diced and served with "tighe" (dialectal name for pickled Lombard green chillies) and garnished with a drizzle of oil and pepper. ●

Did you know that

It seems that the captain of venture Bartolomeo Colleoni appreciated so much the Salva Cremasco PDO that, whenever he returned to inspecting the military fortifications in the city of Crema, he wanted to be given the citizenship together with some forms of it.

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PUMPKIN FLAN WITH SALVA CREMASCO PDO FONDUE AND AMARETTO CRUMBS

Serves 4 people

Preparation time: 30 minutes

Cooking time: 35 minutes

Ingredients

150 g Salva Cremasco PDO - 5 g potato starch - 1.6 dl milk - 800 g Delica pumpkin - 2 eggs - a pinch of grated nutmeg - 40 g butter - a bunch of parsley - 10 g macaroons - a bay leaf - black pepper - salt

Preparation

Peel the pumpkin, cut it into chunks and steam it for ten minutes or until soft. Pass it through a potato masher and allow it to cool. Combine a handful of parsley leaves chopped, a pinch of salt, a grinding of pepper, a pinch of nutmeg, egg yolks and beaten egg whites and mix with a spatula.

Butter 4 smooth pudding molds, divide the mixture and bake in a preheated oven at 180 °C for 30 minutes. Pour the milk except for a tablespoon into a small saucepan, add bay leaf and heat over low heat. Remove the bay leaf, add the Salva Cremasco PDO grated with a coarse-hole grater and the starch diluted with the remaining milk and cook the fondue over a very low flame until the sauce is smooth and homogeneous.

Remove the flans from the molds and serve with the fondue and macaroons crumbled. Decorate as desired with parsley leaves and a slice of Salva Cremasco PDO.

Stelvio or Stilsfer PDO From 350 mountain farms in Alto Adige

The milk, sourced from over 1,000 meters of altitude, is collected daily and processed in a very short time

The Stelvio or Stilsfer PDO is a typical mountain cheese made from milk derived from alpine farms in South Tyrol and is produced by two dairy farms. The fresh milk used for its production is collected daily from 350 mountain farms in South Tyrol (97% of which are located at an altitude of more than 1,000 meters above sea level) and is processed very quickly. All the farms are in the province of Bolzano: in the Venosta Valley, Burggraviato, Salto-Sciliar, Pusteria Valley, Isarco Valley, and in the territory of the municipality of Bolzano. The Stelvio PDO production takes place according to precise criteria, defined within the so-called Product Specification. Every single step is predetermined and documented with the utmost care. The maturing of the cheese lasts at least 60 days. The wheels must weigh between 8 and 10 kg.

A unique feature is certainly the biweekly treatment with bacterial cultures to which the Stelvio PDO is subjected during aging, and which gives this cheese its characteristic flavor and reddish patina. This microflora "must last forever," as producers say. "At room temperature, our bacterial strains multiply at a dizzying rate. To multiply, they have to 'dance'." If necessary, small amounts of material are taken from this mother culture for multiplication. For this purpose, the frozen bacteria are dissolved in water and "fed" with lactic acid components. To promote the growth of the bacteria, the glass bulbs in which they float must be continuously agitated. This is the only way to ensure a constant supply of oxygen. Within two or three days, billions of new bacteria are thus obtained. It takes two to three days before the culture reaches the right pH value and can be added to the salt solution.



The intense and elegant taste from ancient Tirol: in 2007, the "Stelvio" went down in history as the first cheese from South Tyrol to achieve the PDO label, synonymous with high quality, authenticity, tradition and guarantee of origin. The elements that substantiate the origin of "Stelvio" cheese have clear historical references. The widespread existence of "Schwaigen" - farms in the 13th through the 16th century that paid taxes to landowners in the form of cheese - throughout Tyrol is well documented in land registers of the time. That cheese was used as a medium of exchange proves the importance of this product in the economic, and thus social, structure of the population of that time. The first traces of the production of "Stelvio" date back to 1914, where in some documents of the dairy in Stils (Stelvio) the production of this cheese is mentioned. The CONSORZIO STELVIO PDO was established in 2008, when the raw milk producers and the producers of Stelvio PDO cheese joined forces with the aim of protecting, promoting and informing the consumer, as well as protecting the general interests concerning the Stelvio PDO product according to the existing regulations.

The cheese is enclosed by a firm, dry rind, pale yellow to dark yellow in color. The rind is firm and rough to the touch; this is due to the treatment with red culture from which the cheese's typical aroma is derived. The interior of Stelvio PDO is light- to straw-yellow depending on the time of year. The texture of the cheese is enriched by regular holes with round holes arranged individually.

The texture on the palate is very soft and creamy and the cheese melts in the mouth almost as if it were butter. A very pleasant texture that is appreciated by many. The aroma of the cheese has tones of milk, roasting and nuts. It can be eaten in combination with bacon, apples, and rustic bread. It fits very well to being melted and consumed with polenta or vegetables. It is ideal for making cheese dumplings or fondue. ●

Did you know that

Some samples of the bacterial cultures to which the forms of Stelvio PDO are subjected during aging, are now stored in liquid nitrogen at -196 °C.

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CELERIAC, POTATO AND FENNEL MOUSSE WITH STELVIO PDO AND WALNUTS

Serves 4 people

Preparation time: 15 minutes

Cooking time: 15 minutes

Ingredients

200 g Stelvio PDO - 200 g celeriac - 200 g potatoes - 200 g fennel - 1 lemon - 40 g walnut kernels - 4 slices of cereal bread - extra virgin olive oil - black pepper - salt

Preparation

Clean the celeriac, fennel and potatoes and set aside the green fennel leaves. Cut the vegetables into wedges and cook them in a saucepan with boiling salted water acidulated with the juice of half a lemon for 15 minutes or until they are soft. Drain them and let them dry.

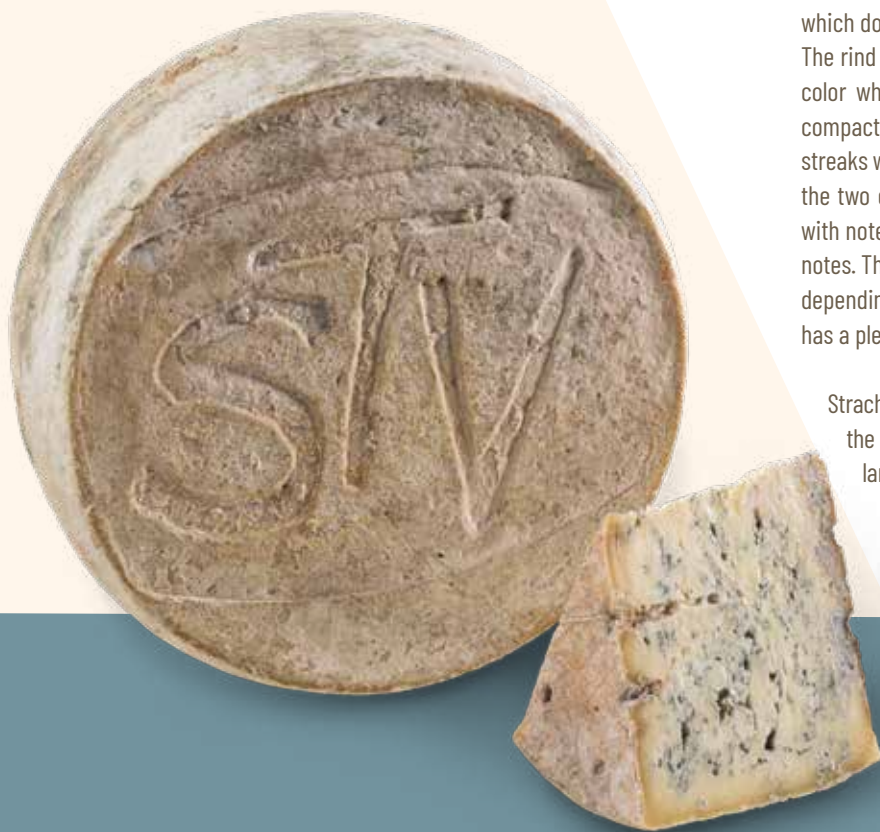
Blend the vegetables with the juice of the remaining half a lemon, a pinch of salt, a pinch of pepper and 4 tablespoons of oil and divide the mousse into 4 small bowls. Coarsely chop the walnut kernels and sprinkle them on the mousse together with the finely chopped fennel leaves. Serve with the Stelvio PDO cut into sticks and toasted bread.



Strachitunt PDO

The cheese of its people

This “round stracchino” lets you taste the grass flavor of the Taleggio Valley and enjoy the landscape of pastures and typical stables



The term “Strachitunt” derives from the translation of the word for “round Stracchino-cheese” into the Bergamo dialect. It is a raw-milk blue-veined cheese belonging to the Stracchino family, with which it shares its origins and tradition. Strachitunt PDO is made with whole and raw cow’s milk using the ancient “two curds” technique, which consists of joining layers of evening curd (commonly called “cold curd”), left to drain in a linen cloth for at least 12 hours, with the morning curd (commonly called “hot curd”). The two curds are molded in a cylindrical shape with flat sides with a diameter of 25-28 cm and a straight or slightly round faces of 15-18 cm. During the minimum maturing period of 75 days, the two sides of each wheel are punctured to boost the development of molds that are naturally present in the cheese, giving it the characteristic blue-green veins. The molds, i.e. the marbling, in the Strachitunt PDO, which give the cheese its spicy taste, are never standard or uniform and can vary. It is, however, due to the inherent nature of the manufacturing process, which does not include the addition of any penicillium.

The rind is thin and furrowed, sometimes flowery, and of a yellowish color which tends towards grey later in the season. The paste is compact, marbled and softer in the subcrust, straw-colored and with streaks which can sometimes be creamy due to the layering effect of the two curds. The aroma is characteristic of blue-veined cheeses, with notes that are slightly lactic at first, then take on more metallic notes. The taste is aromatic and intense, ranging from sweet to spicy depending on the degree of aging; the cheese is fragrant, soft and has a pleasant vegetal aftertaste.

Strachitunt PDO is full of the flavor of the grass, air and water of the Taleggio Valley. This excellent dairy product also evokes the landscape of pastures and typical stables of the area. The history of Strachitunt PDO dates to the dawn of time. After



The PROTECTION CONSORTIUM OF STRACHITUNT VALTALEGGIO was founded in the early 2000s with two main aims: to protect this valuable product (of which there were already many imitations and rehashing), and to eventually obtain the Protected Designation of Origin (PDO), the highest Italian and European quality guarantee. Once these aims were reached, the cheese could take a well-deserved top place among the dairy elite of the old continent. To preserve the identity and uniqueness of the Strachitunt PDO, the Product Specification is very strict. The production area includes four municipalities: Taleggio, Vedeseta, Gerosa (part of Valbrembilla) and Blello. Currently, the headquarters of the Consortium is in the municipality of Vedeseta, which includes eleven producers/ripeners whose companies are all located within the territory specified in the Product Specification.

several centuries of national and international success, the cheese disappeared from the scene for a time. The last few years however have witnessed its rebirth, also due to the activities of the Protection Consortium of Strachitunt PDO Valtaleggio. When we recall the beginnings of the Consortium, we should not forget the cheese makers "of yesteryear", those highly skilled people who bridged the gap between past and present, guarding the skills and the know-how of a cheese making art that was on the brink of disappearing altogether. They are key players that have passed on the baton of a cheese-making tradition that was almost to be lost for future generations. Other key elements have been the foresight and encouragement of certain executives and the expertise of renowned cheese-ripening experts. Today, however, the new heroes are those young and very young people, who have decided to carry the business they inherited forward.

Strachitunt PDO has gone from being a significant resource of the people to being the work of businesses, acting as an incentive to young people to create new start-ups in the valleys of Taleggio and Brembilla. When the Protection Consortium of Strachitunt Valtaleggio PDO was established, twenty years ago, the main aim was to protect the product, its name, the working location and people who produced it.

Today, the Consortium dreams of making Strachitunt PDO a valuable resource for the local area. In the valleys of Taleggio and Brembilla, with a great entrepreneurial spirit, there is now a drive towards improving quality, in the attempt to obtain an even better milk for an even more delicious cheese. These are significant times and perhaps the best times for Strachitunt PDO, certainly the best in living memory. ●

Did you know that

- The milk used to produce Strachitunt PDO must come from cattle reared on farms in the production area and comes from cows that are at least 90% Bruna Alpina breed.
 - The cows must be reared with at least 65% grass and hay, 90% of which must come from the Taleggio Valley area.
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QUINCES WITH HONEY AND SPICES AND STRACHITUNT PDO

Serves 4 people

Preparation time: 10 minutes

Cooking time: 25 minutes

Ingredients

300 g Strachitunt PDO - 2 quinces - 100 g acacia honey - 8 juniper berries - 4 cloves - 5 black pepper berries - 2 tablespoons apple cider vinegar - 1 lemon

Preparation

Peel the quinces, cut each into four segments, remove the core and as they are ready soak them in water acidulated with lemon juice. Pour the honey into a saucepan, cook until it begins to caramelize, add the spices and vinegar, watch out for hot splashes, and add the drained quinces.

Pour in 2 dl of hot water and cook over low heat, with the saucepan covered, for 20 minutes. Allow it to cool, drain the quinces and serve with the sliced cheese.



Taleggio PDO

Four circles and three “T’s” guarantee of quality

Mentioned in documents dating back to the 1200s, it is one of the oldest cheeses in Italy



Taleggio PDO is a cheese of very ancient origins. Documents dating to 1200 refer to the trade and exchanges it underwent, together with other cheeses. The area of origin was born from Val Taleggio and Valsassina. The valley dwellers, having the need to conserve milk in excess of direct consumption, began to produce cheese which, once ripened in “caves” or valley cheese houses, could be exchanged with other products or marketed.

As the consumption of Taleggio PDO grew more and more, production progressively extended to the Po Valley, where many small and medium-sized dairies began to operate, managing to balance the traditional technology with the technological innovations that have followed one another over almost a thousand years of history. The production of Taleggio PDO, which was initially seasonal, now takes place throughout the year, and not only in the mountains where this cheese was born, but also in numerous artisan structures or in large dairies on the plains.

Taleggio PDO is a soft table cheese produced with cow's milk. The production, maturing and portioning area of the cheese which benefits from the Taleggio PDO includes the entire territory of the provinces in Lombardy, Bergamo, Brescia, Como, Lecco, Cremona, Milan, Lodi, Monza and Brianza, Pavia, in Piedmont of Novara, Verbano-Cusio-Ossola, and in Veneto of Treviso. The milk used must come exclusively from these production areas. The shape of Taleggio PDO presents itself as a quadrangular parallelepiped with flat faces with sides of 18-20 cm, a straight heel of 4-7 cm with slight variations in relation to the technical production conditions and a weight varying from 1.5 kg. to 2.5 kg. detectable at the end of the minimum maturation time of 35 days. As regards the height of the heel, a tolerance is allowed equal to 10% on the maximum and minimum values.

The rind is thin in thickness, soft in texture, natural pink in



The **PROTECTION CONSORTIUM OF TALEGGIO** was founded in Crema in 1979 by an agreement among a few producers in the territory to defend Taleggio from imitations from abroad. This agreement led in 1996 to the recognition to Taleggio of the Protected Designation of Origin (PDO) by the European Union after approval of the Product Specification that establishes the production standards. The Consortium, through promotion and protection activities, aims to ensure compliance with the Taleggio PDO and its quality, that we recognize and find in every single wheel produced.

Four circles and three T's stamped on the rind: this is the mark that certifies the authenticity of the product and guarantees that the wheel has been produced in full compliance with the technical and hygienic standards set by the Consortium. Also printed on the outer wrapper is the cloverleaf of the Consortium to recognize the original product at first glance. In addition to the three T's inscribed in the circles, the rind of Taleggio D.O.P. cheese is also stamped with a serial number that makes it possible to trace it back to the dairy where it was produced: a proud signature on a transparent product.

color, with the presence of microflora characteristic. No treatment of the crust other than with water and salt is permitted.

Paste has a united structure, absent holes with some very small eyes irregularly distributed; consistency is generally compact, softer in the part immediately under the rind. The color of the paste is from white to straw yellow. The flavor is characteristic, sweet, aromatic with a balanced flavor, lactic notes and a truffle aftertaste are perceived on

the palate. Chemical characteristics: fat on dry matter minimum 48%; minimum dry extract 46%; maximum water content 54%; furosine max 14 mg/100 g protein. The product cannot be frozen. Taleggio PDO keeps excellently for a couple of weeks in the refrigerator, between 2 °C and 6 °C depending on the degree of ripeness; it is advisable to wrap it in a damp cloth to maintain the softness of the crust. In any case, packaging must be used that allows air to pass through. ●

Did you know that

- Taleggio PDO is one of Italy's oldest cheeses, dating back to the 10th century.
 - The name "Taleggio" refers to a specific geographical area in Lombardy between the valleys of Valsassina and Val Taleggio, containing the village of the same name.
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COCOA AND FENNEL SEED SABLÉ WITH TALEGGIO PDO

Serves 4 people

Preparation time: 15 minutes + rest

Cooking time: 15 minutes

Ingredients

200 g Taleggio PDO - 200 g flour 00 - 20 g bitter cocoa in powder - half a teaspoon of fennel seeds - 20 g sugar - 80 g butter - a few leaves of late radicchio - salt

Preparation

Finely chop the fennel seeds with a knife, mix them with the flour, sifted cocoa, sugar and add the cold butter cut into cubes. Knead first with fingertips and then by rubbing the ingredients between the palms of your hands until a crumb mixture is obtained. Combine 1 dl cold water and knead quickly until the dough is homogeneous. Form into a loaf, wrap it in a sheet of plastic wrap for food and let it rest for 30 minutes.

Roll out the dough into a sheet 3 millimeters thick and cut out disks with a notched round pastry cutter 5 centimeters in diameter. Prick them with the tines of a fork and bake them in an oven preheated to 180 °C for about 15 minutes. Serve them cold with Taleggio PDO and with chopped radicchio leaves to taste.

Valtellina Casera PDO

Double brands to safeguard the consumer

A unique cheese, made from semi-skimmed cow's milk from traditional breeds in the province of Sondrio



Valtellina Casera PDO is a semi-fat, semi-cooked and semi-hard cheese made exclusively with partially skimmed milk from traditional breeds of cattle in the province of Sondrio. This makes it commendable from an organoleptic point of view and suitable for everyday consumption. The cattle are fed mainly on fodder from the production area. At one time, Valtellina Casera PDO was only produced in winter; today, breeders manage to ensure year-round production thanks to some herds that remain stationary on the valley floor.

The milk, obtained from two or more milkings, is first partially skimmed and then undergoes curdling thanks to the spontaneous development of the cheese microflora. Coagulation is achieved with the use of calf rennet. The curd is then cooked at a temperature of 40 to 45 °C for about 30 minutes. This is followed by breaking the curd up into clumps the size of corn kernels.

Once extracted, the paste is placed in moulds that repeatedly bear the words 'Valtellina Casera', preceded by a stylised cheese wheel. The paste is also pressed gently for about 8-12 hours and then dry salted or brined. The wheels are aged in dedicated ripening rooms, at a temperature of 6-13 °C and a relative humidity of not less than 80 %, for a minimum of seventy days. Starting from the 70th day following the production date, the Protection Consortium, after a positive inspection, affixes its brand on the cheeses.

Valtellina Casera PDO has a cylindrical, regular shape, with flat surfaces and a straight side. The diameter is between 30 and 45 cm and the side is 8-10 cm high. Its weight can vary between 7 and 12 kg, depending on the wheel's height and diameter. Valtellina Casera PDO has a thin (2-4 mm), firm rind; the paste is white-to-straw yellow, and its color intensifies as the cheese matures. The paste is of



The PROTECTION CONSORTIUM OF VALTELLINA CASERA AND BITTO CHEESES - C.T.C.B. - to date, the only protection Consortium in Italy that represents two PDO productions (see pg. 8) - was founded on 2 October 1995, on the initiative of Bitto and Valtellina Casera cheese makers and other dairy producers in the province of Sondrio, with the aim of safeguarding the uniqueness of Valtellina PDO cheeses. The Consortium's activities include: providing technical assistance to producers so as to foster ongoing product quality improvement; inspecting each single cheese wheel (only the cheeses that show the quality and typical characteristics envisaged by the Product Specifications obtain the Consortium's brand and are marketed within the PDO circuit); supporting cheesemakers and agers in fulfilling the obligations set forth in the Control Plans drawn by the certifying body on the basis of the Product Specifications; supervising the production and trade of these cheeses, so as to also protect consumers by guaranteeing product "typicality"; promoting the products by local, national and international events and producing promotional and publicity materials.

medium texture, elastic, with fine, diffuse eye formation. As ripening proceeds, the paste thickens, and its color intensifies. The cheese has a sweet, milky flavour that becomes more intense and richer as ageing proceeds, acquiring notes of dried fruit and hay.

Valtellina Casera PDO has a dual marking system, intended to protect consumers: the origin mark, which is affixed in bas-relief by the producer by means of a marking hoop which bears, in addition to the words "Valtellina Casera", the producer's identification number, the EC mark of the dairy and the production date; the quality mark, in which case the brand is affixed by the Protection Consortium only on the cheese wheels that comply with the Specifications and are at least 70 days old. The branded mark shows a stylized cheese wheel from which an open 'V' separates a wedge representing the characteristic slice of cheese. Both brands appear on the side of the cheese wheel, and whole cheese wheels may come with a paper disc on one face. ●

Did you know that

- Fresh Valtellina Casera PDO can also be used in flakes as a condiment: it pairs very well with buckwheat specialities.
- It is a primary ingredient of some typical Valtellina dishes, like "pizzoccheri" and "sciatt".

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DOUBLE-COOKED VALTELLINA CASERA PDO SOUFFLÉ WITH APPLE AND WALNUT SALAD

Serves 4 people

Preparation time: 30 minutes + rest

Cooking time: 30 minutes

Ingredients

200 g fresh Valtellina Casera PDO - 40 g aged Valtellina Casera PDO - 2.4 dl milk - 80 g butter - 6 egg yolks - 4 egg whites - 3 sprigs of thyme - 1 shallot - 2 Annurche apples - 100 g of samphire - 40 g walnut kernels - chives - black pepper - salt

Preparation

Pour the milk into a saucepan, add the shallots, peeled and cut in half and the thyme sprigs, and slowly heat the milk to the limit of the boil. Remove the shallots and thyme, add the sifted flour stirring simultaneously with a small whisk and cook over low flame for 5 minutes. Remove the saucepan from the heat and add 60 g of diced butter, the Valtellina Casera PDO grated with a grater with large holes, a grinding of pepper and a pinch of salt. Transfer the mixture into a bowl, let it cool, add the yolks separated from the egg whites and stir.

Add the beaten egg whites and mix with a spatula. Grease 4 smooth pudding molds 10 cm in diameter, sprinkle the insides with grated aged Valtellina Casera PDO, pour in the prepared mixture. Cover the molds with aluminum foil and steam them for 15 minutes. Remove them from the steamer, let them rest for 10 minutes and invert them onto a baking sheet lined with baking paper. When cool, transfer them to the refrigerator for 3-4 hours and then bake them in an oven preheated to 200 °C for 10 minutes or until golden brown.

Transfer them to plates, add a grinding of pepper and accompany to taste with the soncino mixed with the hulled and thinly sliced apples, the chopped walnuts and chopped chives.





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