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“CHEESE & WINE”



1. What Is Cheese

- ✓ Cheese is a nutritious food produced, today mainly from cow's milk but also from other mammals, including sheep, goats, buffaloes, reindeer, camels and yaks, although, as we will see later in the history of cheese, the milk used it was only sheep and goat.
- ✓ We can say that:

Cheese is an "art", a dairy art that has always been based on four basic elements: **milk, rennet, heat, salt**. Cheese is produced made only with milk or milk cream, any label that does not include these two raw materials, alone or together, does not indicate a cheese.

2. History About Cheese

- ✓ History reveals that the invention of cheese is due to the shepherds who populated Mesopotamia about 18 thousand years ago. Some scholars believe that the Tartars, Tibetans and Persians were the first to try their hand in dairy art, but there are no documentary sources. At the moment the most ancient source, which testifies with particular precision the phases of milk processing, is a "Sumerian bas-relief", population of southern Mesopotamia, dated III millennium BC, where priests engaged in milk processing are represented.

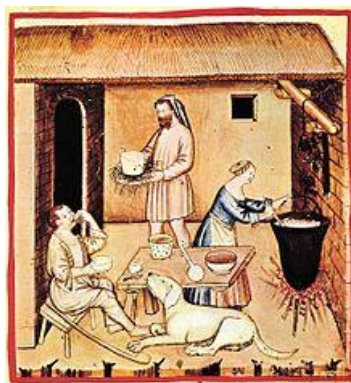


"Sumerian bas-relief" - dated III millennium BC

- ✓ We must get to 2800 BC, with archaeological sources, to date the beginning of the production of a soft cheese. The people who gave their names to this art of milk processing came from ancient Greece. Indeed, today's word "cheese" is a derivation of the word "formos"; with this word the ancient Greeks indicated the wicker basket, which was used to preserve the curdled

milk, to give it its shape. The ancient Greek word "formos" became the "form" of the Romans in ancient Rome, which in turn was transformed into ancient French into "fromage" to take on modern versions in various languages.

- ✓ Its true origin is lost in a legend that sees an Arab merchant as its protagonist. Having to cross the desert with food, he brought with him fresh milk contained in a sheep stomach pouch. The heat, the movement, the enzymes present on the sheep's stomach wall, reactivated by the heat, acidified and coagulated the milk, turning it into "cheese". Later, over the centuries the art of cheese-making has developed, while maintaining the basic elements: milk, salt, heat, rennet.
- ✓ The cheese favored by the ancients was usually goat's milk, sometimes the mixed cheese (sheep and goat) was tasted, almost never the cow's (believed to be harmful). Until the Romans introduced the use of cow's milk for the preparation of cheeses.
- ✓ The art of cheese preparation was widespread throughout the "known world" by the Romans, in fact, they midn this knowledge and techniques in most of their domains.



Cheese preparation; Tacuinum Sanitatis, 14th century

Surely the spread and consumption of cheese over the years is also due to mass immigration after the 1st and 2nd world wars. At that time production was still artisanal. Today the production of cheese has to deal with technological evolution, market needs must be reconciled with the rhythms of a changing society. Nowadays, with the increased use of machinery and drugs for cattle, we see a complete replacement of wooden tools, indispensable until the 1970s, replaced by

aluminum, plastic and stainless-steel tools because they are not hygienic, but that are still present in small artisan structures. In the course of about twenty years we have gone from hand milking to mechanical milking machines, from an almost totally manual process to the use of plants, which have really revolutionized production from the point of view of quantity, quality and standardization, but they which have seriously threatened an important part of the dairy tradition: "the human being". With the increasing automation, in fact, there is the risk of losing the skill of the cheesemakers of the past, the passion that only the hands of people can give to products and the passage of tradition to the new generations. In summary, the innovations in production are undoubtedly positive for the competitiveness in the market and for the greater hygienic criteria, but that artisan touch, full of knowledge, that really returns all the aromas of tradition is being lost.

3. Cheese Classification

The classification of the cheeses can be carried out based on a series of physical and technological parameters. Below are the following a classification of the most common cheeses.

Maturation time

Depending on the duration of maturation, it is distinguished into:

- ✓ Fast maturation: maximum 30 days (Mozzarella, Crescenza);
- ✓ Medium maturity: 1-6 months (Fontina, Gorgonzola);
- ✓ Slow maturation: more than 6 months (Parmesan, Emmenthaler).
- ✓ Curd temperature

If the cooking temperature is higher than that of the curd forming, it is called cooked cheese, those with raw dough do not undergo any heat treatment.

- ✓ Raw pasta: maximum 40 degrees (crescenza, gorgonzola, mozzarella, taleggio).
- ✓ Semi-cooked pasta: maximum 48 degrees (fontina, asiago, provolone)

- ✓ Cooked pasta: 48-56 degrees (Grana, Parmigiano, Emmenthal)
- ✓ Spun paste: the curd is put in water at 80-90 degrees (mozzarella, provolone);

Final consistency of the pasta

- ✓ You can have soft cheeses (Crescenza), semi-hard (Fontina) and duri (Grana)

Fat content

We will analyze this aspect in the following paragraph.

4. **Cheese Around The World**

- ✓ Cheese is a product used and consumed all over the world; it is an ancient food with origins that precede the recorded history.

The continent that most produces and consumes cheese is Europe, followed by Asia, the Middle East and North America, which follow step by step behind Europe. Oceania, South America and Africa are the continents that have less production than all the others.

- ✓ **Particularly in Canada we find:**

Bleu Bénédictin

Made by the monks at the Benedictine Abbey of Saint-Benoît-du-Lac, Quebec.

Cheese curds

Cheese curds are a key ingredient in poutine.

Oka

Originally manufactured by the Trappist monks, who are located in Oka, Quebec, Canada, this cheese has a distinct flavour and aroma, and is still manufactured in Oka, although now by a commercial company.

Cheddar cheese

Most Canadian Cheddar is produced by a number of large companies in Ontario, though other provinces produce some and some smaller artisanal producers exist. The annual production is

120,000 tons. It is aged a minimum of three months, but much of it is held for much longer, up to 10 years.

The question "why does Canadian cheese taste different?" There are various reasons why we see the main ones:

- ✓ The milk produced in Canada is different from the milk produced in some parts of Europe, so inevitably Canadian cheeses will always have a different flavor from the European cheeses they imitate.
- ✓ In Canada the art of cheese production is still relatively raw.
- ✓ Canadian cheese production is also much more sterile than European techniques and practices. This means that Canadian cheeses are cleaner and safer, but this affects the taste and the final product.
- ✓ The fact is that some molds and some bacteria have a better taste and play a significant role in the science and composition of artisanal cheese and, unlike their European counterparts, Canadian cheesemakers cannot mature their cheeses underground in ancient caves. The aging rooms or "caves" in stainless steel used here cannot achieve the same results as a natural cave.
- ✓ The reason why Parmesan and Brie and others, of Canadian manufacture, are more expensive is because it is difficult and expensive to obtain permits and licenses to produce local cheeses. Furthermore, the costs of labor, raw materials - such as a regulated milk source - and high operating costs contribute to the relatively expensive costs of locally produced artisan cheese.

5. Use Cheese In The Culinary And Pastry

- ✓ Between the fourteenth and fifteenth centuries, the cheeses will be mentioned several times in cookbooks with accurate descriptions, rightly entering the tables of the upper classes. In the

same period the "fresh cheese" becomes a habitual ingredient for the packaging of sweet and savory cakes and pies.

- ✓ The use of cheese in the kitchen and in pastry can be classified according to the various types of cheese, because each cheese is unique and suitable for different dishes.

Here are some examples of the most popular cheeses and their uses.

- ✓ **Mozzarella**

You can enjoy fresh mozzarella with a drizzle of olive oil, salt and pepper, because it tastes slightly acidic, but not salty. You can prepare a simple Caprese salad or eat it with tomatoes in a sandwich. Mozzarella is the main element in almost all pizzas.

- ✓ **Parmesan**

Parmesan is mainly grated over pasta, used in soups and risottos. It is also eaten as it is, as a snack or in cheese sauces. You can prepare crusts with breadcrumbs, eggs and parmesan to cover the chicken before frying it, sprinkle it in a salad or add it to savory muffins.

- ✓ **Cheddar**

Cheddar is used for the best burgers and other types of sandwiches. You can use grated cheddar, in cheese sauces like the one for macaroni and cheese, or to make savory pies.

- ✓ **Swiss Emmental**

Its delicate, sweet and hazelnut-like flavor makes it suitable mainly for sandwiches - especially for Reuben sandwiches - it is usually added to cakes, omelets, soufflés, melted on a steak, in cheese sauces or fondue. It is also used to prepare cordon bleu, fondue and grilled cheese.

- ✓ **Feta**

You can crumble Feta cheese on a salad and roasted vegetables, you can add it to your

sandwiches, tacos or other Mexican dishes. Feta can also be served with olives, peppers, olive oil and fresh focaccia. It is mainly the cheese of the famous "Greek Salads".

✓ **Mascarpone**

Mascarpone is better known as an ingredient in sweet Italian tiramisu, especially used in confectionery, but you can also use it to prepare delicious sauces with pasta or risotto. Or you can turn it into a dip by combining it with a little olive oil, herbs and spices.

✓ **Gorgonzola**

Gorgonzola is one of the most used cheeses in Italian cuisine, mainly to prepare many sauces for pasta, such as gnocchi with gorgonzola, risotto with radicchio and gorgonzola, but also many dishes with meat, such as gorgonzola steak.

6. The Most Famous Cheeses In The World

The definitive ranking of the best cheeses in the world of 2019

Not everyone knows it, but there are the World Cheese Awards that go to cheeses like the Oscars are in the cinema. During the event, the best cheeses in circulation, including rarities and cheeses that are not normally found (unfortunately) in our supermarkets, are rewarded and tasted, which is perhaps even more important.

This year the festival jury awarded the ten cheeses that stood out for quality, taste and research: the wonders of dairy craftsmanship that anyone would like to have in the fridge.

So here it is, the dream cheese team.

1. Fanaost Aged-Gouda, Ostegården, Norvegia.



Let's start with the best of all: this Norwegian cheese, with its flavor - they say - indescribable, is made from the milk of only twelve carefully selected cows. The opinion of the critics has decreed very clearly: this is the best cheese we can eat in the world today.

2. Agour Pur Brebis AOP Ossau Iraty, QST International, Francia.



Made exclusively with raw sheep's milk to maintain a maximum creaminess, completely handcrafted at every stage of processing, the Agour Pur Brebis is the second best cheese in the world.

3. Helfeit, Brun Geitost, Tinntradisjon, Stordalen Gardsbruk, Norvegia.



It had not happened for a long time that not one, but two Norwegian cheeses arrived in the top three worlds. The Helfeit Brun Geitost has an unbeatable caramelized consistency.

4. Almnäs Tegel, Almnäs Bruk, Svezia.



The recipe dates back as far as the eighteenth century, and in Sweden it continues to be followed with great precision, and we need to understand why, given that it is the only Swedish cheese in the upper part of the ranking. The taste of Almnäs Tegel is reminiscent of the best Swiss cheeses, a little spicy mixed with a relaxed and sweet taste.

5. Riserva del Fondatore, Caseificio Il Fiorin, Italia.



The first Italian in the ranking is a pecorino. Perfect to be consumed alone, or with a good wine, the taste is inimitable and of a very intense sweet.

6. Baffalo Blu, Caseificio Defendi Luigi Srl, Italia.



And here is another product of "Bel Paese", Italy, surely one of the most original cheeses of all the culinary event culminating in these awards. The blue is there because of a peculiarity of the processing of buffalo milk, of very high quality, of course.

7. Lihmskov, Grand Fromage, Danimarca.



Lihmskov is also the name of the area of Denmark where cheese is produced and grazing hundreds of well-kept sheep and cattle. The ideal use? In sandwiches, apparently, or so the Danes do. It is to be trusted.

8. Taupinette Jousseaume, Jousseaume Earl, Francia.



Alain Jousseaume, who is in charge of producing this wonderful cheese, is a professional, but his genius is to feed his goats only with excellent quality food. That's all, the secret of this is the eighth best cheese in the world.

9. Caciocavallo, Azienda Agricola e Zootecnica Posticchia Sabelli, Italia.



The third Italian cheese in the ranking comes from Calabria and is one of the oldest and most renowned in all of Italy. An excellence appreciated abroad too, obviously.

10. Majorero PDO curado con pimentón, Spagna.

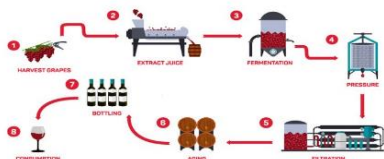


Spanish pride comes from the Canaries, islands with excellent air and raw materials: the flavor is spicy, but at the same time with a sweet aftertaste. We are talking about one of the most appreciated cheeses by Spanish and European restaurateurs.

7. Wine

→ What is Wine?

Wine, originally is extracted from fermented grapes and then yeast is added to transform the sugar into ethanol, carbon dioxide and heat.



THE WINE MAKING PROCESS

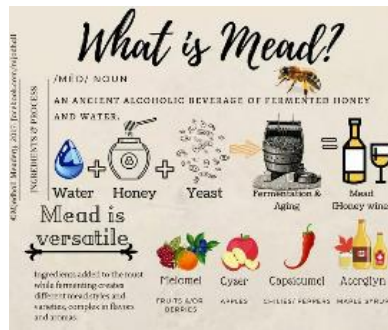
<https://youtu.be/x1kD6-izWtY> - How wine is made. (Video)

However, depending on the region “WINE” can also be extracted from local sources as such as Rice, Pineapple, Maple and “Palm Trees” (Coconut).

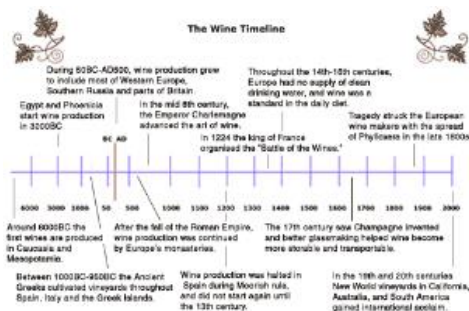


Soju – Sake – Baijiu- Pineapple – Coconut (Tuba)- Maple – Mead (Honey)





→ History of Wine?



→ Wine varies from the type of grape that it is produce from, however we will only be discussing the noble grapes

Mead was actually one of the first few wines that were produce later on grapes were incorporated into the wine production. Mead was known as the “nectar of the gods”. The story of the legend of the mead, was said to be a beehive fell on the ground and rain water got inside the beehive, leading the honey to ferment soon later a human found it.

Similar to Grape wine Mead also has its own varieties of wine

→ **Melomel** is the name given to the blending of fruits and honey. Examples would be plum, cherry, peach, elderberry, chokecherry, huckleberry, pear, etc. The possibilities are really infinite. Some fruit honey wines have been given specific names.

→ **Pyment** is the name given to a blend of grape and fermented honey. Grapes had been planted by the Romans during their conquests and grape wine started to spread as a result. Grapes are native to the Mediterranean, (some other varieties were discovered in the New World) they

did not grow in many European nations originally. As honey wine became scarce and grape wine became more popular, a transitional drink was born. This drink was called piment.

→ [Cyser](#) is the name given to the blending of apples and fermented honey. It is believed that this too was transitional mead around the time of piment.

→ [Methoglin](#) is the name given to honey wine with spices added to create flavor layers and variations

→ [Bochet](#) is honey wine made from burnt honey or at the very least, darkened honey. It is said that this form of honey wine originated in Scotland. Braggots are malted meads.

Researchers concluded, wine and its history has been complying with the agriculture, cuisine, society and the throughout the progression of our civilization.

Egypt, China, Armenia, Georgia, and Iran had the first wine production, tracing back around Millennium BC. European wine productions were later discovered around 6,500 years ago. Wine was a symbol of class and socializing especially Greece and Rome culture it was later on spread throughout Europe. Grape wine became more popular since the church started to serve wine in respect of tradition and religion. Leading wine to be more accessible to the public and affordable. Not only did the wine production evolve the wine packaging has completely change also. From storing wine into wooden barrels during the 3rd Century. 17th century glass bottles were then introduce with various shapes and sizes. 21st century plastic bottles were then popularized, for its convience to carry and easily recycled.

However we will mostly be discussing Grape wine and the Noble grapes

→ **Why do we Pair food with Wine? (Wine in Pastry and culinary)**

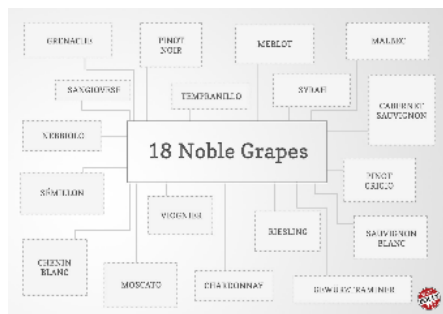
→ Dishes are paired with different wines in hopes of enhancing the flavor of both the food and the beverage. It is more of a subjective process than an exact science, leaving plenty of creative space to use to impress customers.

→ “Food and wine pairings are all about balance. The wine must not hide the food, the food must not hide the wine”

explains [Mr Gildas L'Hostis](#), EHL's Senior Lecturer - Oenology



→ **Types of Wine? Define**



→ Wine varies from the type of grape that it is produce from, however we will only be discussing the noble grapes

→ Noble Grapes is the term to classify the Interntional variety of grapes most recognizable for the highest quality wine the grapes produce.

White Wine

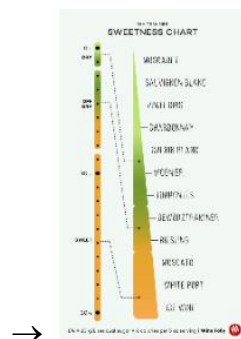
Chardonnay, Pinot Gris/ Grigio, Sauvignon Blanc, Viognier, Riesling, Gewürztraminer, Marsanne/ Roussanne, Semillon, and Muscat

→ 9 Noble white wine

→ Pinot Grigio – Light, Zesty, acidic

→ Riesling- Dry, sweet aromatic lime, honey, and apricots, acidic

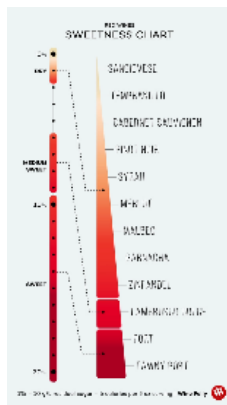
- Sauvignon Blanc- Green, Herbacious and smooth
- Chenin Blanc – Zesty , aromatic flavours and lemon
- Moscato ‘- Sweet, Peach and orange blossom flavour
- Gewurtraminer, off-dry, sweet, ginger and honey flavour
- Semillion-Medium body, dry,a hint of lemon
- Viognier, Medium Body, aromatic flowers
- Chardonnay Full body, dry



Red Wine

- (US) Cabernet Sauvignon, Meritage, (California)
- (Italy) Chianti, Barolo/Barbaresco, Amarone della Valpolicella, Lambrusco, Montepulciano d' Abruzzo, Vino Nobile di Montepulciano, Super Tuscan, Brunello di Montacino Merlot. Sangiovese, Nebbiolo, Malbec, Carmenere ,Barbera,
- (Spain) Rioja, Priorat, Grenache/Garnacha
- (France) Cabernet Franc, Bordeaux, Burgundy, Beaujolais, Chateauneuf-du-pape, Cotes du Rhone, Cote Rotie, Hermitage, , Pinot Noir, Syrah,
- 9 Noble Red wine
- Pinot Noir- Lightest red grape, the acidity aromatics
- Grenache- Candied red wine grape, light and fruity at the same time
- Merlot- Lighter or bolder depending on its production. Fruity and smooth tannins

- Sagiovese- Aromatic, bigger tannins, cherry fruity
- Nebbiolo- Savory high tannin/ Acid wine, light in colour
- Tempranillo- Earthy, rustic tobacco notes with high tannin
- Cabernet Sauvignon- Balanced full-bodied wine and savory, long finish
- Syrah – bold, strong dark fruit flavour, subtle finish and lighter tannin. Olive to blackberry and tobacco flavours.
- Malbec- Candied, Blueberry and blackberry similar to Grenache.



→ Common Pairing Cheese and wine. (Top Famous)

Port and Blue Cheese – Port’s sweetness and thick body is highly suitable for blue cheese since it is crumbly and pungent.

Prosecco and Parmesan- The bubbles in prosecco cut through the saltiness of this hard cheese.

Sauternes and Fondue - The richness of fondue is a match made in heaven for decadent dessert wine Sauternes.

Cabernet Sauvignon and Aged Gouda - Aged Gouda has a nutty flavour which is best paired with a tannic and full-bodied wine such as cabernet sauvignon.

Chardonnay and Gruyère - Gruyere is a whole and melty, chardonnay has a fruity and nutty flavour ideal together.

Rioja and Manchego- Sweet cheese manchego is highly suitable with the

CHEESE AND WINE

- ✓ Mozzarella-Cabernet Sauvignon, Chardonnay, Pinot Noir, Zinfandel
- ✓ Parmesan- Pinot Noir, Zinfandel, Cabernet Sauvignon
- ✓ Cheddar- Cabernet Sauvignon
- ✓ Swiss Emmental- Pinot Noir, merlot, Mont d'or, port salut or Raclette
- ✓ Feta- Sparkling Rose or Assyrtikos
- ✓ Mascarpone- Sauvignon Blanc or riesling wine
- ✓ Gorgonzola- Sparkling Wine
- ✓ Blue Beedictin
- ✓ Oka
- ✓ Cheddar Cheese
- ✓ Cheese Curds
- ✓ Fanaost Aged Gouda, Ostegarden, Norvegia
- ✓ Agour Pur Brebis Aop oss Iraty, QST International, Francia
- ✓ Helfeit, Brun Geitost, Tinntradisjon, Stordalen Gardsbruk, Norvegia.
- ✓ Almnäs Tegel, Almnäs Bruk, Svezia.
- ✓ Riserva del Fondatore, Caseificio Il Fiorin, Italia.
- ✓ Buffalo Blu, Caseificio Defendi Luigi Srl, Italia.
- ✓ Lihmskov, Grand Fromage, Danimarca.
- ✓ Taupinette Jousseume, Jousseume Earl, Francia.
- ✓ Caciocavallo, Azienda Agricola e Zootecnica Posticchia Sabelli, Italia.
- ✓ Majorero PDO curado con pimentón, Spagna.

Wine and Cheese Pairing

Cheese	Type	Wine
Asiago	Hard	Chardonnay, Cabernet Sauvignon
Baby Swiss	Semi-soft	Sparkling White
Blue	Hard	Tawny Port, Sherry
Brick	Semi-hard	Chardonnay
Brie	Soft	Champagne, Sweet Sherry, Merlot
Cheddar, mild	Semi-hard	Champagne, Chardonnay
Cheddar, sharp	Semi-hard	Cabernet, Sauvignon Blanc
Colby	Semi-soft	Riesling, Champagne
Emmentaler	Hard	Pinot Noir, Sauvignon Blanc
Feta	Soft	Riesling, Merlot
Fontina	Semi-soft	Chardonnay
Fresh Mozzarella	Soft	Pinot Gris
Goat Cheese	Soft	Sauvignon Blanc
Gorgonzola	Soft	Sparkling White
Gouda	Semi-hard	Riesling, Champagne
Gruyere	Hard	Chardonnay, Sauvignon Blanc
Havarti	Semi-soft	Riesling, Pinot Gris
Jarlsberg (Norwegian Swiss)	Hard	Light Reds, Whites
Limburger	Soft	Zinfandel
Manchego	Hard	Merlot
Monterey Jack	Semi-hard	Riesling
Muenster	Soft	Zinfandel
Parmesan	Hard	Chardonnay
Provolone	Semi-hard	Chardonnay
Raclette	Hard	Zinfandel
Smoked Gouda	Hard	Reds or White
Stilton	Semi-hard	Port
Swiss	Hard	Gewürztraminer, Riesling

8. Nutritional Values of the Wine



Red wine contains more minerals and antioxidants compared to white wine, since the skin of the red grapes have higher percentage of minerals, antioxidant, and vitamins.

The higher the Ethanol (Alcohol) percentage the more calories the wine will have. Since calories is found in the alcohol, if the wine was more so on the sweeter side and less alcohol it would have a lower calorie intake.

Typically suggested carbohydrate in wine is roughly around 0-19 grams per serving depending on the flavorings, sweetness level and alcohol level.

Nutrients found in wine are as follows,

2% Choline- Its said to boost memory and liver function

40% Fluoride – Mineral use to strengthen tooth

4% Iron – A mineral that carries oxygen within the hemoglobin of the RBC to make it generate energy. Iron is the mineral that exports the carbon dioxide in the body.

10% Manganese- Mineral that provides function on the brain, nervous system and enzyme systems.

5% Potassium- A mineral, kin to nervous system, muscles and provides cardiovascular function

3 % Phosphorus – A mineral that furnish tissue and cell reconstruction.

4% Vitamin B6 – Beneficial vitamin within the central nervous system and producing neurotransmitters.

3% Vitamin B2- Known as (Riboflavin) helps break down food components.

→ **Fun fact**

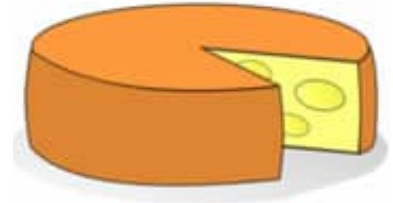
people actually end up having wine headaches after intaking wine. High chances they are probably allergic to the sulfate found in wine and not the wine itself, since wine is just juice with ethanol.

9. Nutritional values of the Cheese

The cheese contains a myriad of nutrients such as calcium, protein, phosphorus, zinc, vitamin A and vitamin B12. Calcium is one of the nutrients that are probably missing in the American diet. According to government statistics, nine out of 10 women and six out of 10 men do not live up to the football recommendations. High quality protein in cheese provides the body with the essential building blocks for strong muscles.

The classification of the cheeses can be carried out following several criteria (type of milk used, consistency of the dough, maturation period, cooking temperature, etc.). Based on the fat content they are traditionally divided into:

1. ***fat cheeses:*** fatty substance, on the dry, higher than 42%
2. ***semi-fat cheeses:*** fatty substance, on the dry, between 42 and 20%
3. ***low-fat cheeses:*** fat, on dry basis, less than 20%



10. Videos and photos



(<https://www.spaghettemandolino.it/blog/398-formaggi-italiani-storia-evoluzione-tipi-ricette.html>)

11. Conclusions and questions

12. Tasting of some cheeses

Points 10 - 11 - 12 will be detailed in Presentation Guidelines.

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