

# say cheese, please!

Did you know?  
The average American eats  
**23 pounds**  
of cheese each year!

## what is cheese?

Cheese is a nutritious food often made from the milk of cows, buffalo, goats or sheep.

*Plant-based alternatives are also available in the form of shreds, sticks, slices and blocks.*

### how is cheese made from milk?

Rennet enzymes help to form milk curds that are separated, salted, pressed & aged to make cheese.



There are thousands of varieties, colors and flavors of cheese with textures ranging from soft to very hard with consistency from creamy to stringy to crumbly.

## cooking with cheese

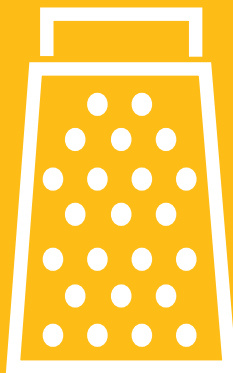
### shredding cheese

For easier shredding, chill cheese in the freezer.

**30 minutes for hard cheeses**  
**15 minutes for soft cheeses**

Use shreds within 3 to 5 days.

**4 ounces whole = 1 cup shredded**



### melting cheese

To prevent Swiss, Cheddar or Gruyère cheeses from becoming stringy, add a little white wine or lemon juice before melting over low heat.

### making cheese sauce

Add a little flour or cornstarch before adding cheese and heat on low for a smooth and creamy cheese sauce.

## tips for serving and storing cheese

### serving cheese

Serve cheeses as part of an elaborate charcuterie board display or a simple snack tray. For optimum flavor, remove cheese from refrigeration 30 minutes to 2 hours before serving.

### Quick serve tip

To soften cheese in the microwave, remove wrapper, place on microwave-safe plate and heat on low power. An 8-ounce block of hard cheese takes about 30 seconds to reach room temp.

### storing cheese

Store hard cheese, tightly wrapped in the refrigerator, or freeze for 2 to 3 months. Wrap soft cheese in waxed paper and refrigerate; freezing is not recommended.

### See a spot of mold?

If surface mold occurs on **semi-soft to hard cheese**, simply trim and discard the mold plus 1-inch surrounding it.

If mold forms on **soft cheese** (cottage cheese, cream cheese and ricotta) or **cheese shreds & crumbles**, discard it.

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