



Caring for your raw milk wedge:

1. Take out of the fridge an hour or two before serving, allowing it to reach room temperature.
2. Cover with a damp cloth.
3. Avoid wrapping your wash rind cheeses in plastic, as they will turn bitter after time.
4. Leave rind on cheese when serving to avoid drying out and appreciate appearance.
5. Use separate knives for each cheese.
6. Never let cheeses touch each other.
7. Sweet fruit such as dates, grapes, apples, pears and walnut or muesli breads, help bring out the nuances of aroma and flavours within the cheese.
8. When pairing with wine, combine spicy cheese with spicy wine, or fruity cheese with fruity wine. For contrast, choose a salty cheese with a sweet wine or a fatty cheese with a crisp wine and for balance, a bold cheese goes well with a bold wine.

A selection of artisan cheeses available at *Gourmet On the Go* in Port Credit.

cheese is buttery with hints of mushroom and hazelnut.

Cru Clocher is unpasteurized, six-month aged cheddar from Lorrainville Quebec that is mild and soft with a slight, fruity note.

And from Charlevoix Quebec, reins the outstanding Ciel de Charlevoix, an unpasteurized blue that is bold and tangy with a mellow finish.

Many people find it hard to get past the smell of some of the more stinky varieties, comparing them to smelly socks, old shoes or barnyards. Understanding the origin and ingredients of the cheese can help to experience the flavour that may not turn out to be as pungent as the odour may imply.

To appreciate the true taste, take a small piece on its own and push it to the roof of your mouth allowing the flavors to release slowly. Closing your eyes may help to bring out the prominent flavours such as grass, earthy mushrooms and some nut-like characteristics.

cheeses of the world

The Swiss produce a wide variety of raw milk cheeses where the aging process takes place in mountain caves. Here the natural bacteria and air lends an added complexity to the cheese.

In England, Isle of Mull Cheddar is made from local cows that graze on spent grain from the Tobermory Malt Whiskey Distillery. This clothbound cheese has a soft texture and as you can imagine: bold, intense flavours.

In Spain, Idiazabal, a raw Sheep's milk, is naturally smoked. Shepherds lived in mountain huts storing their

cheese in their stone chimneys thus producing a natural smokey flavor.

Castelmagno from Italy is made from two separate milkings. One in the evening, that is left to ripen, and then swirled with the fresh morning one.

A trip to your nearest cheese shop will overwhelm you with the many outstanding choices they offer. The cheese mavens behind the counter encourage sampling to introduce and educate the artisan way.


local sources

In Toronto, the *St. Lawrence Market* provides four sensational cheese vendors boasting rare imports and farm house cheese from Ontario, Quebec and New Brunswick. A great Saturday outing.

In Etobicoke, the *Cheese Boutique* is reknowned for impressing cheese lovers, movie stars and celebrity chefs with their eclectic array of imported cheeses and European gourmet products. Visit their cheese cellar and wine shop. A true Foodies' paradise.

In Port Credit, *Gourmet on the Go*. In the last few months, raw milk and premium imported varieties have dominated their food showcases. Frequent new arrivals continue, as demand in the area grows for more Artisan cheese. A fine selection of Quebec award winners and some organics are available.

Whole Foods Oakville, an impressive selection of raw milk and pasteurized cheeses. Rare gems age in their glass cellar and worth the guided tour. Knowledgeable staff are impressive and enthusiastic

So next time you're buying cheese, try a time honored traditional raw milk and taste the natural difference. 

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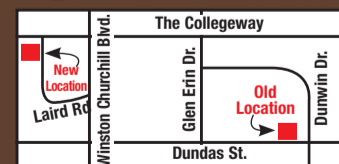


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