

# From milk to cheese

Some very tasty products are made from sheep's milk, following ancient Roman traditions

## Roman Pecorino Cheese

Roman pecorino cheese is one of the oldest cheeses in the world, and originally is from the Roman countryside. In the past, pecorino used to be made exclusively by shepherds, and was thus only an artisan product. At the end of the 1800 however, its production already happened in specific factories; cheese factories.

### Preparation

*This cheese is produced in the period from October to July, according to local traditions; only fresh sheep milk is used, from flock raised in the wild and fed on natural pastures. The curdling of the milk happens after rennet is added (an acid product from lambs' stomachs), at 37°C. It is then cooked a 50°C. The resulting whole cheeses undergo salting for 80 days, either dry and/or in salted water. Lastly, it is seasoned for at least five months (for the fresh table cheese) and 8 months for the cheese intended to be grated.*

Roman Pecorino has been awarded the quality I.G.P. denomination.

Round shape, with a variable diameter and thickness depending on its weight. It is semi-hard, with a straw colour, small irregular eyes, and a delicate taste.

The publishing of the quality D.O.P. denomination for the Caseus Romae is under way.



### Chemical composition and energetic value

(for every 100 g product)

Proteins: 9.5 g	Carbohydrates: 4.22
Fats: 11,5 g	Calcium: 157 mg
Phosphorus: 153mg	Vitamins: A
Cholesterol: 42mg	Calories: 157 kcal



The whole cheese is cylindrical, with a diameter of 25-35 cm and a thickness of 14-22 cm. Its consistency is hard and it has a whitish or light straw colour, irregular, small eyes, and a pleasantly aromatic taste, which becomes more robust with age.

### Chemical composition and energetic value

(for every 100 g product)

Proteins: 26 g	Carbohydrates: 1.8
Fat: 33.1 g	Calcium: 900 mg
Phosphorus: 289mg	Calories: 409 kcal

## The "Caseus Romae"

Caseus Romae cheese, which also has ancient Roman origins, is made from ewe's whole milk in the first 24 hours of its being milked. After a pasteurisation time of 25 minutes, at 65°C, the milk is processed and curdled by adding Roman baby lamb rennet. After this, the cheeses undergo salting for 80 days, either dry and/or in salted water. This is followed by a period of maturation, which varies between 1-3 months and 6 months, depending on the various types of cheeses: fresh, semi-hard, and hard.

## Roman Ricotta

Roman ricotta is produced with whole ewe-milk's serum, which is the result of the coagulation of milk during the transpiring of pecorino cheeses.

In its processing, based on the processes of serum warming, up to 15% whole ewe-milk can be added. The resulting ricotta is placed on a wicker basket.

*Fresh white ricotta has a fine texture and a delicate and sweetish taste.*