

Stilton - An English Cheese

Food Science (STAL)

Stilton not only tastes good but it is crammed with goodness. It has milder and less salty flavour than many other blue cheeses. Stilton is a "protected name" cheese and by law can only be made in the three counties of Derbyshire, Leicestershire, Nottinghamshire (England). Only six dairies in the world are licensed to make Blue Stilton cheese. Every cheese is graded before it leaves the dairy to ensure that only the highest quality cheese is marketed with the Stilton name.

- It takes 78 litres of milk to make one 8kg Stilton cheese.
- Over 1 million Stilton cheeses are made each year.
- More than 10% of output is exported to about 40 countries worldwide.

White Stilton is a protected name cheese made in a similar way to its blue cousin but without adding mould spores. It is a crumbly, creamy, open-textured cheese and is widely used as a base for blending with apricot, ginger and citrus or vine fruits to create unique dessert cheeses.

The Stilton Cheesemakers' Association (SCMA) was formed 1936 to represent the interests of the Stilton manufacturers and raise standards. Today the SCMA has the same objectives but is also responsible promoting Stilton worldwide, managing the trademarks and ensuring that standards are maintained all licensed dairies. The SCMA obtained a certification trademark for Stilton 1969. This means that the good name of Stilton is protected and that imitations produced outside Derbyshire, Leicestershire and Nottinghamshire cannot be sold the Stilton name. In 1996, the SCMA obtained "Protected Designation of Origin" status Blue Stilton from the European Commission. Separate certification trademarks are needed for each EU country, but PDO effectively gives Stilton protection imitation across the whole of the EU. In addition, over the years, the SCMA has obtained certification trademarks for Stilton many non-EU countries including the USA, Canada, Australia, New Zealand and South Africa. The SCMA is responsible with the relevant government authorities ensuring correct use of the Stilton name and in recent years has taken legal action traders, manufacturers and retailers in the UK and elsewhere who have attempted sell ineligible cheese as Stilton. When consumers buy a piece of Stilton, they can be sure that it comes an eligible dairy in one of the three counties.

A. What do the following numbers refer to?

1969 10 8 78 1936 40

B. What do the following words from the text mean?

crumbly	people selling something
crammed	entire/complete
elsewhere	a brand protected from copies
retailers	where milk is made into cheese, butter etc.
Protected Designation of Origin	production
whole	a type of fungus
trademark	to combine/mix
dairy	full of
output	friable/ open-textured
mould	all over the world
to blend	in other places
worldwide	a brand protected in the European Union

C. How Stilton is made. Use the present tense passive forms to complete the text

Early each morning fresh pasteurized milk **feed – is fed** into an open vat to which acid-forming bacteria (starter cultures), a milk clotting agent (such as rennet) and "*Penicillium roqueforti*" (blue mould spores) **add**. Once the curds form, the whey **remove** and the curds **drain** overnight. The following morning, the curd **cut** into blocks for further drainage before milling and salting. Each cheese requires about 11 kg of salted curd that **place** in cylindrical moulds. The moulds **turn** daily to allow natural drainage for 5 or 6 days. This ensures that moisture **distribute** evenly throughout the cheese, creating a flaky, open texture. After 5 or 6 days, the cylinders **remove** and the coat of each cheese **seal** by smoothing or wrapping to prevent any air entering the inside of the cheese. The cheese **transfer** to the store for ripening. Each cheese **turn** regularly during this ripening period. At about 5 weeks, the traditional Stilton crust forms on the cheese and **pierce** with stainless steel needles. This allows air to enter the cheese and create the magical blue veins associated with Stilton.

At about 9 weeks of age each cheese weighs about 8kgs, and is ready to sell. Before this, every cheese **grade** using a cheese iron. The iron bores into the cheese and a plug of cheese **extract**. The grader looks at the plug and smells it to determine if the quality is up to the mark for sale as Stilton. Cheese that is not up to the mark **sell** as "blue cheese."

D. True or false?

1. There is only one kind of Stilton cheese.
2. All English dairies can make Stilton.
3. Whey is solid and curds are liquid.
4. The cheese forms a crust after 5 or 6 days.
5. Air in the cheese helps to make the blue veins.
6. Stilton is eaten only in three English counties.
7. Stilton cheese can be sold when it the crust forms.
8. The cheese making process takes around 9 weeks to complete.
9. All blue cheese can use the Stilton name.
10. The SCMA protects the reputation and quality of Stilton cheese.

E. Which sentences refer to gorgonzola and which refer to mozzarella?

Gorgonzola:
Mozzarella:

1. The best variety uses water buffalo milk.
2. This cheese comes from the Po Valley area in northern Italy.
3. It is a soft and creamy cheese with blue veins.
4. This is a soft white cheese.
5. This cheese has a very strong flavour.
6. The best variety comes from the area near Naples.
7. This cheese is good in a four-cheese sauce with other Italian cheeses.
8. It has a mild flavour and is often used in salads and on pizza.

F. Write a short description of a cheese from your area of Italy.

Include information about: area of origin - colour – flavour – texture – manufacturing process - uses