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# Foodscapes as a mirror of environment and culture – A Journey Through Gastronomy, Environment and Identity

Source: <http://amazingearth.me/tag/apple/>



18-22 May

2026



# Cheese Tourism

(& other milk  
products)



What we can  
turn milk into?



## Desserts

Ice Cream  
Pudding

## Other

Creams  
Butter



## Fermented Products

Yogurt  
Buttermilk  
Kefir,  
Koumiss  
Sour Cream  
Curd (**twaróg**)  
Kashk (Qurut)  
whey cheese  
(e.g. ricotta, urdă)  
Cream cheese  
(e.g. mascarpone)  
Soft cheese  
Hard cheese  
Mold cheese  
Brined cheese (e.g. Feta)

# Fermented Products

Yogurt

Buttermilk

Kefir,

Koumiss

Sour Cream

Curd (**twaróg**)

Kashk (Qurut)

**whey cheese** (e.g. ricotta, urdă)

Cream cheese

(e.g. mascarpone)

Soft cheese

Hard cheese

Mold cheese

Brined cheese (e.g. Feta)

Whey is the liquid remaining after milk has been curdled and strained. It is a byproduct of the manufacturing of cheese or casein and has several commercial uses. Sweet whey is a byproduct resulting from the manufacture of rennet types of hard cheese, like cheddar or Swiss cheese. Acid whey (also known as sour whey) is a byproduct brought out during the making of acid types of dairy products, such as strained yogurt.

Ricott preparation,  
Sardegna, fot. P.  
Charzyński 2022



# Dairy Fermentation



Milk

+

Bacteria  
Molds  
Yeasts



Microbial  
Metabolism

+

Processing  
Conditions



Products  
with a  
Variety  
of Flavors,  
Textures &  
End Uses

# Variables in Cheesemaking

- Type of cheese
  - Type of milk
  - Milk composition
  - Heat treatment
  - Microorganisms used
  - Time
  - Temperature
  - pH
  - Salting method
  - Other handling
  - Other ingredients
- Environment
    - sanitation
    - water quality
    - native flora (good & bad)
    - storage temperature
    - storage humidity
  - Production consistency
    - acidity development
    - flavor & texture

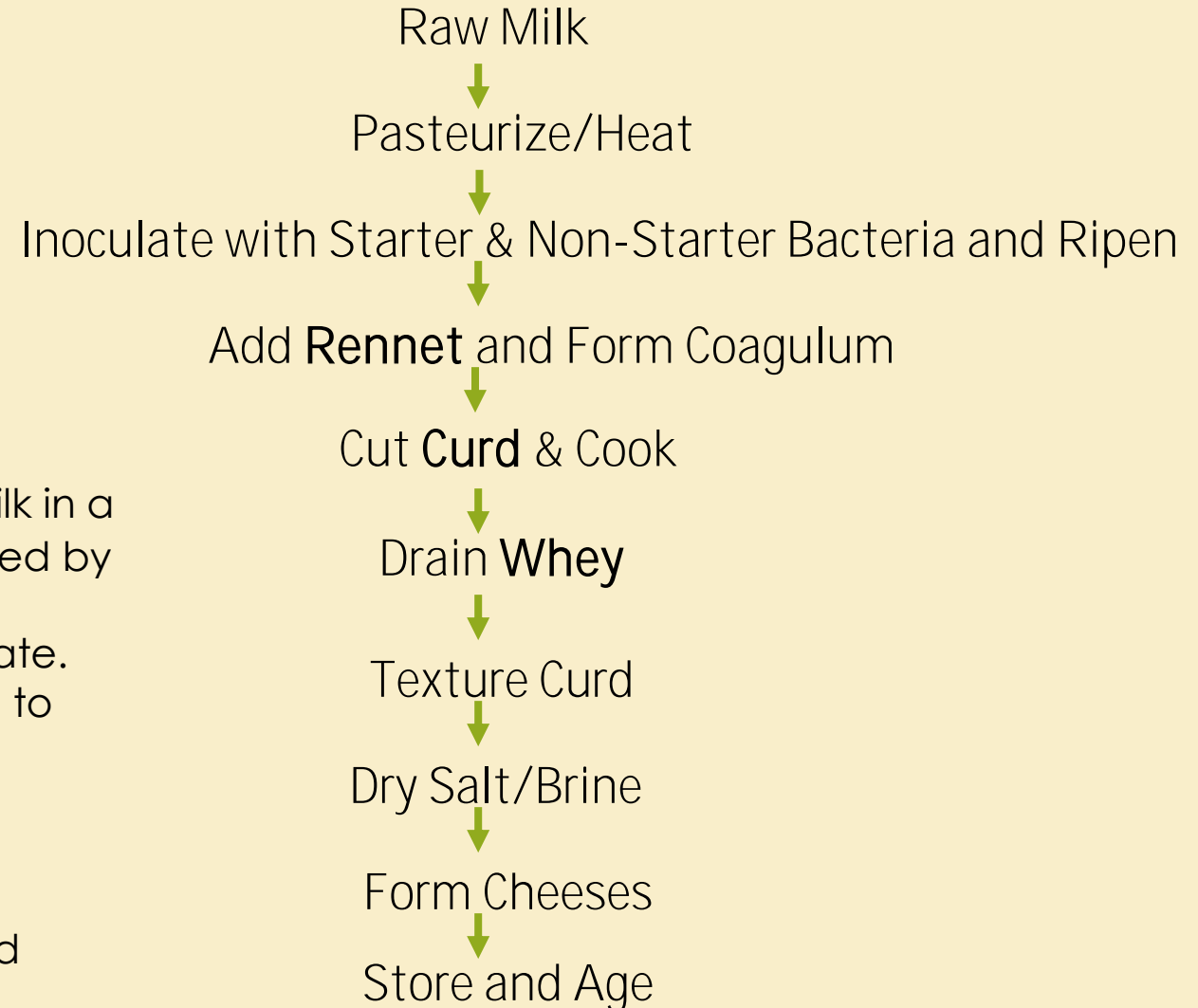


# General Cheese Making Steps

**Rennet** is a complex set of enzymes produced in the stomachs of ruminant mammals. Chymosin, its key component, is a protease enzyme that curdles the casein in milk. Rennet is used to separate milk into solid curds (for cheesemaking) and liquid whey, and so it or its substitutes is used in the production of most cheeses.

**Curd** is a dairy product obtained by coagulating milk in a process called curdling. The coagulation can be caused by adding rennet or any edible acidic substance such as lemon juice or vinegar, and then allowing it to coagulate. The increased acidity causes the milk proteins (casein) to tangle into solid masses, or curds.

**Whey** is the liquid remaining after milk has been curdled and strained. It is a byproduct of the manufacture of cheese



# Major Steps in Cheese Making

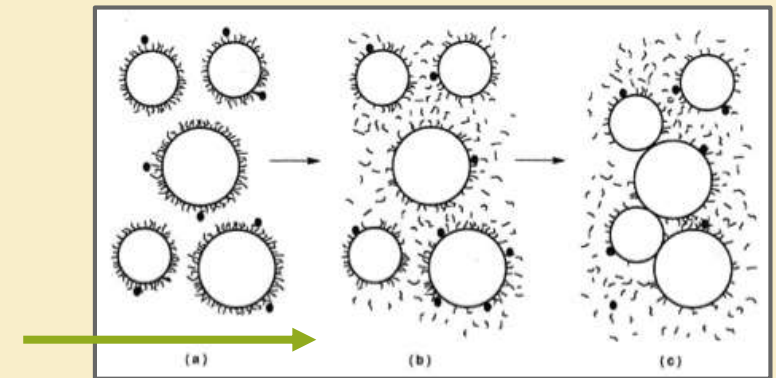
Step	Purpose	Key Factors
Setting Milk	Prepare milk for Ripen starter culture Coagulation	Temperature Protein Calcium Sanitation (phage)

## • Acid Coagulation

- Function of isoelectric properties
- at pH 6.6 the net charge on the proteins is negative, casein micelles repel
- pH 4.6 is the isoelectric point and the net charge is neutral, casein micelles interact
- soft, delicate curds
  - at lower pH, the casein micelles are depleted of Ca

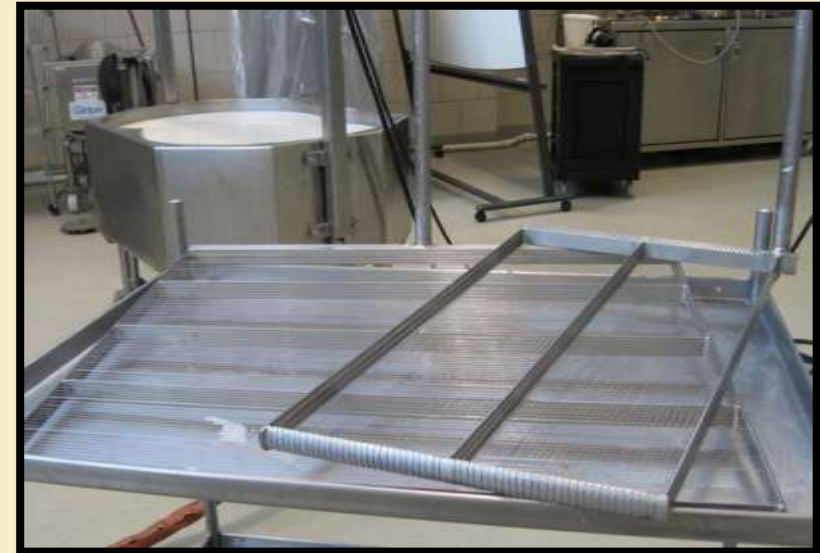
## • Rennet Coagulation

- Function of enzyme activity
- 1<sup>st</sup> step cleaves  $\kappa$ -casein
  - net negative charge is reduced
  - steric repulsion is decreased
- 2<sup>nd</sup> step requires ionic (free) Ca
  - Ca forms bridges to stabilize the aggregation
- firmer, stronger curds
  - at higher pH, the Ca is still present in the casein micelles



# Major Steps in Cheese Making

Step	Purpose	Key Factors
Setting Milk	Prepare milk for coagulation Ripen starter culture Rennet coagulation	Temperature Protein Calcium Sanitation (phage)
Cutting the Curd	Speed whey expulsion Assist in uniform cooking Assist with moisture control	Curd firmness Size of curd particles Uniformity of curd particles



# Major Steps in Cheese Making

Step	Purpose	Key Factors
Cooking the curd	Remove whey Establish moisture level in cheese Influence texture	Curd size Time & temperature profile Stirring rate pH
Draining or Dipping	Separate whey from curds Moisture control	pH



Source: Kerry E. Kaylegian, Ph.D.  
foodscience.psu.edu

# General Cheese Making Steps

Step	Purpose		Key Factors
Curd Knitting	Form characteristic texture Acid development Moisture control		Temperature Time
Pressing	Expel whey Shape cheese Influence texture		Temperature Pressure Acidity development

# General Cheese Making Steps

Step	Purpose	Key Factors
Salting	Influence flavor Influence texture Control moisture	Method of salting Curd size Temperature
Special Applications	Apply appropriate practices to give cheese its characteristics (pasta filata, mold-ripened, washed-rind, aged)	Depends on the application

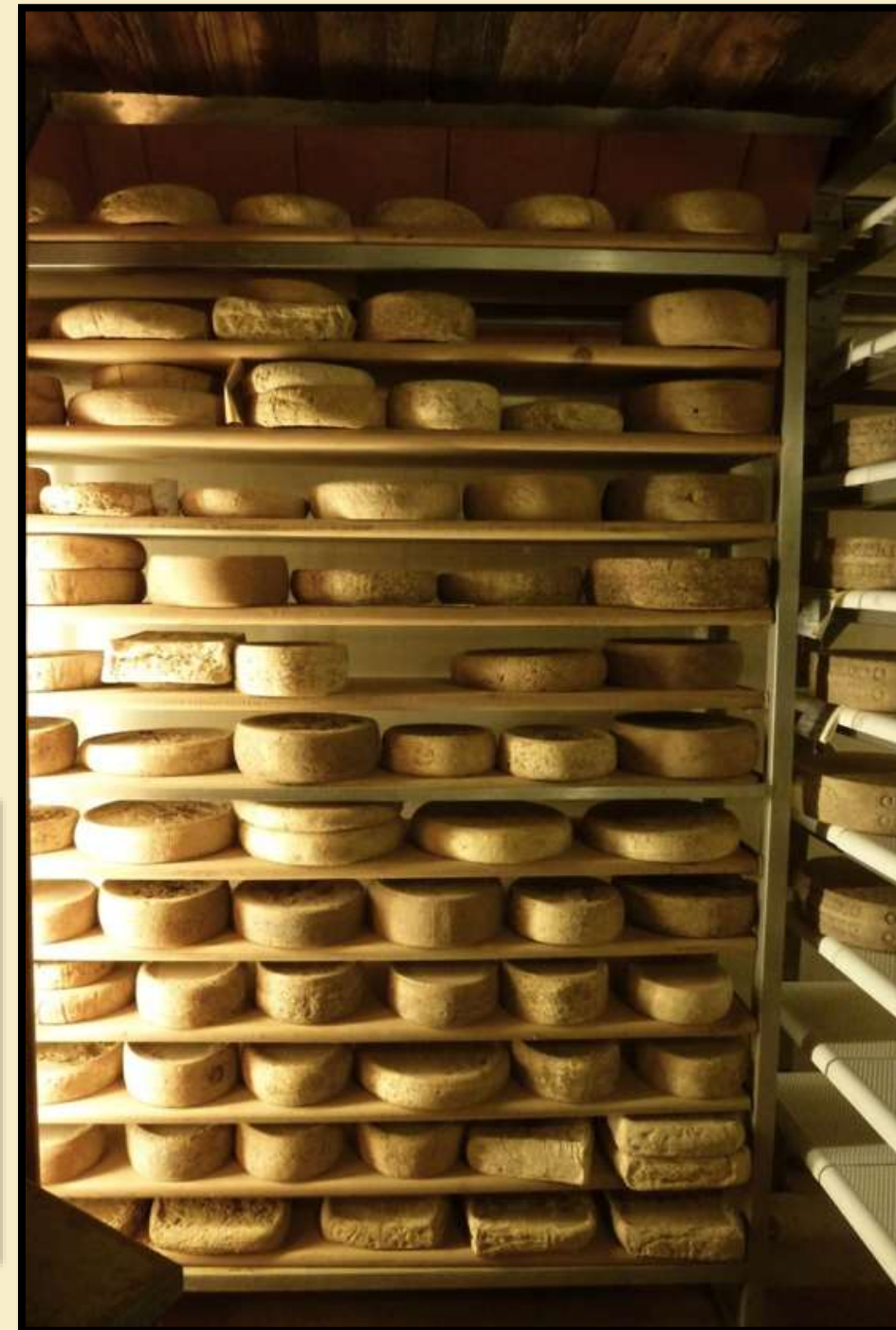
## *Flavoring Cheese*

- Herbs
- Spices
- Fruit pieces
- Vegetable pieces
- Smoke
- Beer
- Wine
- (Microbial smears)

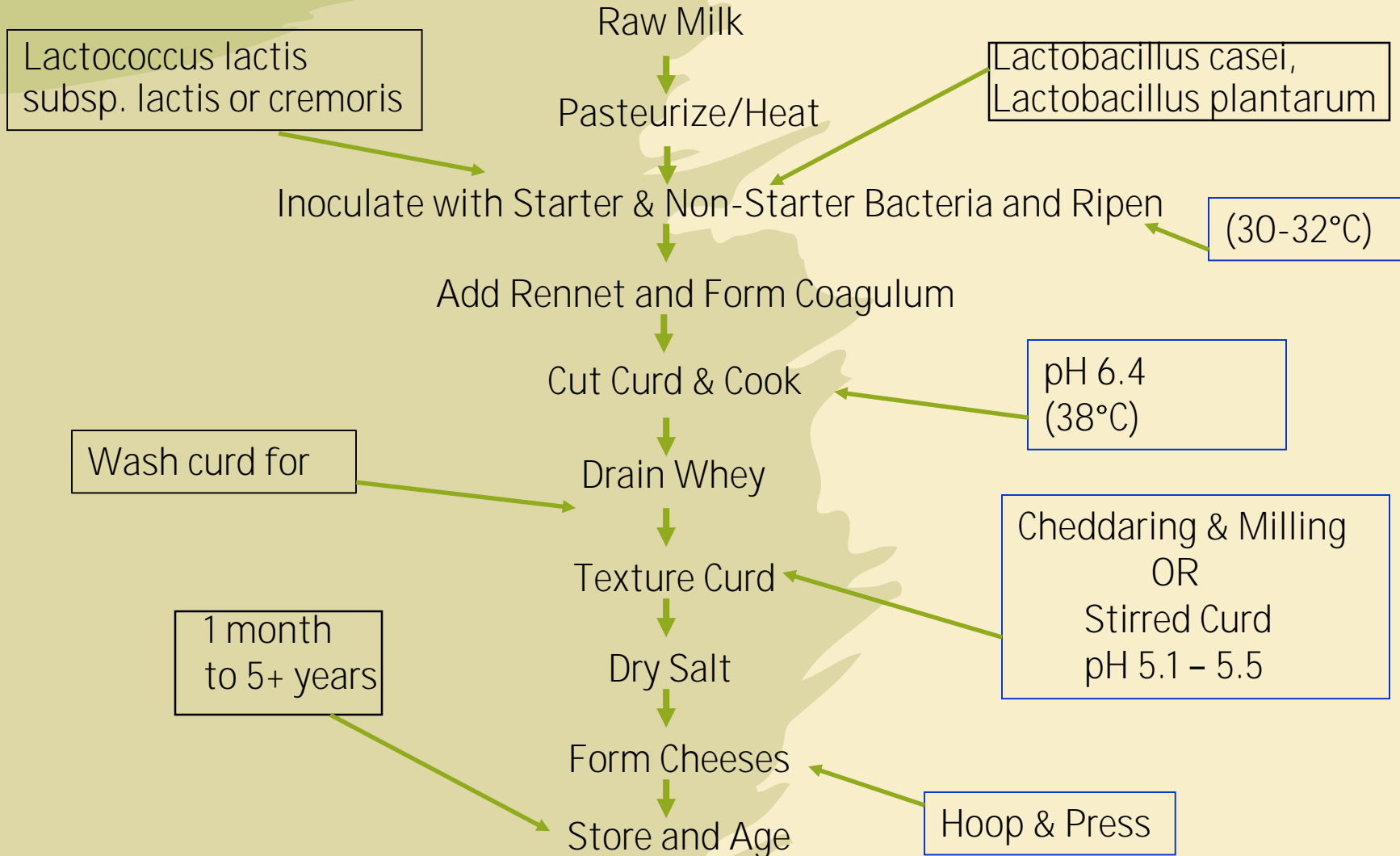


# Cheese Aging = Affinage

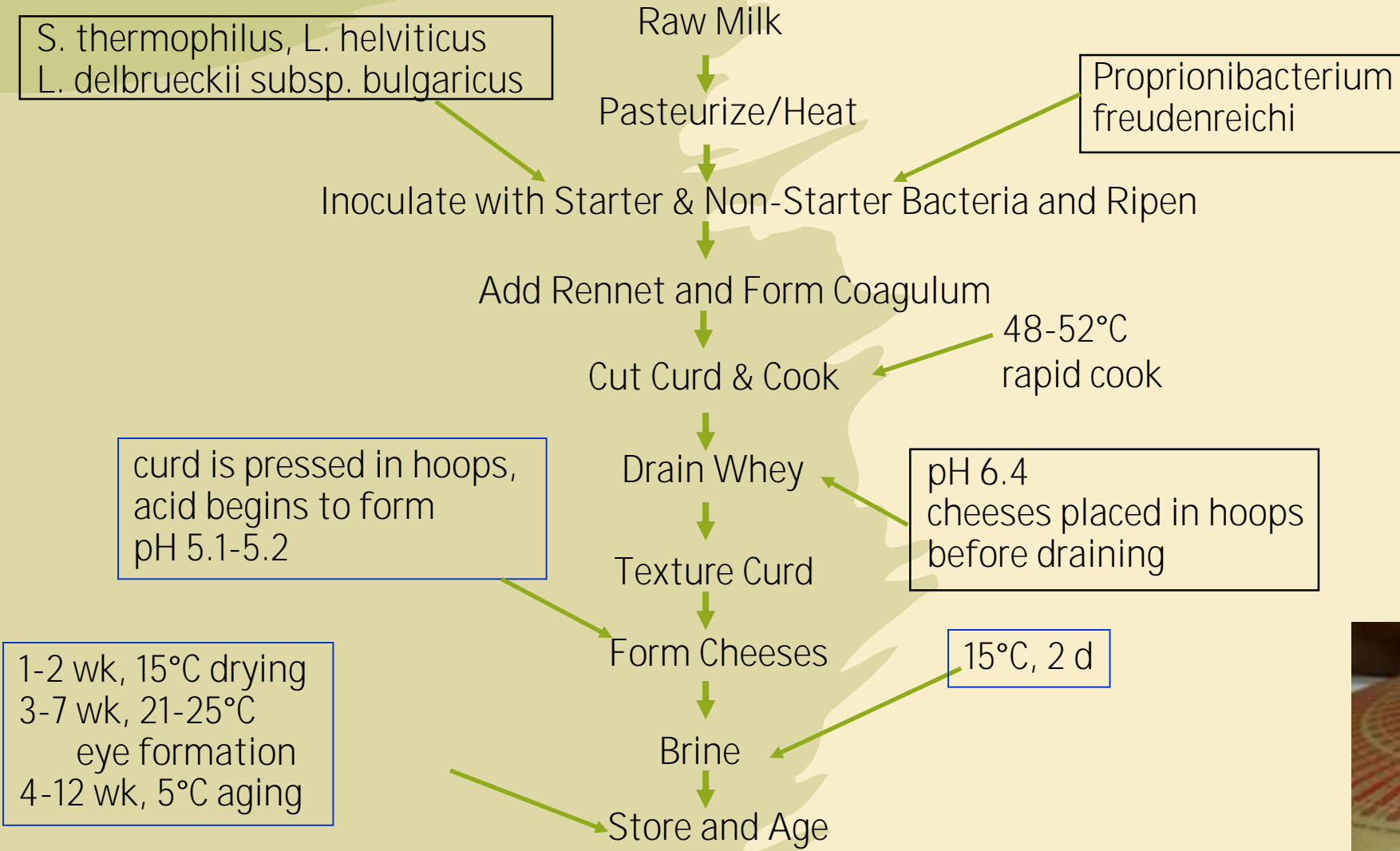
- The ripening of a young cheese to a mature cheese
  - development of complex flavors and textures



# Cheddar Type Cheese Make Steps



# Cheese with Eyes Make Steps



**Eyes** are the round holes that are a characteristic feature of Swiss-type cheese (e.g. Emmentaler cheese) and some Dutch-type cheeses. The eyes are bubbles of carbon dioxide gas. The gas is produced by various species of bacteria in the cheese.

In Swiss-type cheeses, the eyes form as a result of the activity of propionic acid bacteria (propionibacteria), notably *Propionibacterium freudenreichii* subsp. *shermanii*. [The CO<sub>2</sub> produced accumulates at weak points in the curd, where it forms the bubbles that become the cheese's eyes;

In Dutch-type cheeses, the CO<sub>2</sub> that forms the eyes results from the metabolisation of citrate by citrate-positive ("Cit+") strains of lactococci.

[https://en.wikipedia.org/wiki/Eyes\\_\(cheese\)](https://en.wikipedia.org/wiki/Eyes_(cheese))

## Switzerland

Emmentaler Switzerland AOC has been registered since 2000 as an appellation d'origine **contrôlée** (AOC). In 2013, it was replaced by the appellation d'origine **protégée** (AOP) certification. This original Emmental is produced in small rural dairies with raw cow's milk, adding only natural ingredients (water, salt, natural starter cultures and rennet); preservatives or ingredients from genetically modified organisms are not allowed. The cheese is produced in a round shape with a natural rind, and aged in traditional cellars for a minimum of four months. This Emmental has three age profiles: classic, aged at least four months, reserve, aged at least eight months, and Premier Cru, aged at least fourteen months.

### SWISS Cheeses with AOP:

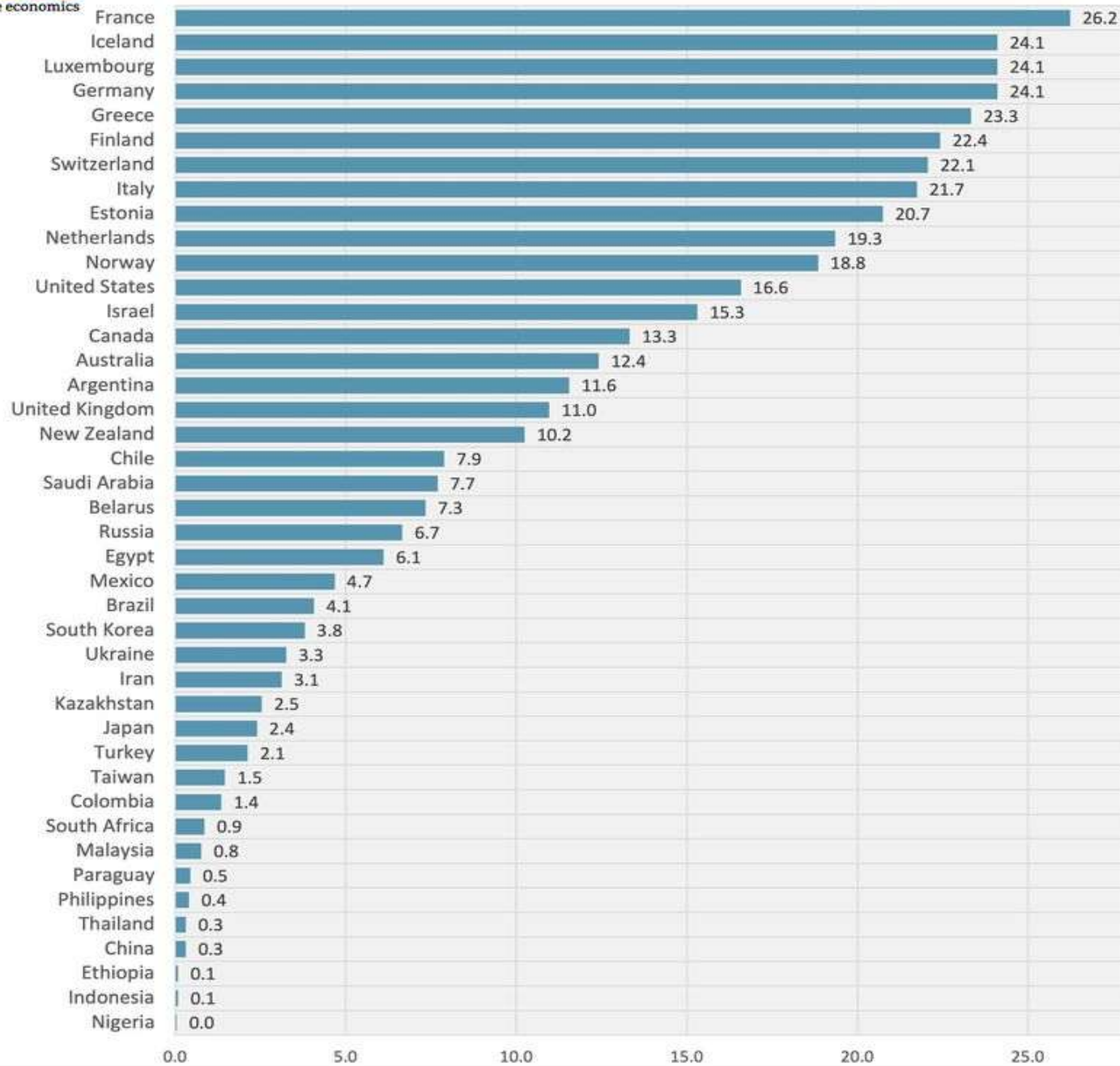
- Berner **Alpkäse**
- Emmentaler
- L'Etivaz
- Formaggio d'alpe ticinese
- Glarner **Alpkäse**
- Gruyère
- Raclette du Valais
- Sbrinz
- Tête de Moine
- Vacherin fribourgeois
- Vacherin Mont-d'or
- Walliser raclette
- **Bloderkäse-Sauerkäse**



[https://en.wikipedia.org/wiki/Emmental\\_cheese#/media/File:Selection\\_Rolf\\_Beeler\\_Emmental.jpg](https://en.wikipedia.org/wiki/Emmental_cheese#/media/File:Selection_Rolf_Beeler_Emmental.jpg)

# Per Capita Cheese Consumption in Selected Countries, 2022/23

in kg per capita; Source: International Dairy Federation; CLAL; FAO; Eurostat/Statista



Selected  
Cheese  
eating  
countries

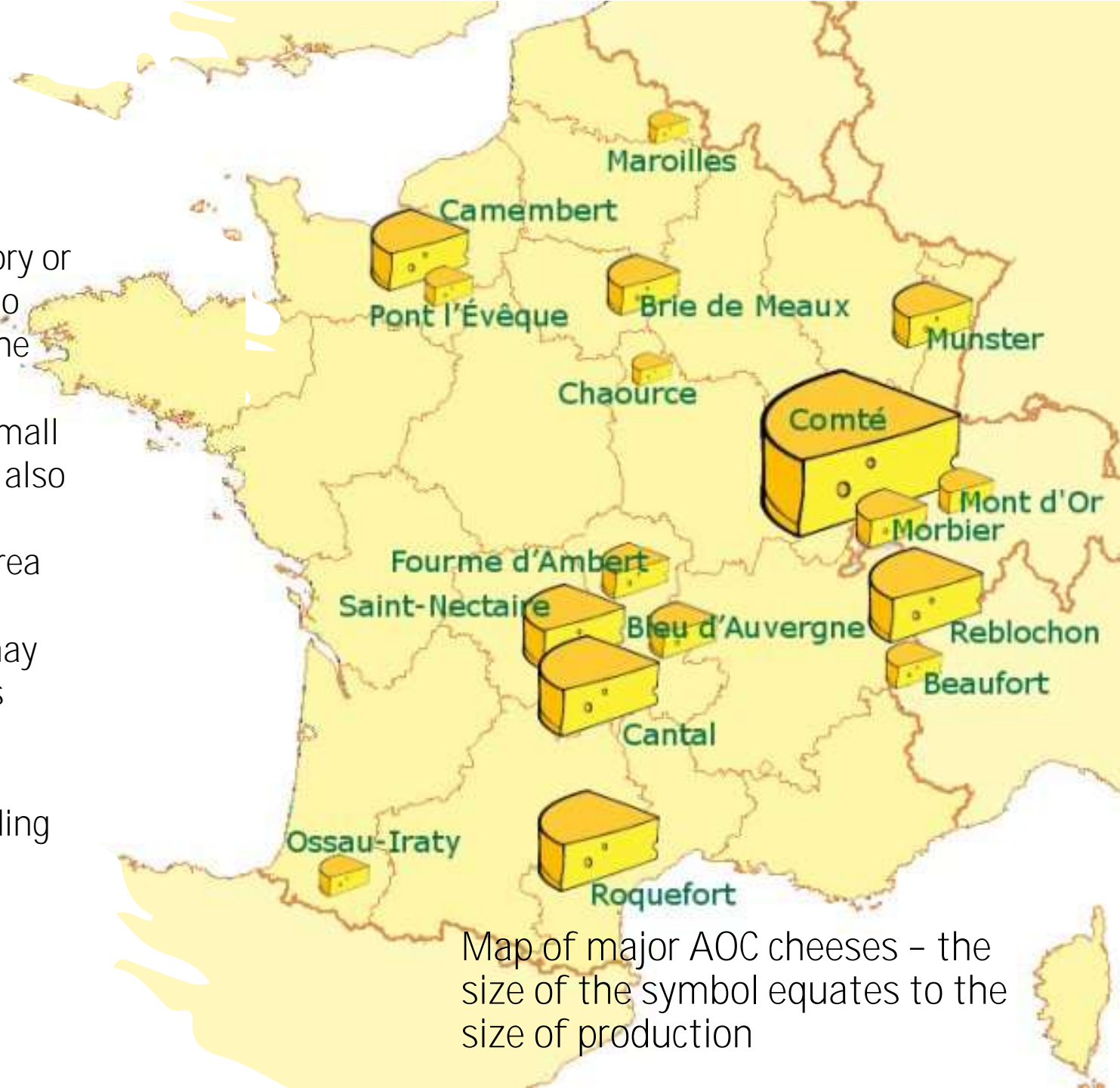
# French Cheese

French cheese production is classified under four categories, and PDO/AOC rules dictate which category or categories each protected cheese may be assigned to  
**Fermier**: farmhouse cheese, which is produced on the farm where the milk is produced.

**Artisanal**: producer producing cheese in relatively small quantities using milk from their own farm, but may also purchase milk from local farms.

**Coopérative**: dairy with local milk producers in an area that have joined to produce cheese. In larger *coopératives* quantities of cheese produced may be relatively large, akin to some industrial producers (many may be classed as factory-made).

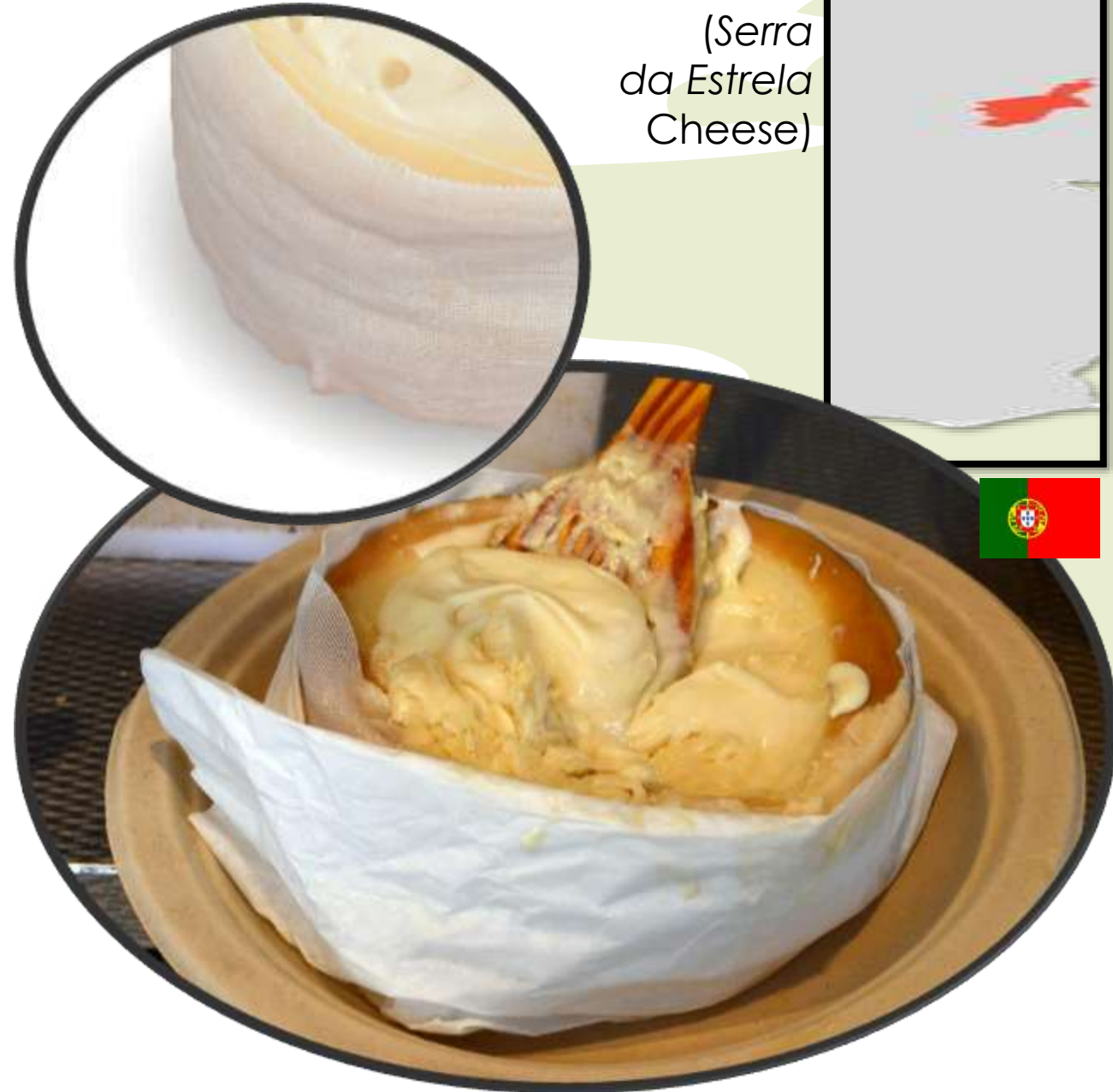
**Industriel**: factory-made cheese from milk sourced locally or regionally, perhaps all over France (depending on the AOC/PDO regulations for specific cheeses).



Map of major AOC cheeses – the size of the symbol equates to the size of production

# Queijo Serra da Estrela

(Serra da Estrela Cheese)



Serra da Estrela is a semi-soft cheese made from the milk of Bordaleira Serra da Estrela and Churra Mondegueira breeds of sheep.

Milking is done by hand, after which the milk is heated, salted, and curdled using thistle extract.

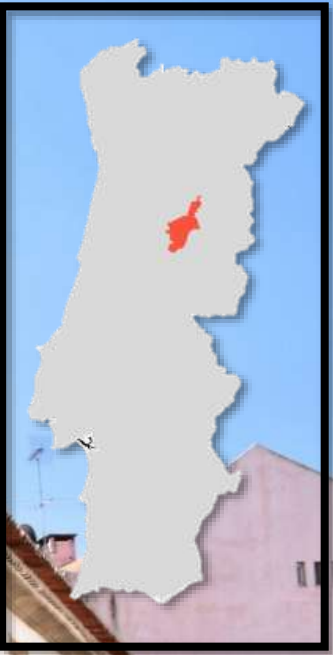
The curd is formed into cheeses, which are left to ripen in humid and cold conditions.

This cheese is Portugal's oldest, most traditional food product with international acclaim.

In the 13th century, the king of Portugal opened the **first cheese market** in **Celorico da Beira**, in the Serra da Estrela mountain range, where the cheese is still produced today. This cheese was even present on some of the first ships to sail to the New World.

source → [www.tasteatlas.com/queijo-serra-da-estrela](http://www.tasteatlas.com/queijo-serra-da-estrela)

Celorico da Beira





Município de  
**CELORICO  
DA BEIRA**





Município de  
**CELORICO  
DA BEIRA**



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DA BEIRA**



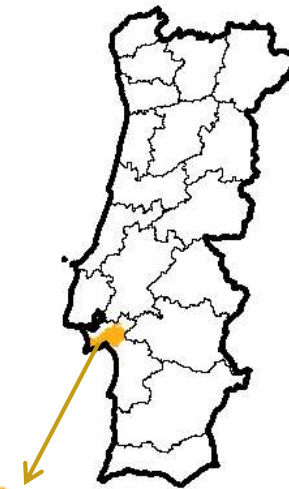


# Queijo de Azeitão



History: The Queijo de Azeitão PDO cheese began to be produced at **19th** century due Gaspar Henriques de Paiva a native from Beira Baixa region. He took with him some Bordaleira breed of sheep to Azeitão region, to produce some characteristic chesses from Serra da Estrela.

Production region: *The geographic area: of production includes the councils of Palmela, Sesimbra and Setúbal.*





# Feta

(Φέτα)

*Feta* is the most famous Greek cheese, It is produced in the regions of Macedonia, Thessaly, Thrace, Epirus, the Peloponnese, and Central Greece. The cheese is made from sheep's milk or a mixture of sheep's and goat's milk (the latter should not exceed 30%).

It is traditionally produced with non-pasteurized milk, although nowadays the use of pasteurized milk is also allowed. Feta is made in large square or triangle-shaped molds and preserved in wooden barrels or tin containers filled with brine in order to keep the cheese fresh and to preserve its acidity.

**Twenty Greek cheeses** have been accorded PDO status thus far under these regulations.



[http://www.visitgreece.gr/en/gastronomy/greek\\_cheeses](http://www.visitgreece.gr/en/gastronomy/greek_cheeses)



# otlu peyniri

- type of brined cheese (like Feta)



Homemade otlu peyniri from village of Serinbayir;

Source:

**Charzyński P., Świtoniak M., Burneika D., Skorupskas R.** 2015. [Food tour in South-Eastern Turkey – in the search of culinary heritage](#). [In:] S. Sahin & P. Charzyński (Eds.) **THE CULTURAL HERITAGE AND ITS SUSTAINABILITY IN EUROPE**. Pegem Akademi, Ankara, p. 51-68.


*village of  
Serinbayir,  
Van lake  
area,  
Turkey*





# Kaymak

- is a creamy dairy product similar to clotted cream, made from the milk of water buffalo, cows, sheep, or goats in **Central Asia, some Balkan countries, some Caucasus countries, Turkic regions, Iran and Iraq.**
- The traditional method of making kaymak is to boil the milk slowly, then simmer it for two hours over a very low heat. After the heat source is shut off, the cream is skimmed and left to chill (and mildly ferment) for several hours or days. Kaymak has a high percentage of milk fat, typically about 60%. It has a thick, creamy consistency (not entirely compact, because of milk protein fibers) and a rich taste.



Turkish-style clotted cream made by skimming the fat that rises to the top of vats of boiling milk (sheep's milk is used in Van).

# Urum - Өрөм

"White butter", clotted cream.

- Made from milk of yaks (or in the Gobi camels) is better than cow, because it contains more fat.

## Preparation

- Heat the milk on the stove, just below boiling. In regular intervals, lift a ladle full into the air, and let it splash back into the pot, to create foam. This "scooping" (**самрах**) is necessary because the shallow wok-like Mongolian pan makes normal stirring ineffective, but it also has the quality of a ritual. Once there is enough foam, let the milk cool down slowly. Now it needs to rest overnight. In the morning, a skin of about 1 cm clotted cream has formed, which is taken off. Stored dry and cool (in a wooden vat or a sheep's stomach), Urum will stay palatable for a full winter season.



Mongolia



<https://www.mongolfood.info/en/recipes/urum.html>

# Aaruul - Ааруул

## Dried curds.

Leave the milk (usually from cattle, yaks, camels) to curdle. Lift out the solid components with a fine cloth and let as much of the liquid drip off. Then press the mass into a cake of a few cm height between two wooden boards, weighted down with stones. Cut the solid cake into pieces of about 10 length. Arrange the pieces on a wooden board and put them into the sun for drying. In Mongolia, this happens on the roof of the yurt (ger). A cover of fine white cloth will keep the birds away.

Source: [www.mongolfood.info/en/recipes/aaruu.html](http://www.mongolfood.info/en/recipes/aaruu.html)

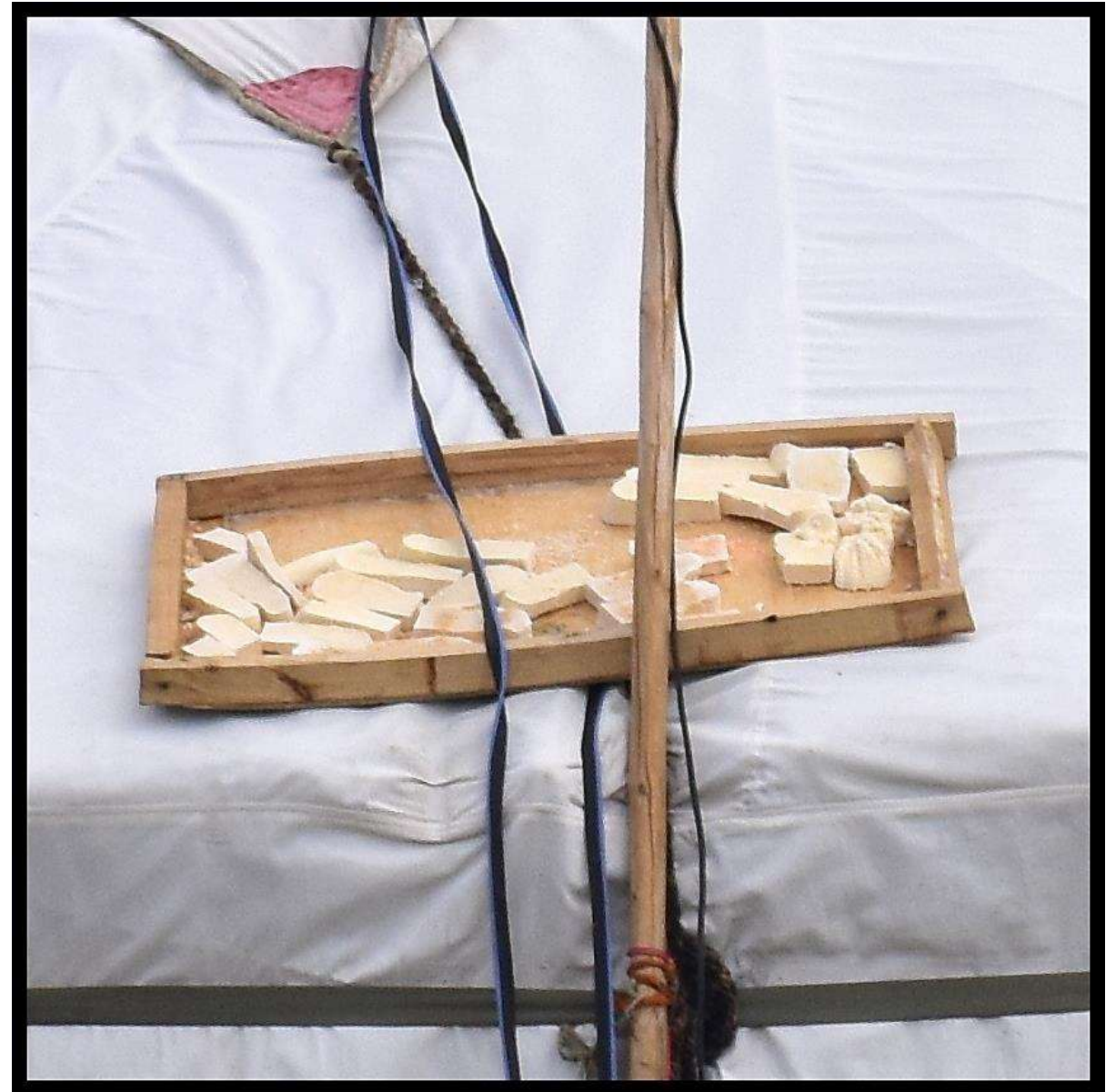


Fot. P. Charzyński, 2019

# Ааруул - Ааруул



Fot. P. Charzyński, 2019





Van's most iconic cheese known as **otlu peynir** in East Anatolia, is a firm white salty cheese that is flavored with otlar (wild herbs) gathered in the spring from the slopes of mountains. The herby cheese produced in Van is also produced in other cities such as Diyarbakir, Mus and Bitlis. The local production started more than 200 years ago. The herbs mainly consisting of wild garlic (allium) species are believed to be added to Van cheese as flavorings, antimicrobial preservatives and as well as vitamin-rich sources to be eaten during severe winter conditions of high mountain areas when fresh fruits and vegetables are no longer available to the villagers. Purpose is to raise the resistance of the population to diseases (Çelik 2008). The herbs, which can also include wild fennel, thyme, mint) **and the esoteric 'Mustafa's flower', are soaked for at least a week in a salt brine and then being added to the cheese,** (Eckhardt, Hagerman 2010). In the traditional way of otlu peynir making, the milk is filtered and renneted. After coagulation, it is cut into small pieces and whey is removed. The chopped herbs are added at a ratio of 0.5–3.0 kg per curd obtained from 100 kg milk. Then the curd is mixed well to get a homogenous distribution of herbs. The cheese making is completed by pressing, breaking down into blocks by hand, salting, filling into containers. Last stage is ripening for 3 months (Çelik 2008). Van province produces more than 5 000 tons of otlu peynir a year, exporting it also to other regions of Turkey Similar cheese is produced in other regions (see photos from Batman – next slides).

Source:

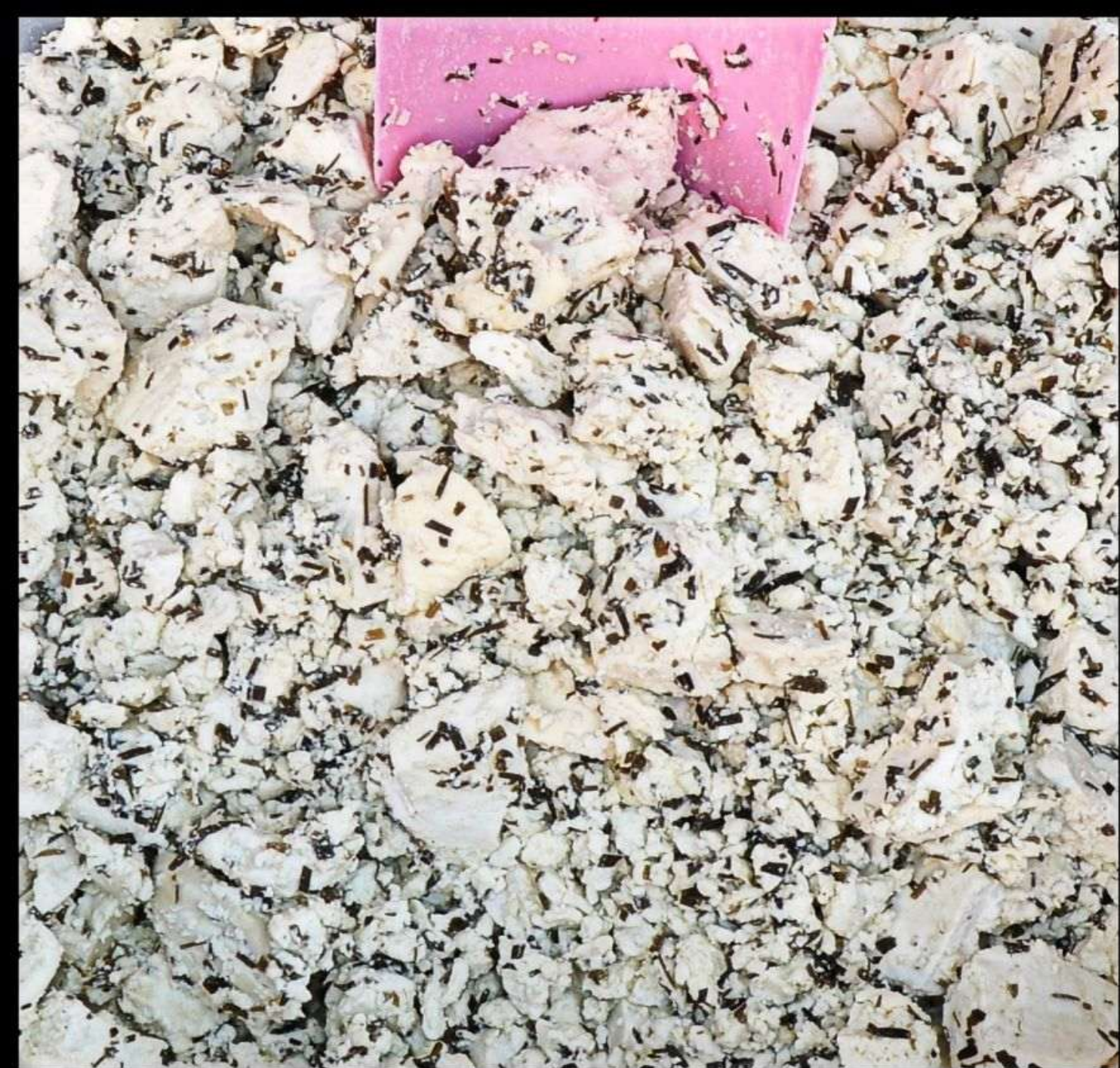
Charzyński P., Świtoniak M., Burneika D., Skorupskas R. 2015. [Food tour in South-Eastern Turkey – in the search of culinary heritage](#). [In:] S. Sahin & P. Charzyński (Eds.) THE CULTURAL HERITAGE AND ITS SUSTAINABILITY IN EUROPE. Pegem Akademi, Ankara, p. 51-68.

# • Batman













HER TÜRLÜ GÜLEK  
TAZE KÖY ÜRÜNLERİ BULUNUR

- Peynir
- Bal
- Yoğurt
- Pekmez
- Kaymak
- Zeytin
- Yumurta
- Yeşil Zeytin
- Cevizli Sucuk
- Kavurma

# Marşin

# • Marjūn



# Kurut (Qurt)

is a dried, salty, milk-based snack. Basically, you take sour milk/yogurt, strain it, let the strained portion dry, and roll it into balls of varying sizes. In **Kyrgyzstan**, you'll find people selling kurut on the side of the road fairly regularly.



# Kurut (Qurt) – Kashk in Persian

range of dairy products used in cuisines of **Iranian**, **Turkish**, **Mongolian**, Central Asian, **Transcaucasian**, and the **Levantine** peoples.

Kurut is made from drained yogurt or drained sour milk by forming it and letting it dry. It can be made in a variety of forms, including rolled into balls, sliced into strips, and formed into chunks.



Kurdish women preparing kashk in a village at Turkey (source: Wikipedia)



Ош базары

Bishkek



кypyт

qurut



Kurut seller in Panjshanbe  
(Thursday) Market, Khujand

Khujand - Tajikistan - 2019



# Ghara

Yaseh Chah - Iran  
- 2021



Kind of concentrated product made from yogurt. Yogurt is drained of its liquid and left to dry, resulting a rather compact form. Practically, only the solids remain during the drying process, so you will have a solid brown coloured bar, with an earthy and even yeasty flavor, much sourer than any other dairy product

Ghara

airag  
(koumiss)



Ош базары

Bishkek



**KUMIS**

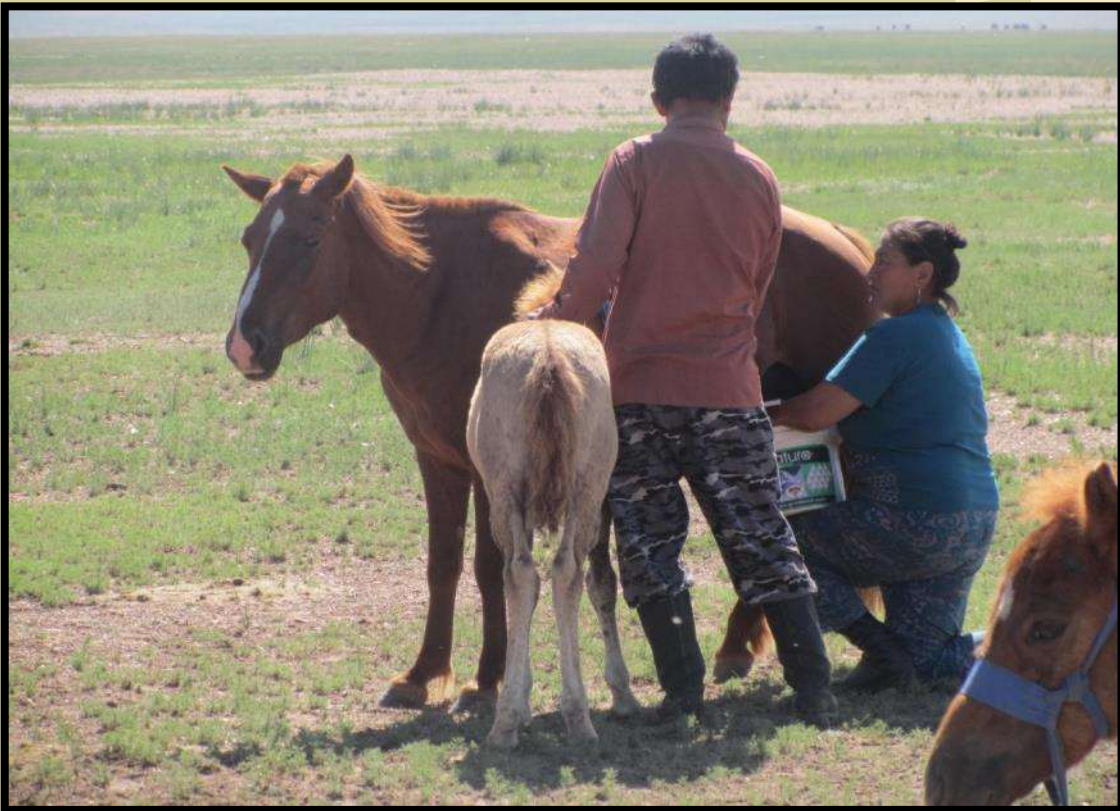


<https://en.wikipedia.org/wiki/Kumis>

"it takes considerable skill to milk a mare" technique: the milker kneels on one knee, with a pail propped on the other, steadied by a string tied to an arm. One arm is wrapped behind the mare's rear leg and the other in front. A foal starts the milk flow and is pulled away by another person, but left touching the mare's side during the entire process

During one season, a mare produces approximately 1,000 to 1,200 litres of milk, of which about half is left to the foals.





# Airag

„In May and June most mares deliver a foal and they start producing milk for them. The horses walk around in herds of about 10-15 mares and can get their feed from everywhere. Now and then the herder checks where the horses hang out and if all the deliveries are successful. If the grass is growing well, the mares are caught and brought to the ger (yurta) of the herder. Two big poles are pushed into the ground and a rope is tied from one of the poles to the other. The foals get a halter and are tied to the rope between the poles. This assures that the mares are staying near the ger as well.

The whole day the foals are laying or standing there, with the mares grazing nearby or sometimes a little further away if the foals are older. Every two hours the mares come to feed them. During that time, the herder and his wife make sure they are present. The herder takes the foal and lets it drink with the mare for a minute or two. Then the wife starts milking the mare for about 5 minutes in the bucket she brings with her. The mare just stands there and allows it without any problems, aggression or troubles. If the mares are young, sometimes the herder ties one leg, so he can be sure his wife will not be kicked. Most mares even bow that one leg on command, so the herder can tie it easily. Sometimes the stallion is present and walks around to protect the herd, but respects the milking process.

Every two hours the mares are milked, starting from 8am to 8pm (sometimes even after that or starting earlier). The milk gets into a big plastic barrel. At the start of the **airag (koumiss)** season, some bacteria are added, but none of the herders wanted to tell me where they get the bacteria from. Could be from a dried curd. Anyway, the milk in the big plastic barrel is stirred minimum 3000 times with a big wooden stick by the herder woman every day. If guests come over, a small bucket is filled with airag and is drunk by all. During day, the small children can drink it as well. The average alcohol percentage is about 1,5%, but varying from 0,8% to 3%. If the airag is sold, it is placed in old plastic bottles (that hosted coca-cola, water, .. before) and has to be sold the same day. Storing it warm will make it go off.”

<https://doriekeblogs.wordpress.com/2011/07/07/mongolian-beer-comes-from-a-horse/>



It's one of those nourishment things that will put explorers off immediately. Airag is matured female horse's milk and has been a mixed drink for migrants since the season of Genghis Khan. A few wanderers still beverage it, in spite of the fact that modernization makes them swing to vodka now, which is speedier and increasingly dependable as far as supply.



# Wagassi

fresh cheese - unaged, non-melting soft cheese made by curdling milk with a fruit- or vegetable-derived acid, such as lemon juice. (like India paneer)

is a cow's milk cheese from northern Benin, characterized by its mild flavor and a red rind, which is a result of dipping the cheese into warm water with the *Calotropis procera* leaf extract. It is traditionally prepared by the Fulani people, mostly women, and it can be bought in towns such as Parakou.

The cheese is praised for its unique properties such as the fact that it does not melt easily, even at high temperatures. It can be consumed fried or cooked in sauces, but it is rarely consumed fresh.





# The *oscypek* cheese

has become a flagship Polish product.

The EU certificate protects its name, shape, production procedure and ingredients from which it is made. We eventually succeeded after eight years of endeavour started by Sheep and Goat Breeder Association, Podhale Inhabitants Association as well as Tatra, Nowy Targ and Żywiec districts! A tourist trail that leads from one shepherd hut to another is a wonderful idea of cultivating shepherd traditions in Podhale. We are coming back to the roots in a way. All tourists are invited to tour around and taste the perfect products of our shepherds,

*Andrzej Gąsienica-Makowski*  
*Tatra District Governor*



Southern POLAND chees tourism opportunities

## Szlak oscypkowy

Oscypek cheese trail  
Geräucherter Schafskäse



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# Sheep and oscypek cheese

The history of Tatra shepherding has been intertwined with Eastern Carpathians.

That is the place from where the Vallachian tribes came from Transylvania all the way to Podhale at the turn of the 14th century. Their folk customs dominated the culture of local inhabitants, who, whether they liked it or not, also adopted the shepherding system of the comers.

The sheep are the pride of every highlander today. Areal *baca* - the senior shepherd in Tatra, does not spend his summer in a comfortable bed but in his hut among the mountain pastures and Tatra peaks.

Oscypek cheese, that is hard sheep cheese made mainly in Podhale, as well as **zentyca** drink were long ago used by *gazda*, Tatra farmer, and *baca* as well as by *baca* and *juhas* -the young shepherd, to settle accounts with each other. Today they are the greatest achievement of the highlanders.



similar cheeses are made in other parts of Carpathians – Slovakia, Ukraine, Romania



## Szlak oscypkowy

Oscypek cheese trail  
Geräucherter Schafskäse



# Oscypek Cheese trail

similar cheeses are  
made in other parts  
of Carpathians –  
Slovakia, Ukraine,

**Romania**



Székel yfäd [Korond] –  
march 2010



# Oscypek Cheese trail



Fot. 1. Oznakowanie Szlaku Oscypkowego w Dolinie Kościeliskiej  
Źródło: fot. D. Gospodarczyk

Oscypek trail sign  
source: Z. Kruczek, 2011, *Szlak Oscypkowy w Małopolsce - droga od pomysłu do produktu turystycznego.*



## Józef Brawiak 19. Łapsze Wyżne

### BACA PRZYLUKZONY

Józef Brawiak od lat hodował owce, ale bacuje dopiero od kilku lat. Co ciekawe, nie ma żadnych korzeni bacowskich, nikt z jego rodziny nie zajmował się wypasem na wysokogórskich halach. – To taki baka przyuczony – mówią o nim pozostali bacomie, ale powtarzają, że do tej roboty potrzeba sprawnych rąk i wielkich chęci.

Brawiak bacuje w Łapszach Niżnych nad Łapszanką, daleko od wsi, na skraju lasu. Ceni sobie spokój, a swoje oscypki rozprowadza wśród okolicznych mieszkańców. W swoim stadzie ma ponad 300 owiec, które wypasa na pięknych spiskich halach.

#### Trained shepherd

Józef Brawiak has bred sheep for many years but he has been a senior shepherd for only a few years. What is interesting, he has no shepherd roots, no-one in his family pastured flocks on high mountain pastures. "He is a kind of trained shepherd", the other shepherds comment on him but they also say that the job requires skilful hands and strong will.

#### Ein angelernter Meistersenner

Józef Brawiak betrieb seit Jahren die Schafszucht und seine Sennerei führt er erst seit einigen Jahren. Interessant ist, dass er nicht auf familiäre Traditionen zurückgreifen kann, denn niemand in seiner Familie führte eine Weidenwirtschaft auf den Hochalmen. – Das ist ein angelernter Meistersenner – sagen die anderen Senner über ihn, aber sie betonen auch, dass für diese Arbeit tüchtige Hände und ein guter Willen wichtig seien.

## Józef Galdyn 20. Łapsze Niżne

### SERKI Z GŁĘBOKIEGO

Józef Galdyn bacuje przy szlaku na Głębokie. Droga do bacołki nie jest prosta, trzeba jechać na Niedzicę, skręcić w prawo na Łazy. Baka słynie ze swojej pracowitości. Gdy nastaly trudne czasy dla bacoł wyjechał do Niemiec pracować jako drwal.

Po powrocie Galdyn bacuje już od kilku lat. W swoim stadzie ma kilkaset owiec, ale skupia się głównie na produkcji serów gazdowskich.

Głównie są to kara, pucok, golka, bryndza i serek podhalański. Co ciekawe, powiat tatrzański będzie wspierał produkty w postaci tradycyjnych serów gazdowskich, zwanych górskimi.



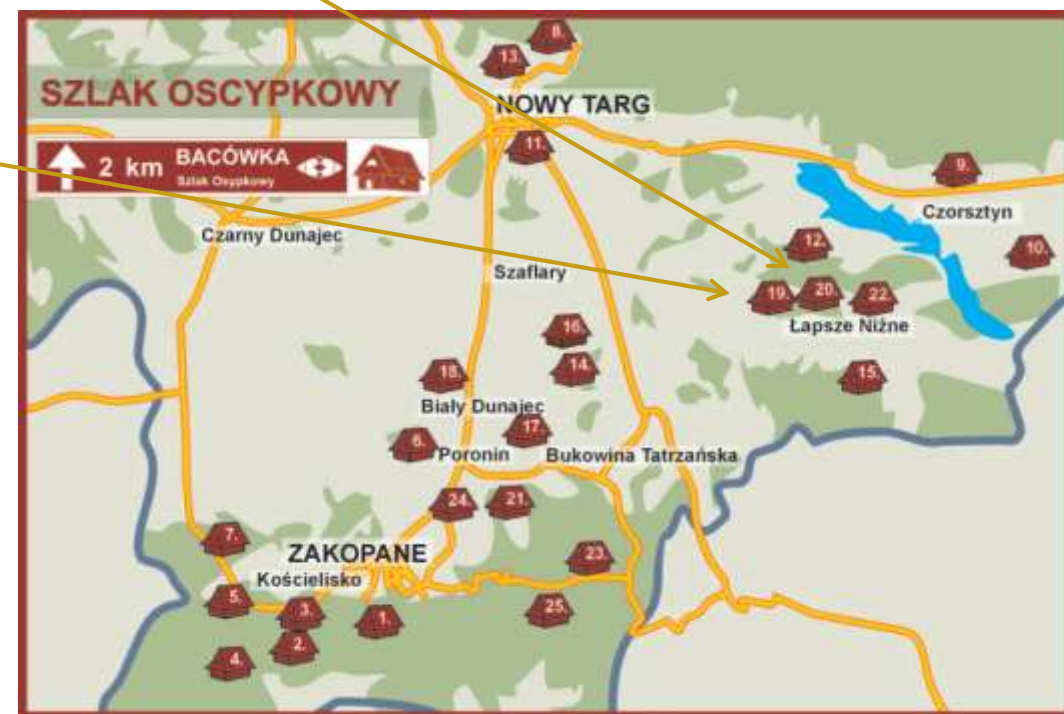
#### Near the trail to Głębokie

Józef Galdyn pastures his flock near the trail to Głębokie. The road to his shepherd hut is not easy, you have to go in the direction of Niedzica and turn right to Łazy. The senior shepherd is famous for his industriousness. When the hard times for shepherds came he left for Germany to work as a lumberjack. He returned and has been a senior shepherd for a few years now.

#### An der Route auf „Głębokie“

Józef Galdyn betreibt seine Sennerei an der Route auf „Głębokie“. Der Weg zur Sennhütte ist nicht einfach zu bewältigen, man muss nach Niedzica fahren und dann rechts nach Łazy abbiegen. Der Meistersenner ist bekannt durch seine unerhörte Arbeitsamkeit. Als für Senner schlechte Zeiten kamen, fuhr er nach Deutschland und arbeitete dort als Holzfäller. Nach seiner Rückkehr arbeitet er schon einige Jahre als Meistersenner.

# Oscypek Cheese trail



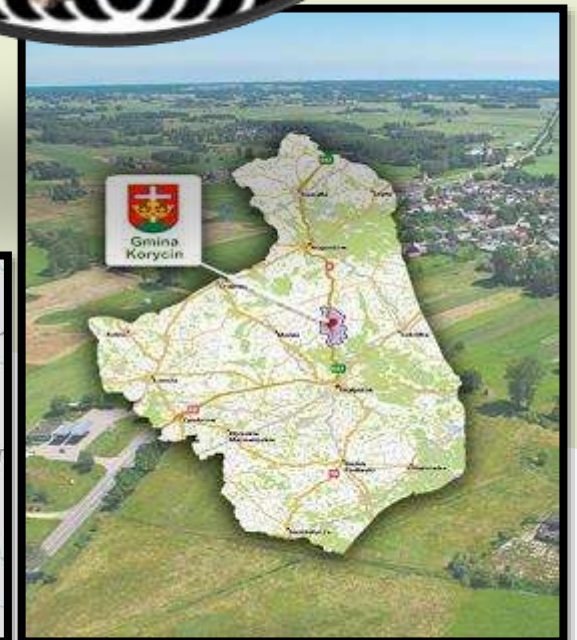
SERY  
*Bielec*  
KORYCIŃSKIE



Some Swiss took part in one of the battles near Korycin in the second half of the 17th century. The wounded soldiers were taken to the Kumiał farm near Korycin. Some Swiss decided to settle here permanently and it is said that they taught the inhabitants of cheese production. At that time, powder from dried calf stomachs was used as rennet. Korycin cheeses from the times of the Swedish Deluge were aged in stone cellars, laid on rye straw. Today, the powder from dried stomachs has been replaced by dairy rennet, and ready-made cheeses mature much shorter than before, but the entire process is the same, thanks to which completely natural product is obtained.

Eastern **POLAND** chees tourism opportunities

<https://www.serykorycinskie.com.pl/sery-korycinskie/>





fot. P.  
Charzyński  
2020

SERY  
*Bielec*  
KORZYCIŃSKIE

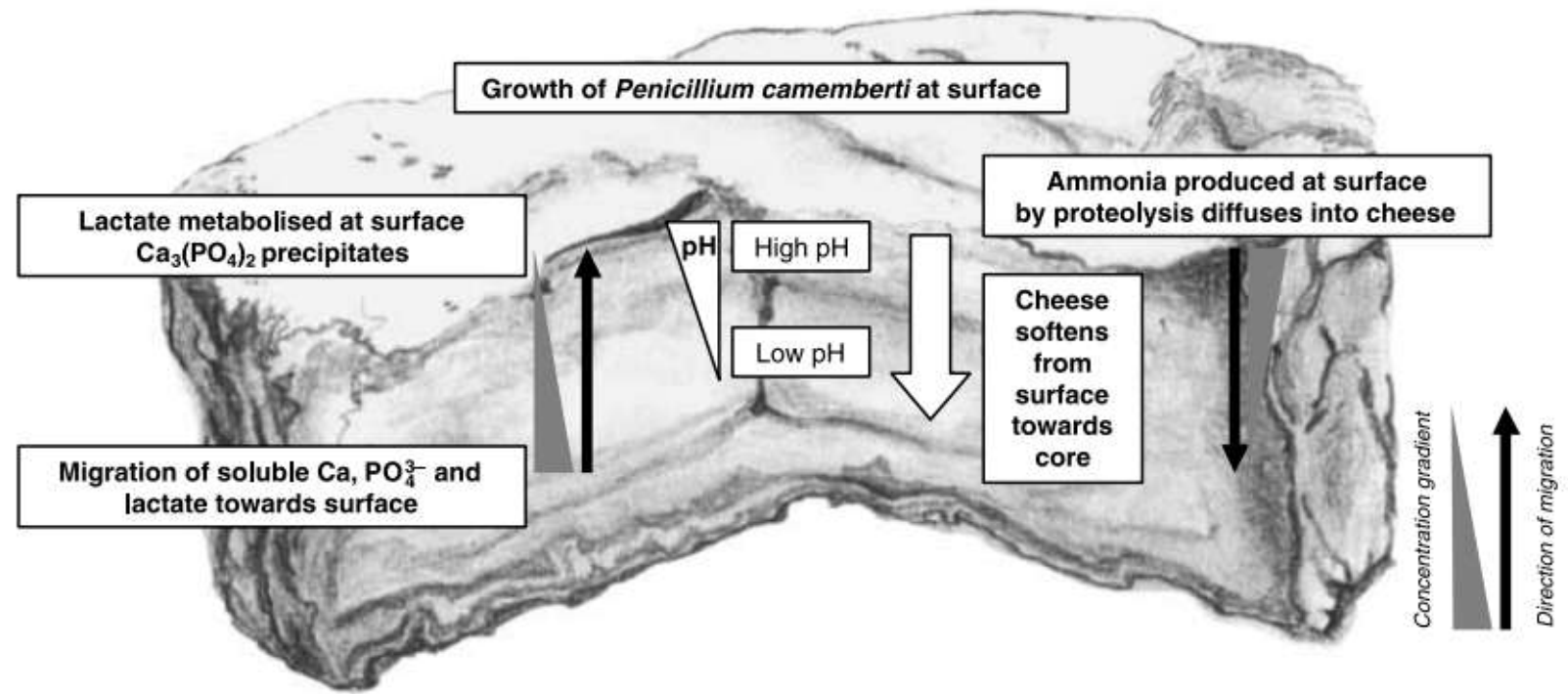
# Camembert cheese

<http://i-kalorie.pl/ser-camembert/>



moist, soft, creamy, surface-ripened cow's milk cheese. Camembert was reputedly first made in 1791 by Marie Harel, a farmer from Normandy, following advice from a priest who came from Brie.

The origin of the cheese known today as Camembert is more likely to rest with the beginnings of the industrialization of the cheesemaking process at the end of the 19th century. In 1890, an engineer, M. Ridel, devised the wooden box that was used to carry the cheese and helped to send it for longer distances, in particular to America, where it became very popular. These boxes are still used today.



**Figure 2** Schematic representation of the changes that occur in Camembert-type cheese during ripening as a consequence of the growth of *Penicillium camemberti* at the surface (Reprinted from *Cheese: Chemistry, Physics and Microbiology*, Vol 1 (3<sup>rd</sup> edition) Fox P F, McSweeney P L H, Cogan T M & Guinee T P (eds). McSweeney P L H & Fox P F. Metabolism of residual lactose and of lactate and citrate, pp 361–371, Copyright 2004, with permission from Elsevier).

# Camembert Museum in Vimoutiers

Museum opening hours:

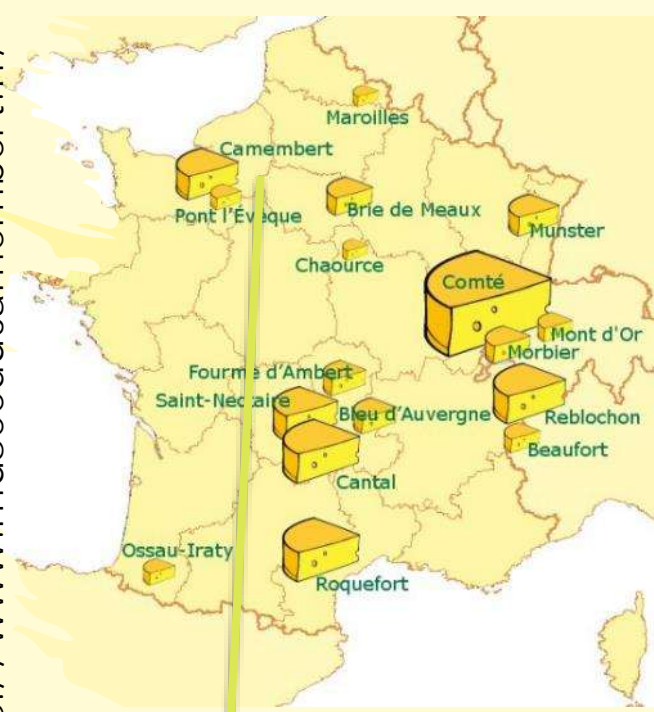
May - October: Monday 14-18, Tuesday-Saturday 9-12  
and 14-18, Sunday 10-12 and 14.30-18.30;

March, April, November and December: Monday 14-18,  
Tuesday-Friday 9-12 and 14-18, Saturday 9-12;

Ticket price: €



<https://www.museeducamembert.fr/>



<https://mapio.net/a/28190613/>



Dane mapy ©2021 GeoBasis-DE/BKG (©201



# Camembert Museum in Vimoutiers



## Durand Farm



<https://www.zlotaproporcja.pl/2016/11/24/camembert-ser-normandia/>

The farm is open from Tuesday to Sunday from 9am to 5pm. Tours are open to the public and last on average from 1h15 to 1h30. The guided visit is free of charge. The visit begins with a movie followed by a tour to see the production halls and animals. A visit is recommended from 9:00 a.m. to 1:00 p.m., to the delight of visitors who can then watch the hand-molding, the knowledge of their ancestors preserved in the Durand cheese factory. Tours can be booked by phone or e-mail. The tour price includes a tasting of camembert cheese and local cider. Possibility to buy local products, e.g. cider, fresh cream, jam and camembert cheese.





<http://ozhanoturk.com/2018/05/01/parmesan-peyniri-parmigiano-reggiano/>



<https://en.wikipedia.org/wiki/Emilia-Romagna>

**PARMIGIANO-REGGIANO** or **PARMESAN** is the most well known Italian product worldwide. The unpasteurized cow's milk is transformed into curds that are cut into tiny bits and heated to extremely high temperatures in large copper vats. The formed wheels of Parmigiano aren't pressed, and are left to soak in a salt-water bath for several weeks. The cheeses are aged for 1 to 2 years—the longer they age, the drier and more crumbly they become, with a minimum of 18 months for the grating kind. Parmigiano's one-of-a-kind texture is compact, crumbly and yet soluble. The aromatic baggage of Parmigiano are reminiscent of the pasture that the cows feed on, the nutty, cooked milk flavour has a fine umami and tropical pineapple finish.

# The Parmigiano Reggiano - Parmesan Cheese Museum



You can enjoy exploring the world of Parmesan Cheese, one of the most famous Italian cheeses.

Here you can find the maturing process, marketing and sales, as well as information about use of the cheese in gastronomy and its history. Do not miss the opportunity to learn about this famous Italian cheese. The ticket includes **cheese tasting**. Next to the cheese plants, in more recent buildings you can find the Reception, a café and the Museum Shop where it is possible to buy Parmigiano-Reggiano, the tasting kit and publications, posters, cards and themed kitchen objects.











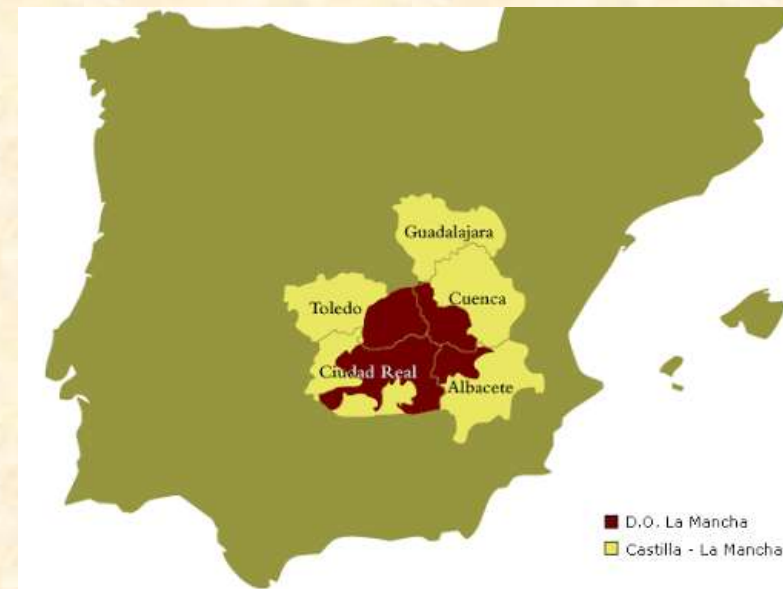


# MANCHEGO CHEESE



# LOCATION

- The surface covered by the designation of origin «Queso Manchego» is 4,419,763 hectares, in a series of municipalities that cover part of the provinces of Albacete (21.66% of the region), Ciudad Real (33.16%) , Cuenca (22.13%) and Toledo (23.05%), which constitute the region of La Mancha.



Manchego Cheese Map location (Área)  
Image by: [quesosmanchegos.com](http://quesosmanchegos.com)

# PRODUCTION

- The milk for the elaboration of this cheese must come exclusively from Manchega's sheep, sheep adapted to the exploitation of grazing in arid areas. This breed is exploited in grazing throughout the year, taking advantage of natural resources; in sheepfold it is helped with rations of concentrates, hay and by-products.
- The maturation of the cheeses lasts not less than 30 days for cheeses less than 1.5 kg and 60 days for higher weights, counted from the date of molding, applying during this period the necessary turning and cleaning practices until the cheese reaches its peculiar characteristics.



Manchego Cheese elaboration.  
Image by: [saboressabor.es](http://saboressabor.es)

- **Cured Manchego Cheese**

Its maturation ranges from 6 to 9 months. This maturation time gives the cheese a pronounced smell and flavor, leaving a taste of soft flavors of caramel and dried fruit notes.

- **Semi-cured Manchego cheese**

It has a maturation of 1 to 3 months depending on its size. It is characterized by having an elastic texture, with a cream-colored paste. As for the aroma, it is lactic, and each serving contains a hay, grass and fruit flavor with a sweet touch. Semi-cured Manchego Cheese is the one with the least cure among these three varieties.

- **Old Manchego cheese**

Old cheeses must ripen for a period of more than 9 months. Old Manchego Cheese has a brittle texture with a flavor that lasts longer in the mouth. One of its peculiarities is that the interior of the cheese has a caramel color tone. As you have been able to verify, the maturation of the cheese influences above all on the texture, the flavor and the smell. For this reason, when ripe, the flavor will be spicier and the smell more intense and its texture will be harder and drier, due to the loss of water.



Cured Manchego Cheese



Semi-Cured Manchego Cheese



Old Manchego Cheese

# Ciudad Real

## Manchego Cheese Museum

- Manchego cheese and livestock offers us a milk tourism experience of the most complete in our region. From the field to the table.
- We will have the opportunity to learn from the grazing of cattle in the field, sheep and lambs, milking to the transformation of milk into cheese, artisan work and maturation. We will visit the cheese factory facilities and take a walk around the farm and its gardens. We will finish with a great commented wine and cheese tasting.



Elaborations by visitors in ciudad real manchego Cheese museum  
Source: [tripadvisor.es](https://www.tripadvisor.es)

This cheese factory with more than 30 years of history arose with the illusion of making cheeses in an artisanal way and the desire to unite quality, tradition and good work. They know all the details because they have lived the process to have a quality cheese step by step, from the collection of milk to the point of sale, their own home.

Hand in hand with an Agricultural Engineer with extensive knowledge in the field, we will delve into the exciting world of cheeses, through an entertaining and entertaining audiovisual presentation, and then enter a practical tasting with a varied table of individual cheeses paired with the best wines of our land.



Manchego Cheese Museum in Ciudad Real.

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