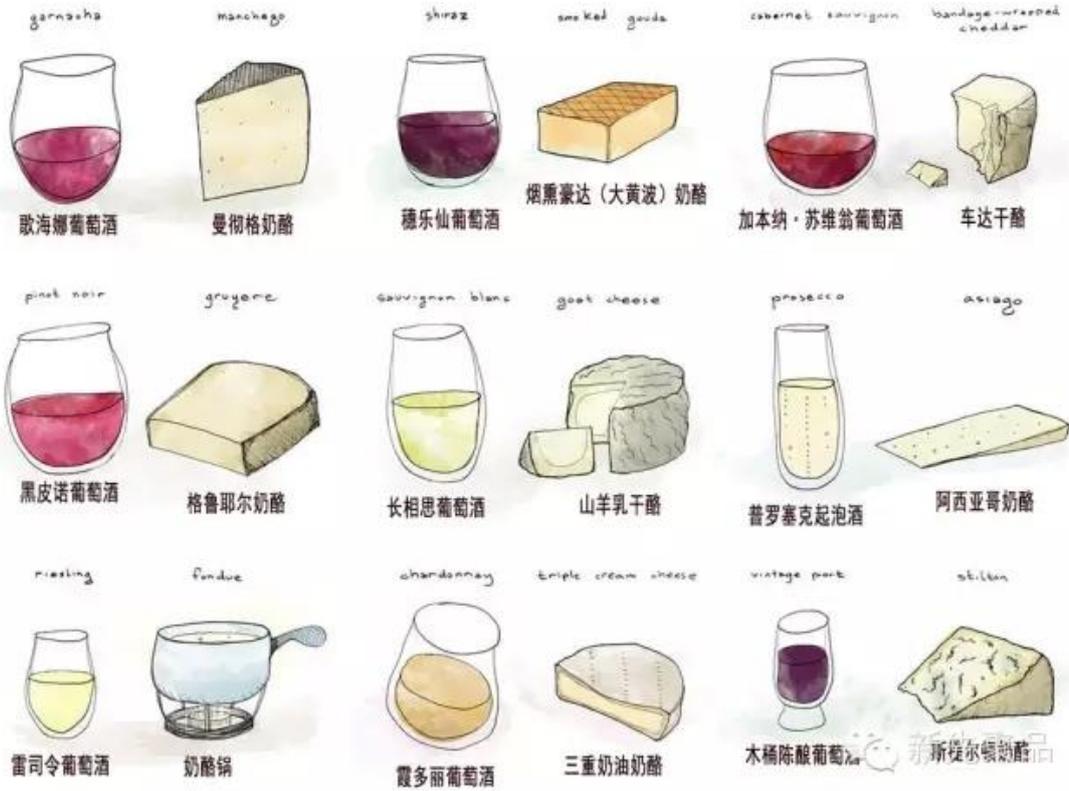


奶酪爱好者的福利, 13 张图表让你成为真正的奶酪达人



从意大利面、披萨、薯条到搭配红酒，甚至啤酒的小食，西方菜肴里往往离不开奶酪。而通过不同的原材料和制作方式，奶酪的风味、形状、软硬度都有着千差万别，因此在国际超市的奶酪摊位处，我们总能见到琳琅满目的奶酪摆放在那里，不禁让我们挑花了眼，不知从何下手，更别说知道什么样的奶酪搭配什么样的食品和酒品了。那么今天我们新先聚品就通过 13 张图表向大家全方位介绍一下奶酪的各种知识，看完这篇文章，再加上一些亲身品尝搭配，相信你一定马上就能成为一位奶酪达人，一起来看看吧！



2. 比别人知道奶酪的更全种类细分 (点击图片放大可查看详细种类)

HOW TO PUT TOGETHER A GREAT CHEESE PLATE AT A REGULAR SUPERMARKET



奶酪盘里最好能包含：

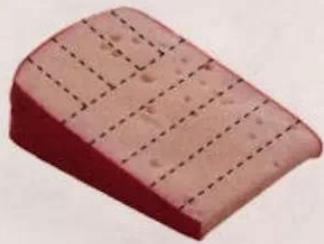
- 味道重一些的奶酪，如白车达奶酪。
- 臭味奶酪，如丹麦蓝纹奶酪。
- 奶油状奶酪，如楔形布里奶酪。
- 坚果奶酪，如熟成古达奶酪。
- 新鲜奶酪，如山羊奶酪。

4. 如何专业地切奶酪

Q: What is the best way to portion cheese for easy serving?

—Hannah Schmidlein, Reading, Pa.

A: When preparing a cheese plate, make a few slices to get guests started (and avoid a mess later on). Slice the cheese with the rind on; guests can discard it on their plates. Use the diagrams below as a guide for your cuts—aim for a bit of rind, vein, or soft center in every bite. And set out separate knives for gooey, soft, hard, and pungent varieties to avoid mixing flavors.



SEMISOFT WEDGE

(Tomme de Savoie, Danish fontina, Gruyère)

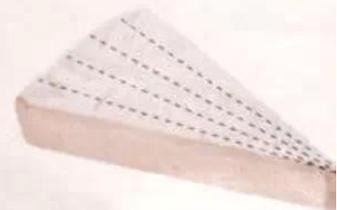
Cut the wedge crosswise, then cut vertically along the rind.



SOFT PYRAMID

(Goat cheeses)

Slice the cheese into wedges from the top center.



SOFT WEDGE

(Brie, triple-cream cheeses)

Section the cheese into long, narrow wedges from the point outward.

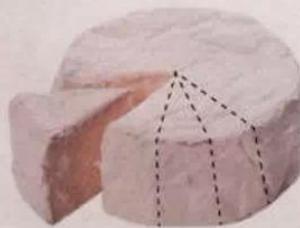
One serving is 1 to 1½ ounces.



LOG

(Goat cheeses, fresh or aged)

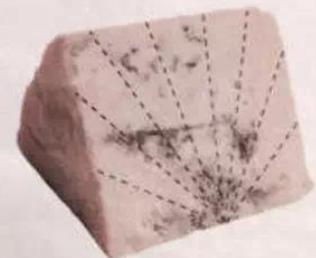
Slice across the log into coins.



SOFT WHEEL

(Camembert, aged goat cheeses)

Cut it into even wedges, from the center outward.



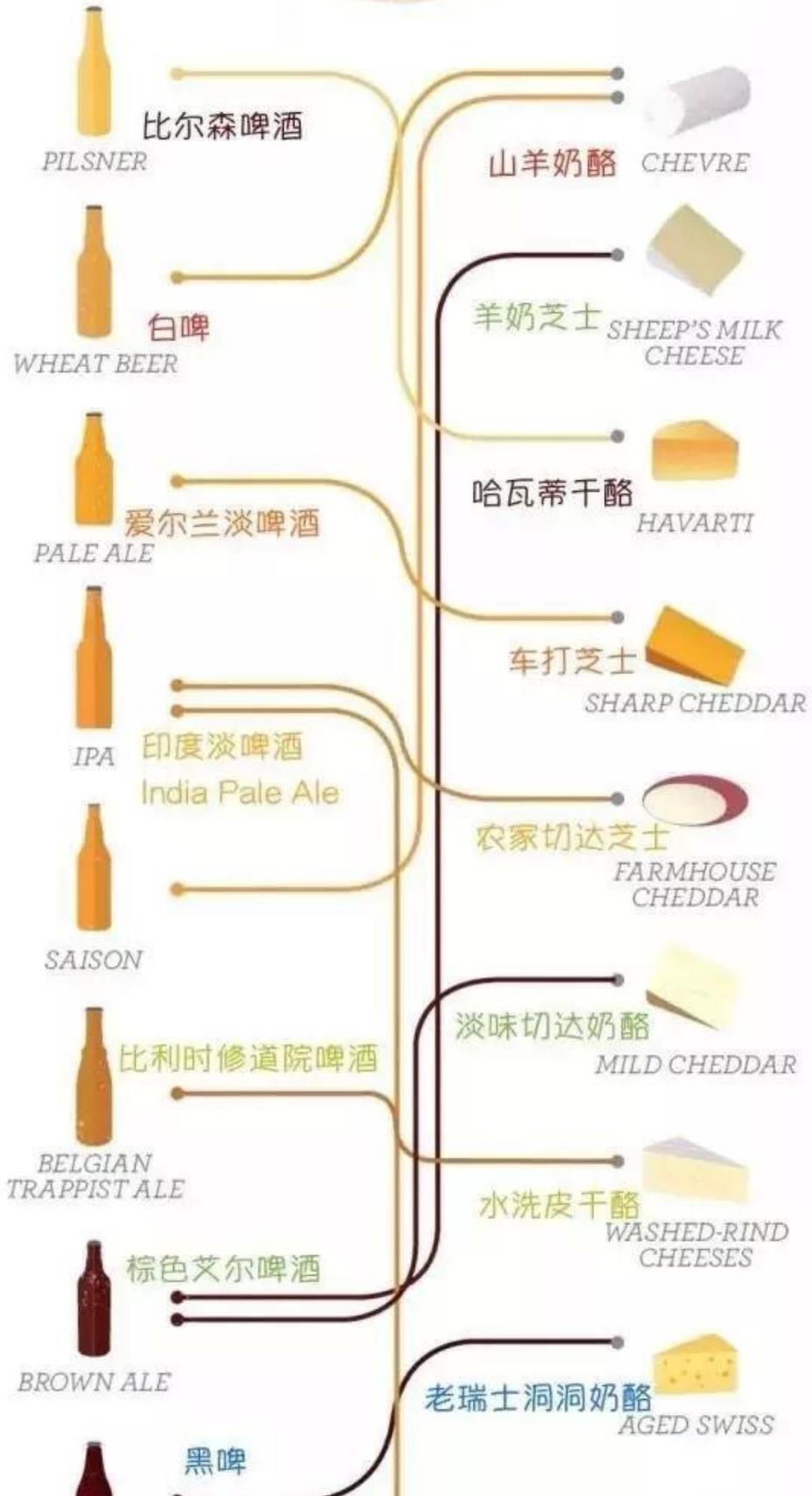
VEINED WEDGE

(Blue cheeses, fresh goat cheeses)

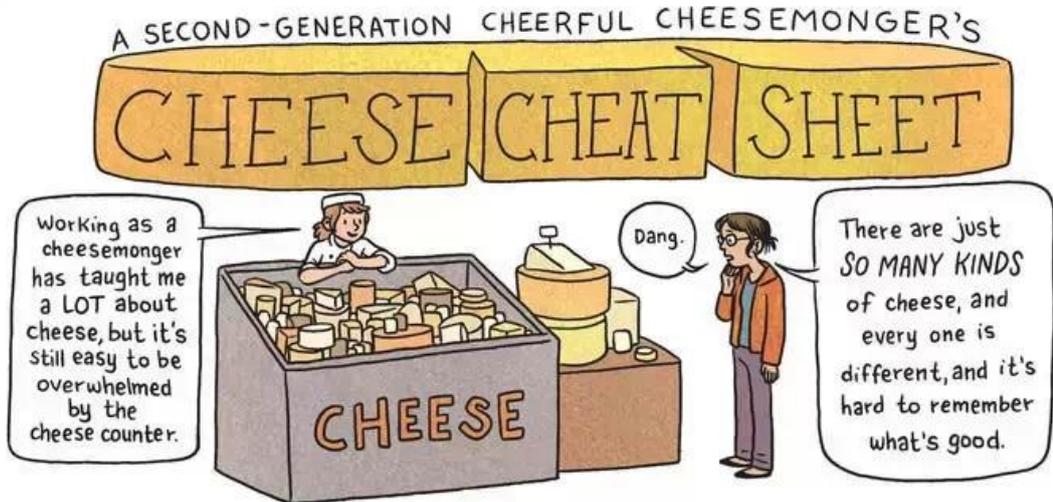
Slice it into points from the bottom center

BEER & CHEESE

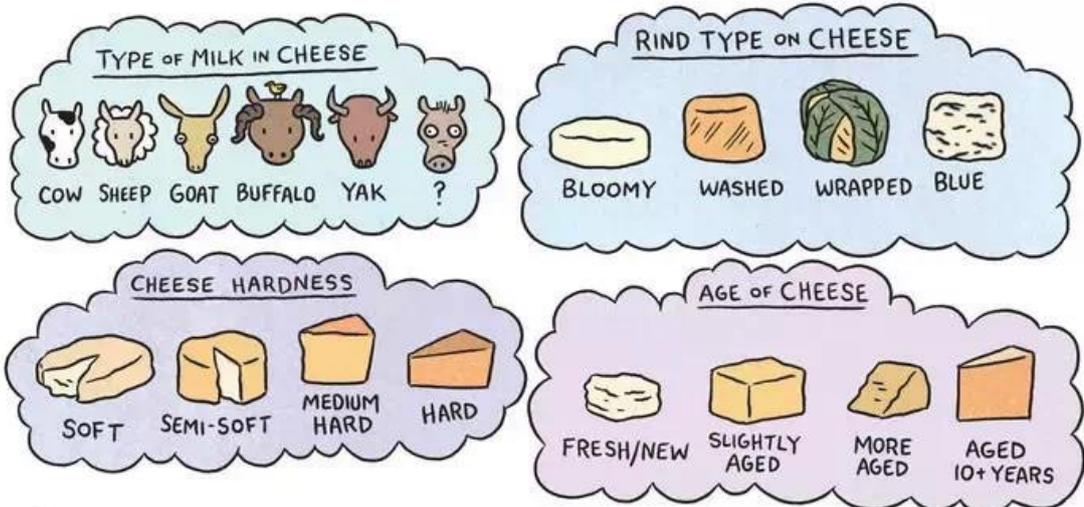
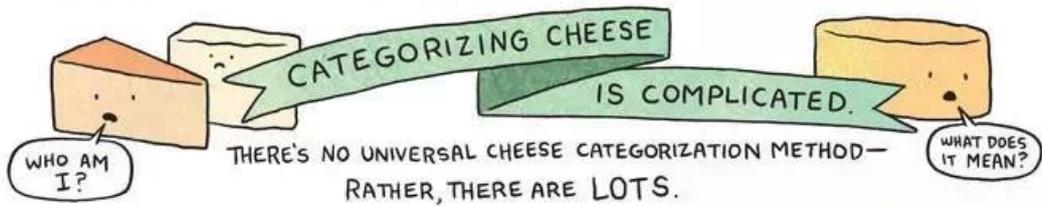
Pairing Guidelines



6. 如何在商场轻松挑选奶酪



SO HERE ARE SOME OF THE THINGS I LEARNED WHILE CHEESEMONGERING!



BUT EVEN MORE SUB-CLASSIFICATIONS EXIST. OH JEEZ, NOW I'M CONFUSING YOU.

超市奶酪柜台的奶酪品种和形状各式各样，很难记得哪一种适合自己的口味，所以知道一些大致分类也许会对你有帮助：

a. 奶酪里的奶类品种：牛奶、绵羊奶、山羊奶、水牛奶、牦牛奶，以及马奶？

b. 奶酪外皮的种类：薄皮的、水洗皮的、包裹好的、蓝纹

c. 奶酪的软硬度：软、半软、中硬、硬

d. 奶酪的年龄：新鲜、微熟成、中熟成、10 年以上熟成

7. 怎样能让奶酪保持最佳美味。

CHEESE CARE

STORE

Give your cheeses some TLC! These basic tips will help you get the best from your delivery.

WRAP CHEESE

in the waxed paper

..... **IT CAME IN**

(alternatively use greaseproof paper)



WHEN STORING

..... *in the fridge*

**PUT IN A SALAD DRAWER
or cardboard box**



DO NOT

----- *store with* -----

SERVE

The Dairy Girl's guide to help your cheese taste great and look presentation perfect!

..... *Cheese*

TASTES BETTER

AT ROOM TEMPERATURE



..... *Take cheese*

OUT OF STORAGE

----- *1-2 hours* -----

BEFORE SERVING



GENTLY

..... *scrape off*

ANY OILY RESIDUE

~ *& trim off* ~

A. 储存

a. 奶酪包装要用纸质包装（或者用不透油的纸）。塑料包装是奶酪的致命敌人，一定要让奶酪呼吸！

b. 储存的时候要放入冰箱的沙拉抽屉或者硬纸板盒子里保存。

c. 千万不要把奶酪和任何有强烈气味的食品放在一起，因为奶酪很吸味。

B. 呈现方式

a. 奶酪在室温下最美味。

b. 吃前 1 到 2 个小时要把奶酪从储存处拿出静置。

c. 小心地刮下奶酪上的残余物，并片下奶酪上的霉（奶酪长霉很正常）。

8. 终极马克罗尼意面搭配方法



ULTIMATE MAC'N'CHEESE IDEA GENERATOR



SHELLS



BECHAMEL,
PEAS, HAM



SMOKED CHICKEN,
BUFFALO SAUCE,
BLEU CHEESE



PEARL ONIONS,
BROCCOLI, CHEDDAR



MUENSTER,
TUNA, CELERY



BRIE, CRAB,
BREADCRUMBS

贝壳形意面可搭配：

- a. 白酱、豌豆、火腿
- b. 熏鸡肉、水牛酱汁、蓝纹奶酪
- c. 大蒜片、花椰菜、车达奶酪
- d. 明斯特干酪、吞拿鱼、芹菜
- e. 布里干酪、螃蟹、面包屑



弯头空心意面可搭配：

- 焦糖洋葱、细牛绞肉、车达奶酪
- 玉米片、莼萝、辣椒酱、红洋葱
- 黑芝麻、美国奶酪片、炸午餐肉
- 车达奶酪、美国奶酪片、杰克奶酪
- 腌菜、熟成车达奶酪、番茄



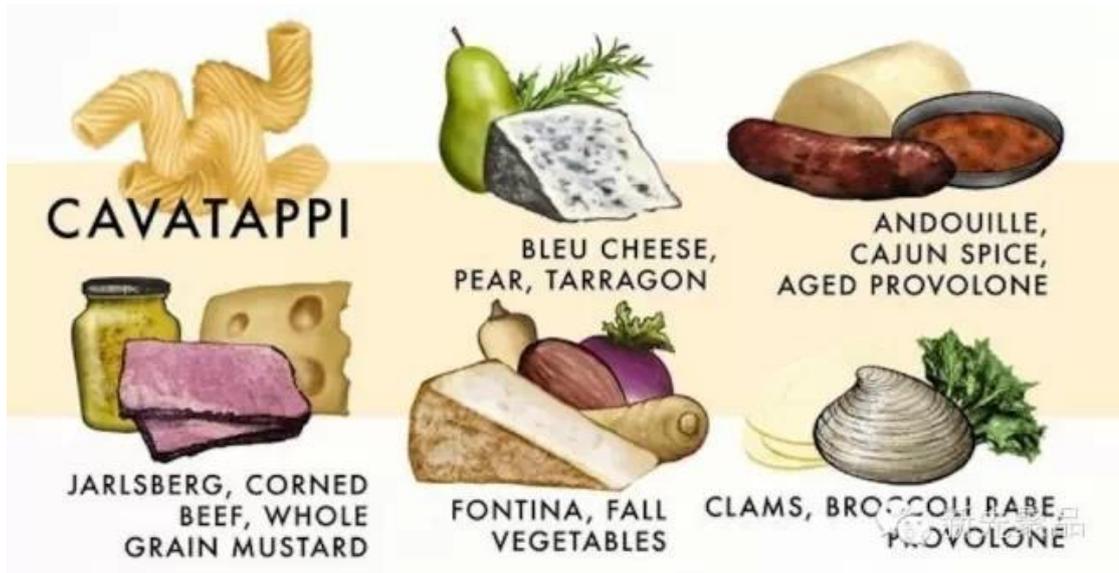
直管通心粉可搭配：

- a. 荷兰奶酪、菜花、南瓜子
- b. 西班牙甘椒、青椒
- c. 百里香、瑞士 raclette 奶酪、火腿
- d. 爱尔兰车达奶酪、胡桃、盐浸绿甘蓝
- e. 法国卡蒙贝尔奶酪、无花果、迷迭香



螺旋意面可搭配:

- a. 曼切格奶酪、西班牙香肠、藏红花
- b. 大葱、熟成白车打奶酪、红辣椒碎
- c. 意大利干酪、烤大蒜、烤番茄、罗勒
- d. 黑胡椒杰克奶酪、酸黄瓜、墨西哥胡椒、番茄碎
- e. 瑞士孔洞奶酪、贻贝、火腿、西芹



螺纹通心粉可搭配：

- a. 蓝纹奶酪、梨、龙蒿
- b. 辣味熏肠、cajun 香料、熟成意大利波萝伏洛干酪
- c. 瑞士 jarlsberg 奶酪、盐腌牛肉、全麦芥末
- d. 芳提娜意大利果仁味羊奶干酪、秋季时蔬
- e. 蚌、诸葛菜、意大利波萝伏洛干酪



蝴蝶结意面可搭配：

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