



July 2014

Volume 18

It's got a lot to do with culture!

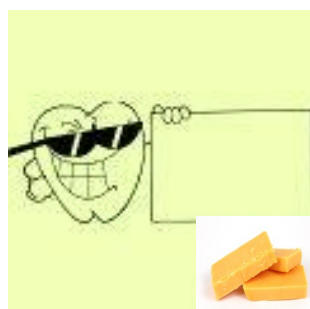
I love Cheese and so do my ttteeth!

Consuming dairy products is vital to maintaining good overall health, and it's especially important to bone health. But there has been little research about how dairy products affect oral health in particular. However, according to a new study by the Australian Academy of General Dentistry consuming cheese and other dairy products may help protect teeth against cavities.

The groups who consumed milk and sugar-free yogurt experienced no changes in the pH levels in their mouths.

Subjects who ate cheese, however, showed a rapid increase in pH levels at each time interval, suggesting that cheese has anti-cavity properties.

The study indicated that the rising pH levels from



eating cheese may have occurred due to increased saliva production (the mouth's natural way to maintain a baseline acidity level), which could be caused by the action of chewing. Additionally, various compounds

found in cheese may adhere to tooth enamel and help further protect teeth from acid

Inside this Issue

Dentistry's take on Cheese	1
40 year-old Cheddar found	2
Moonshine & Geep	3
Embracing raw milk & the Spring Fine Food expo in Sydney in September	4



The Sacco culture range continues to expand check out www.curdsandwhey.co.nz



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Health benefit of cheese

The health benefits of cheese include relief from hypertension and osteoporosis. It also helps in maintain bone health, weight gain and as stated above, dental care. Sit down in the evening with a glass of something and some good cheese and look on it as your daily visit to the doctor!

C

heese can boost your immune system and eating certain types of cheese may prevent many forms of illness and disease

When Edward Zahn decided in May to close his cheese shop in Oconto, Wisconsin USA he made a discovery. In the back of his walk-in cooler, Zahn, 73, found several wooden boxes of cheddar cheese from the now closed County Line Cheese in Oconto that over the years had repeatedly been buried

Cheese lovers rejoice—40 year old cheddar cheese discovered—to be sold

by incoming cheese products.

"It just got overlooked," Zahn said. "It looks just like the others except it's just a lot sharper. It's got character." The others are boxes of 34-year-old and 28-year-old cheddar.

Ken McNulty, president of Wisconsin Cheese Mart, said he has about 20 pounds of the 40-year cheddar and 120 pounds of 34-year cheddar, although the 34-year cheddar will be saved for a later date.

"It's the sharpest cheese I've ever tasted," McNulty said. "Although what you'd expect is that it would be really dry but it's actually very creamy. A typical cheese that is aged for years, has a half-inch of cheese that can crystallize on the outside of



the block. However because of the extreme age of the cheese from Zahn, each slab had almost an inch of inedible crystallized cheese. It looks like it went through a nuclear accident. Its just unbelievably grotesque," McNulty said. "But once you get through the exterior, it's OK."

Source: www.madison.com/business



October 2014 will be the second NZ Cheese Month. The timing is perfect to celebrate spring including the great fresh milk NZ cheese is made from.

Watch out for details in your local media as time comes closer so that you can enjoy the variety of cheese events available—with pairings with other foods grown in an artisan fashion

It won't be "Nuts in May" but maybe "Crackers in October"!



Judging like cheese takes talent and time!



SOME HELPFUL HINTS

What is a 'double cream cheese'?

The amount of cream in a cheese is one of the variables that cheese-makers can use to change the characteristics of a cheese. Cream content in a cheese is largely responsible for cheese body, mouth-feel and flavour. Consider the difference in taste between non-fat and homogenised milk. A 'single cream' cheese is made with milk where cream has been neither added nor skimmed from the milk. To make a 'double cream' cheese the cheese-maker increases the cream content by around 10% (from 50% to 60% Fat in Dry Matter. FDM)





Moonshine Milk

Demand growing in the US

Foxnews.com recently highlighted a growing trend in the US for 'Moonshine Milk' i.e. that which has not been pasteurised or processed. The name comes from the need to sell products mislabelled as 'pet food' or under other cover names as laws vary greatly across the US on the ability to market unpasteurised products. However supporters of raw milk maintain it is less problematic for allergies despite danger warnings from the CDC, USDA and the American Association of Paediatrics

He is darn sweet—He's a Geep!

An Irish farmer has inadvertently bred a Geep - a cross between a goat and a sheep.

Paddy Murphy, who also runs Murphy's Pub in County Kildare, west of Dublin, told the [Irish Farmers Journal](#) recently that he had seen a goat trying to mate with a few of his female sheep last year, but didn't think anything of it.

Five months later he delivered what he thought was a lamb late at night only to realise the next morning that it was something quite a bit different.

"I only have white-faced Cheviot sheep, and when this one came out it was black," he said. "That sometimes happens. But the next morning I said to myself this isn't a lamb at all it's more like a goat. It was moving a bit too quickly for a lamb; its legs were very long and he even has horns like a goat."

The newborn has been the talk of the village pub since its birth a few weeks ago.

Murphy said he was starting a competition to find the best name for the young geep and proceeds would go to raise money for a sick child in the village.

He also invited scientists to come to his farm to prove the rare cross-breed but said he had no plans to start breeding more geep.

"I have no interest in that side of it at all but if someone wants to come and do tests they are welcome," he said. Similar crossing-breeds have been reported around the world before but in most cases the offspring were still-born.



Some useful comments

Did you know that Ash is known as activated charcoal. Commercial cheesemaking ash is derived from natural sources such as wood, wood-chip, sawdust, coconut shells, bamboo and even peat. For food grade purposes these timbers are heated from between 600deg C – 1200degC which is a far higher temperature than a conventional fire or oven can achieve—we have recently brought Cendre into stock for you to enjoy

And a Helpful Hint about obtaining good Yoghurt: Was the fermentation time normal? If it was slower this could mean that the acidic actions are being inhibited by something or fermentation temperature *too low*. This would allow the texture strains to grow more, and produce more EPS. If too much produced, can be slimy





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integrity & excellence are keywords for us

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Royal Agricultural Society ... Spring Fine
Food Show at Sydney Showground, 2 – 12
September, 2014 Cheese and Dairy

products have a long history with the Royal
Agricultural Society of NSW, with a tradition of competitions
that stretches back more than 150 years. The Sydney Royal
Cheese & Dairy Produce Show has been operating in its
current format since 1994. The Competition is held annually
and attracts between 900 and 1,000 entries in 130 classes.
The Sydney Royal Cheese & Dairy Produce Show is one of the
most prestigious and competitive events in the dairy
industry. Products judged include an extensive range of
cheese, milk, butter, dip, dairy dessert, gelato and ice cream
created from bovine milk as well as sheep, goat and buffalo
milk. The Show incorporates the Sydney Royal Chocolate
Competition, which features the very impressive Showpiece
class

Source: <http://www.sydneyroyal.com.au/dairy.htm>

A simple quick but very tasty
dessert

Balsamic-glazed apricots with
ricotta clouds

In a medium skillet over medium
heat melt the butter and cook until
the foam subsides. Place the apricots cut side
down in the skillet and cook, stirring occasion-
ally, until apricots are slightly tender and
warmed through, 5 to 6 minutes.



The sale of raw milk to Consumers—

Don't forget to
Have your say
How to make a submission:

If you want to read the whole 49-page document, and it is easy
enough to read, **please download it by following this link:**

[http://www.foodsafety.govt.nz/elibrary/industry/raw-milk-
sales-2014/index.htm](http://www.foodsafety.govt.nz/elibrary/industry/raw-milk-sales-2014/index.htm). You can answer the questions in the box-
es provided throughout the document . **Submissions have to be
submitted by 8 July 2014**

The Benefits Of Raw Milk Are Many

Those who prefer raw milk over the more commonly consumed pasteurized
varieties do so for many reasons, not the least of which are the proven
benefits to health. A British study of farmer's children found that even oc-
casional consumption of raw milk could have powerful health benefits.
These include:

- *Less eczema - reduced by 40%
- *Less hayfever - reduced by 10%
- *Less asthma
- *Less allergies
- *Lower levels of immunoglobulin E (IgE)
- *Lower levels of histamine

Learn

more : [www.naturalnews.com/041755_raw_milk_vending_machines_New
_Zealand.html#ixzz35nRjfnbq](http://www.naturalnews.com/041755_raw_milk_vending_machines_New_Zealand.html#ixzz35nRjfnbq)

Meanwhile, in a small bowl, whisk together
balsamic vinegar and the honey. When apri-
cots are ready, and add honey-balsamic mixture to the skillet. In-
crease the heat to medium-high and cook, stirring frequently, until
the apricots have cooked through and the glaze is bubbling, uni-
formly coating the apricots. To serve, place a scoop of ricotta on
each serving plate, top with 2 apricot halves and drizzle with the
honey-balsamic glaze from the skillet

FoodNetwork.com/Recipe by Sunny Anderson