HOW TO MAKE A CHEESE BOARD

Step 1: Find the right board.
A large wooden or slate cheese board helps add contrast to the colors of the cheese.

Step 2: Select the Cheeses
Follow the rule of odds. Plan on three to five cheeses depending upon the size of your party. Choose a variety of flavors and textures. Remember, variety is the spice of life!

Step 3: Select the Meat
To add more variety and flavor to your cheese board, add a selection of cured meats. One to three cured meats such as Coppa, Speck, Prosciutto, or Salami, are a great start.

Step 4: Add Sides Galore
Add color, texture and a variety of flavors to your cheese board. You can’t go wrong with fresh or dried fruits, nuts and bread. Add some surprising items like honey, mustard, jams, and pickled vegetables.

Step 5: Artfully Arrange
Your guests will always remember your creativity and the delicious cheese!

SERVING SUGGESTIONS:
Typical serving size for cheese is 1 – 2 ounces per person per variety depending on the size of your party and if other appetizers are served.

To bring out the best flavors in cheese, remove the cheese from the refrigerator at least one-half hour before serving.

STORAGE TIPS:
Best: Use cheese paper, a two-ply paper which allows cheese to breathe while maintaining optimal humidity.
Better: Wrap cheese in waxed or parchment paper and then in plastic wrap. When storing blue cheese, use aluminum foil, it thrives in that environment.
Avoid: Reusable plastic bags and do not leave cheese in the same wrapping for extended periods of time.

CHEESE THE DAY!

- Natural cheese is a fermented food made from four basic ingredients including milk, salt, “good bacteria,” and an enzyme called rennet.
- Cheese is a versatile, craveable way to add nutrition to your diet. Cheeses are good sources of calcium, protein and phosphorus, three nutrients particularly important to help build and maintain healthy bones.
- For those who are lactose intolerant, cheese is an important source of calcium. Natural cheeses such as Cheddar, Colby, Monterey Jack, mozzarella and Swiss contain minimal amounts of lactose.
- Good cheese starts on the farm with excellent animal care and dedication to sustainability. America’s dairy farmers are committed to feeding their communities while taking care of the planet.

Recipes and information on dairy’s path from farm to table at USDairy.com

Thank you to Megan Lewis, cheesemonger and owner of Milk Made Catering for advice on all things cheese!
Nothing is more elegant, simple and delicious than a slice of creamy cheese paired with a complementing food or beverage. Use these suggestions to make cheese the cornerstone of your gatherings. Pairings can be elaborate or impromptu – it all takes a little creativity and a few good friends!

FRESH CHEESES
These cheeses, high in moisture and smooth on the palate, are mild, rich and creamy. Some are ideal for spreading; all are delicious. Other styles include Mozzarella and Ricotta.

SOFT-RIPENED CHEESES
Soft, ripened cheeses have a bloomy, edible rind that ripens the cheese from the outside in. Be sure to bring these varieties to room temperature before serving, warm in the oven, or serve in a puff pastry crust.

HARD AND SEMI-HARD CHEESES
Hard cheeses deliver a flavor intensity that is beyond compare, while semi-hard cheeses have a firm texture and wide variety of flavors. Here are some great pairings:

BLUE-VEINED CHEESES
These cheeses feature blue-to-grey streaking, a distinctive taste, and a pleasant piqua on the palate.

OTHER FUN PAIRING IDEAS

INSTRUCTIONS

Ingredients
3 cups cheddar cheese, shredded
3 cups Parmesan cheese, grated
3 teaspoons chili powder (or to your taste)
1/2 cup Greek yogurt
3 tablespoons fresh cilantro leaves
1 lime, juiced
1/3 teaspoon cumin, ground
1 teaspoon Kosher salt

Instructions
1. Preheat oven to 400. Line two half sheet baking pans with parchment paper.
2. In a large bowl, stir together cheeses and chili powder.
3. Drop heaping tablespoons of cheese mixture onto baking sheets in 8 equal portions (the cheeses will spread as they melt; so leave space between each portion).
4. Place baking sheets in the oven and bake for 8 minutes or until cheese begins to brown at the edges (watch them carefully to prevent burning).
5. Remove baking sheets from oven and transfer cheese crisps to paper towels to drain and cool (cheese will become crisp once cool).
6. Repeat baking process two more times, or until all of the cheese mixture is baked.
7. While crisps cool, combine avocados, yogurt, cilantro leaves, lime juice, cumin and salt in a food processor or blender and blend until smooth.
8. Serve crisps immediately with creamy avocado dip or your favorite salsa.

Recipe Courtesy of Megan Lewis – cheesemonger, Milk Made Catering

Red Onion Balsamic Jam
Pair with a cheddar or nutty alpine style cheese

Ingredients
2 tsp. olive oil
2 lbs red onions, thinly sliced
1 cup dry red wine or cooking wine
1/3 cup light brown sugar
1 TBSP fresh thyme, chopped
2 TBSP raspberry basilicam vinegar
1/2 tsp. Kosher salt, plus more to taste
Pepper to Taste

Instructions
Heat the olive oil over medium in a skillet and add the onions and cook until softened and just translucent. Do not allow onions to brown. Cook for 8-10 minutes. Add the wine, sugar, thyme, vinegar, and salt. Bring to a boil and simmer until the liquid thickens, about 1 hour, stirring occasionally. Season with salt and pepper to taste. Serve at room temperature. Can be stored in the refrigerator for 2 weeks.

Recipe Courtesy of Megan Lewis – cheesemonger, Milk Made Catering

Red Onion Balsamic Jam
Pair with a cheddar or nutty alpine style cheese

Recipe Courtesy of Megan Lewis – cheesemonger, Milk Made Catering

Mascarpone
Soft, Creamy
PAIRS WITH:
• Fresh seasonal fruit, a simple biscuit and local honey
• A grassy Sauvignon Blanc or light, zesty Sémillon

Camembert
Rich, Creamy
PAIRS WITH:
• Blue cheese with Chocolate or Caramel
• Aged Gouda with coffee or chai tea
• Aged cheddar with beef or version jerky

Havarti
Creamy, Buttery
PAIRS WITH:
• Greek olives, marinated peppers and crisp water crackers
• A full-bodied wine such as a Red Zinfandel or a crisp sparkling white

Feta
Crumbly, Tart, Salty
PAIRS WITH:
• Greek olives, marinated peppers and crisp water crackers
• A full-bodied wine such as a Red Zinfandel or a crisp sparkling white

Queso Fresco
Simple, Pure
PAIRS WITH:
• Fresh pita or tortilla wedges and colorful veggies
• A hoppy India Pale Ale, Syrah, a-vanilla-forward Vignonier or Lemonade

Cheddar
Rich, Sharp, Peppery
PAIRS WITH:
• Piquillo peppers, salted almonds or bits of hearty country ham
• The subtle strength of a Marito or a clean IPA

Gouda
Sweet, Buttery
PAIRS WITH:
• Piquillo peppers, salted almonds or bits of hearty country ham
• A hearty Cabernet Sauvignon

Swiss
Hardy, Nutty
PAIRS WITH:
• Spiced nuts, olives or cured charcuterie
• A crumbly, cheddar or nutty alpine style cheese

Parmesan
Salty, Nutty
PAIRS WITH:
• A snap pea, white wine such as a Pinot Grigio or light, zesty Sauvignon Blanc
• A grassy Sauvignon Blanc or light, zesty Sémillon

Blue-veined cheeses
These cheeses feature blue-to-grey streaking, a distinctive taste, and a pleasant piqua on the palate.

Stilton
Bold, intense
PAIRS WITH:
• Honey and walnuts
• A classic glass of Port

Gorgonzola or Blue
Rich, Complex
PAIRS WITH:
• Cranberries, cherries or apricots
• A port or robust red wine

Soft, ripened cheeses
These cheeses have a firm texture and wide variety of flavors. Use these suggestions to make cheese the cornerstone of your gatherings. Pairings can be elaborate or impromptu – it all takes a little creativity and a few good friends!
Nothing is more elegant, simple and delicious than a slice of creamy cheese paired with a complementing food or beverage. Use these suggestions to make cheese the cornerstone of your gatherings. Pairings can be elaborated or improvised – all it takes is a little creativity and a few good friends!

FRESH CHEESES

These cheeses, high in moisture and smooth on the palate, are mild, rich and creamy. Some are ideal for spreading; all are delicious. Other styles include Mozzarella and Ricotta.

**SOFT-RIPENED CHEESES**

Soft, ripened cheeses have a bloomy, edible rind that ripens the cheese from the outside in. Be sure to bring these varieties to room temperature before serving, warm in the oven, or serve in a puff pastry crust.

**HARD AND SEMI-HARD CHEESES**

Hard cheeses deliver a flavor intensity that is beyond compare. While semi-hard cheeses have a firm texture and wide variety of flavors, Hard cheeses feature blue-to-grey streaking, a distinctive taste, and a pleasant pique on the palate.

**BLUE-VEINED CHEESES**

These cheeses feature blue-to-grey streaking, a distinctive taste, and a pleasant pique on the palate.

**STILTON**
- Bold, intense
- **PAIRS WITH:**
  - Honey and walnuts
  - A classic glass of Port

**GORZONZOLA OR BLUE**
- Rich, Complex
- **PAIRS WITH:**
  - Cranberries, cherries or apricots
  - A port or robust red wine

**MACARONPORE**
- Sweet, Creamy
- **PAIRS WITH:**
  - Fresh seasonal fruit, a simple biscuit and local honey
  - A grassy Sauvignon Blanc or light, zesty Pinot Grigio

**HARVATI**
- Creamy, Buttery, Herbaceous
- **PAIRS WITH:**
  - Greek olives, roasted marinated peppers and crisp water crackers
  - A full-bodied wine such as a Red Zinfandel or a crisp sparkling white

**FEKTA**
- Crumbly, Tart, Salty
- **PAIRS WITH:**
  - Fresh pita or tortilla wedges and colorful veggies
  - A hoppy India Pale Ale, Syrah, a vanilla-forward Vigneron or Lemonade

**QUESO FRESCO**
- Simple, Pure
- **PAIRS WITH:**
  - Fresh pita or tortilla wedges and colorful veggies
  - A fruity glass of Sangria or a clean IPA

**Gouda**
- Sweet, Buttery, Peppery
- **PAIRS WITH:**
  - Piquillo peppers, salted almonds or bits of hearty country ham
  - The subtle strength of a Hermit or a clean IPA

**GORGONZOLA OR BLUE**
- Rich, Complex
- **PAIRS WITH:**
  - Cranberries, cherries or apricots
  - A port or robust red wine

**BRIE**
- Rich, Creamy, Earthy
- **PAIRS WITH:**
  - Chutney, dried fruit or fig jam
  - A golden glass of dry, oaked Chardonnay or sparkling water

**CAMAMBERT**
- Intense, Creamy, Decadent
- **PAIRS WITH:**
  - Plain crackers or a crusty French baguette
  - A chervil or apricot Lager

**PARMESAN**
- Salty, Nutty, Granular
- **PAIRS WITH:**
  - Spiced nuts or cured charcuterie
  - A hearty Cabernet Sauvignon

**OTHER FUN PAIRING IDEAS**

Nothing is more elegant, simple and delicious than a slice of creamy cheese paired with a complementing food or beverage. Use these suggestions to make cheese the cornerstone of your gatherings. Pairings can be elaborated or improvised – all it takes is a little creativity and a few good friends!

**RECIPE COURTESY OF MEGAN LEWIS – CHEESEMONDER, MILK AND HONEY**

**MILK MADE CATERING**

**INSTRUCTIONS**

**INGREDIENTS**

**CHEESE CRISPS WITH CREAMY AVOCADO DIP**

- 2 tsp. olive oil
- 2 lbs red onions, thinly sliced
- 1 cup dry red wine or cooking wine
- 1/3 cup light brown sugar
- 1 TBSP fresh thyme, chopped
- 2 TBSP raspberry balsamic vinegar
- 1/2 tsp. Kosher salt, plus more to taste

Serve crisps immediately with creamy avocado dip or your favorite salsa.

**RED ONION BALLOMATIC JAM**

Pair with a cheddar or nutty alpine style cheese

- 3 cups cheddar cheese, shredded
- 3 cups parmesan cheese, grated
- 3 teaspoons chili powder (or to your taste)
- 2 whole avocados, seeded and scooped out of peel
- 1/2 cup Greek yogurt
- 3 tablespoons fresh cilantro leaves
- 1 lime, juiced
- 1/3 teaspoon cumin, ground
- 1 teaspoon Kosher salt

**INSTRUCTIONS**

1. Preheat oven to 400. Line two half sheet baking pans with parchment paper.
2. In a large bowl, stir together cheeses and chili powder.
3. Drop heaping tablespoons of cheese mixture onto baking sheets in 8 equal portions (the cheese will spread as they melt so leave space between each portion).
4. Place baking sheets in the oven and bake for 8 minutes or until cheese begins to brown at the edges (watch them carefully to prevent burning).
5. Remove baking sheets from oven and transfer cheese crisps to paper towels to drain and cool (cheese will become crisp once cool).
6. Repeat baking process two more times, or until all of the cheese mixture is baked.
7. While crisps cool, combine avocados, yogurt, cilantro leaves, lime juice, cumin and salt in a food processor or blender and blend until smooth.
8. Serve crisps immediately with creamy avocado dip or your favorite salsa.
Nothing is more elegant, simple and delicious than a slice of creamy cheese paired with a complementing food or beverage. Use these suggestions to make cheese the cornerstone of your gatherings. Pairings can be elaborated or improvised - it all takes a little creativity and a few good friends!

FRESH CHEESES

These cheeses, high in moisture and smooth on the palate are mild, rich and creamy. Some are ideal for spreading; all are delicious. Other styles include Mozzarella and Ricotta.

- **Mascarpone**
  - Sweet, Creamy
  - **PAIRS WITH:**
  - Fresh seasonal fruit, a simple biscuit and local honey
- **Havarti**
  - Creamy, Buttery, Herbaceous
  - **PAIRS WITH:**
  - Greek olives, roasted marinated peppers and crisp water crackers
  - A glass of flaring, ice-cold Lager or Green tea
- **Feta**
  - Crumbly, Tart, Salty
  - **PAIRS WITH:**
  - Fresh pita or tortilla wedges and colorful veggies
  - A fruity glass of Sangria or a cold Pinot Noir
- **Queso Fresco**
  - Simple, Pure
  - **PAIRS WITH:**
  - Fresh pita or tortilla wedges and colorful veggies
  - A glass of Sangria or a crisp sparkling white

BLUE-VEINED CHEESES

These cheeses feature blue-to-grey streaking, a distinctive taste, and a pleasant piqua on the palate.

- **Stilton**
  - Bold, intense
  - **PAIRS WITH:**
  - Honey and walnuts
  - A classic glass of Port
- **Gorgonzola or Blue**
  - Rich, Complex
  - **PAIRS WITH:**
  - Cranberries, cherries or apricots
  - A port or robust red wine

HARD AND SEMI-HARD CHEESES

Hard cheeses deliver a flavor intensity that is beyond compare, while semi-hard cheeses have a firm texture and wide variety of flavors.

- **Cheddar**
  - Rich, Sharp, Peppery
  - **PAIRS WITH:**
  - Hearty sausage or fruit
  - A hoppy India Pale Ale, Syrah, a-vanilla-forward Vinoigrette or Lemonade
- **Gouda**
  - Sweet, Buttery
  - **PAIRS WITH:**
  - Piquillo peppers, salted almonds or bits of hearty country ham
  - A full-bodied wine such as a Red Zinfandel, the bright berry flavor of a Grenache, a rich Porter or Root Beer
- **Swiss**
  - **PAIRS WITH:**
  - Queso fresco or your favorite salsa

OTHER FUN PAIRING IDEAS

- **Brie**
  - Rich, Creamy, Earthy
  - **PAIRS WITH:**
  - Chutney, dried fruit or fig jam
  - A golden glass of dry, oaked Chardonnay or sparkling water
- **Camembert**
  - Intense, Creamy, Decadent
  - **PAIRS WITH:**
  - Plain crackers or a crusty French baguette
  - A cherny or apricot Luger
  - Blue cheese with Chocolate or Caramel
  - Aged Gouda with coffee or chai tea
  - Aged cheddar with beef or venison jerky

FRESH CHEESES

- **Soft-ripened cheeses**
  - Soft, ripened cheeses have a bloomy, edible rind that ripens the cheese from the outside in. Be sure to bring these varieties to room temperature before serving, warm in the oven, or serve in a puff pastry crust.

OTHER FUN PAIRING IDEAS

- **Red Onion Balsamic Jam**
  - Pair with a cheddar or nutty alpine style cheese

In a large bowl, stir together cheeses throughly with your hands. Then form into balls and place on a baking sheet. In the oven and bake for 8 minutes or until cheese begins to brown at the edges. Turn the cheese, bake for another 8 minutes and serve.

3. Drop heaping tablespoons of cheese mixture onto baking sheets in 8 equal portions (the cheeses will spread as they melt so leave space between each portion).
4. Place baking sheets in the oven and bake for 8 minutes or until cheese begins to brown at the edges (watch them carefully to prevent burning).
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6. Repeat baking process two more times, or until all of the cheese mixture is baked.
7. While crisps cool, combine avocados, yogurt, cranberries, apricots and honey in a blender and blend until smooth.
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Step 3: Select the Meat
To add more variety and flavor to your cheese board, add a selection of cured meats. One to three cured meats such as Coppa, Speck, Prosciutto, or Salami, are a great start.

Step 4: Add Sides Galore
Add color, texture and a variety of flavors to your cheese board. You can’t go wrong with fresh or dried fruits, nuts and bread. Add some surprising items like honey, mustard, jams, and pickled vegetables.

Step 5: Artfully Arrange
Your guests will always remember your creativity and the delicious cheese!

SERVING SUGGESTIONS:
Typical serving size for cheese is 1 – 2 ounces per person per variety depending on the size of your party and if other appetizers are served.

To bring out the best flavors in cheese, remove the cheese from the refrigerator at least one-half hour before serving.

STORAGE TIPS:
Best: Use cheese paper, a two-ply paper which allows cheese to breathe while maintaining optimal humidity.
Better: Wrap cheese in waxed or parchment paper and then in plastic wrap.
When storing blue cheese, use aluminum foil, it thrives in that environment.
Avoid: Re-sealable plastic bags and do not leave cheese in the same wrapping for extended periods of time.

CHEESE THE DAY!

• Natural cheese is a fermented food made from four basic ingredients including milk, salt, “good bacteria,” and an enzyme called rennet.
• Cheese is a versatile, craveable way to add nutrition to your diet. Cheeses are good sources of calcium, protein and phosphorus, three nutrients particularly important to help build and maintain healthy bones.
• For those who are lactose intolerant, cheese is an important source of calcium. Natural cheeses such as Cheddar, Colby, Monterey Jack, mozzarella and Swiss contain minimal amounts of lactose.
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A Guide to Cravable Cheese Pairings and Cheese Boards

From Your Local Dairy Farm Families

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