

PAUL'S TIP: STRAWBERRY JAM AND CHEDDAR CHEESE SANDWICHES



INGREDIENTS

Serves 2

- 4 slices strong mature cheddar
- 4 slices of white crusty bread
- unsalted butter to spread
- strawberry jam to taste

METHOD

- 1 Butter the bread and spread with jam.
- 2 Add the cheese and serve as a sandwich.



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ABOUT CHEESE



- The earliest types of cheese would have resembled what we know today as feta - a simple, soft cheese preserved in brine.
- The first factory for the industrial production of cheese opened in Switzerland in February 1815.
- France and Italy are the nations with the most diversity in locally made cheeses. According to a French proverb, there is a different French cheese for every day of the year.
- In 1878, using 54 Stilton cheeses, Thomas Nuttall made a 60 ft replica of Cleopatra's Needle which he displayed at a cheese fair.
- The demand for cheese is growing globally. Even Japan, which has no cheese-making tradition, imports over 200,000 tonnes each year.
- An enzyme called *lactase* is needed to digest milk. Without it, lactose will stay in the intestine and increase the population of particular gut bacteria, resulting in severe abdominal pain and diarrhoea. Although everyone is born with this enzyme, some population groups lose the ability to produce lactase. It is estimated that 80-95 per cent of adult African and Far East Asian people develop lactose intolerance.
- Milk products in which lactose is converted into other molecules (such as lactic acid in yoghurt and cheese) can be consumed safely by people with lactose intolerance.
- By medieval times cheese had become a staple of the poor person's diet. It was an important source of protein and was dubbed 'white meat'.
- The word cheese comes from the Latin *caseus* and, later, West Germanic *kasjus*. Note that cheese in modern German is *Käse*.

If these facts have inspired you to learn more about the animals from which milk, the raw material for cheese, is obtained, then you might like to take our short course, *Studying mammals* (S182), which is based around videos of the BBC *Life of Mammals* TV series.