

NAME \_\_\_\_\_

HOUR \_\_\_\_\_



# Video Worksheet

1. What are your favorite cheeses?
2. How many cheeses have you tasted?
3. What types of milk do cheesemakers use?
4. How is cheese made?
5. What are some cheese types?
6. What does cheese contribute in nutrition?
7. Which has more fat, a soft cheese like Brie or a harder cheese?
8. What is a Mornay sauce?
9. What seasonings can you add while cooking to highlight the flavor of cheese?
10. How do you store cheese?
11. What can you substitute for Brie and what can you substitute for Parmesan?





# Video Worksheet Teacher's Key

1. What are your favorite cheeses?

***Answers will vary.***

2. How many cheeses have you tasted?

***Answers will vary.***

3. What types of milk do cheesemakers use?

***Cheese makers use milk from cows, goats and sheep.***

4. How is cheese made?

***Milk is cultured, rennet is added and the mixture sets. Once set the curds are separated from the whey. Salt is added; sometimes the curds are pressed or heat is used. Most cheeses are then ripened.***

5. What are some cheese types?

***Cheese types include fresh cheeses like cottage cheese, soft-ripened like Brie, blue cheeses, pressed cheeses and processed cheese.***

6. What does cheese contribute in nutrition?

***Protein and calcium.***

7. Which has more fat, a soft cheese like Brie or a harder cheese?

***Harder cheeses have more fat than softer ones.***

8. What is a Mornay sauce?

***A Mornay sauce is a cheese sauce with a white sauce base.***

9. What seasonings can you add while cooking to highlight the flavor of cheese?

***You can add nutmeg or dry mustard.***

10. How do you store cheese?

***Cheese should be stored wrapped in plastic wrap in the refrigerator.***

11. What can you substitute for Brie and what can you substitute for Parmesan?

***You can substitute Camembert for Brie and Romano for Parmesan.***





# Recipes

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## Curried Yogurt Cheese

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Makes 1/2 cup

1 cup yogurt

2 tablespoons apricot preserves

3/4 teaspoon curry powder

1/4 teaspoon ground ginger

1/4 teaspoon garlic salt

pinch cayenne pepper

Combine all ingredients in small bowl. Line a strainer with several thickness of cheesecloth; spoon yogurt mixture into center of cheesecloth. Place strainer over medium bowl. Refrigerate, covered, overnight to drain. Unmold onto plate or spoon into decorative dish.

Variation: Use 1 cup plain yogurt and 1 tablespoon taco seasoning.

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## Mornay Sauce

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Makes about 1 1/2 cup

1 tablespoon butter

2 tablespoons flour

1 cup milk

1/2 teaspoon salt

1/8 teaspoon pepper

pinch nutmeg

4 ounces (about 1 cup) grated Emmentaler or Gruyere cheese (or other cheese of choice)

Melt butter in medium saucepan over medium-low heat. When melted, whisk in flour. Cook for 1 to 2 minutes, stirring occasionally, to cook flour. Slowly whisk in milk; whisk until smooth. Add seasonings. Increase heat to medium; bring to a boil. Cook 2 to 3 minutes or until thickened. Reduce heat to low; stir in cheese. Continue stirring until melted and smooth.

Serve over vegetables, pasta or fish.

# Baked Macaroni & Cheese

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Makes 6 servings

2 cups uncooked macaroni	1/8 teaspoon hot pepper sauce (optional)
3 eggs	8 ounces (about 2 cups) grated aged Cheddar
1 1/2 cups milk	1/4 cup chopped green onion
1/2 teaspoon dry mustard	1/3 cup dried Italian breadcrumbs
1/2 teaspoon salt	

Heat oven to 350° F. Butter a 2-quart, shallow baking dish.

Bring large pot of salted water to a boil; stir in macaroni. Cook 8 to 10 minutes, or until still slightly firm to the bite; drain.

While macaroni is cooking, lightly beat eggs in medium mixing bowl; sprinkle with half of cheese and half of green onion. Repeat. Pour milk mixture over all. Sprinkle top with Italian breadcrumbs. Bake for 35-40 minutes or until bubbling around edges and center is set.

# Caramelized Brie with Pecans

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Makes 8 servings

1 (8-oz.) Brie round	1 tablespoon water
1/4 cup brown sugar	1/2 cup pecan halves

Heat oven to 350° F.

Place Brie in shallow oven-proof serving dish. Combine brown sugar and butter in small saucepan. Stir over medium heat until sugar is melted and mixture comes to a boil. Boil briefly, about 30 seconds; let cool slightly. Spoon mixture over top of Brie. Top with pecan halves. Bake until Brie begins to melt, about 12-15 minutes.

Serve with crackers, pears, bread, or apples.