

Scandinavia is known for its long, dark winter days and all-day summer sunlight. Being isolated for much of the year and having short grazing times, farmers found it essential to preserve their most precious source of protein, often in the form of whey cheese. In Lapland, the far-north region of Scandinavia, the milk of the reindeer is still used to make cheese, and the exceptionally rich milk produces cheese with an earthy, gamey flavour.



home to comfort-loving cows. Denmark has a thriving dairy industry, with cheeses exported around the world.

**NORWAY** With the exception of a long, narrow strip of grazing land bordering the sea, Norway is made up of forests, rugged mountains and the Tundra in the north, which is why goats, rather than cows, prevailed.

**SWEDEN** Sweden's well-established dairy industry dates back to the 9th century when Benedictine monks, who were sent to convert the war-mongering Vikings to a more peaceful way of life, introduced cheesemaking.

**FINLAND** Finland, which has one-third of its landmass in the Arctic Circle, has a thriving dairy industry that features many European-style cheeses, as well as its own unique reindeer cheese (juustoleipä) that is toasted in front of the fire.

**LATVIA** Since ancient times, Latvia has been at the crossroads between the East and the West. North and South, from the Vikings to the Greeks. The result is a unique economic, cultural, and culinary environment, where cheese plays an important role. Janu Siers takes a centre stage on the most popular holiday Līgo or St John's Day celebrating the summer solstice.

**LITHUANIA** With a past that is inescapably complex, today Lithuania is independent and a full member of the European Union, sharing its border with multiple nations. A land of rivers, lakes, and meadows, with the average dairy herd of only 10, many rural households still make their own cheese but most is made in large factories like Dzinga, which was established in 1904.

## DENMARK



### Bla Castello

Developed in the 1960s to meet demand for mild creamy blue cheese, Bla Castello, also known as Blue Castello, has a unique rind that can develop a combination of red and blue-green moulds.

**TASTING NOTES** This rich and buttery cheese has a Brie-like texture, mild spicy accents of blue veins, an aroma that hints of mushrooms, and a flavour that develops steadily but never becomes too strong.

**HOW TO ENJOY** Ideal for younger palates, and eats well on bread and, of course, Danish crisp-bread. Matches well with Danish beer.

<b>DENMARK</b> All over
Age 8–10 weeks
<b>Weight and Shape</b> 150g (5/oz), half wheel, and 1.6kg (2/4lb), round
<b>Size</b> D: 11.5cm (4 1/2in) and 20cm (8in), H: 5.5cm (2in) and 6cm (2 1/4in)
<b>Milk</b> Cow
<b>Classification</b> Blue
<b>Producer</b> Thostrup



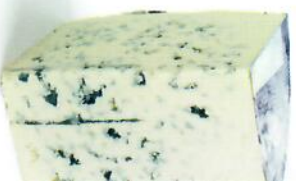
### Danablu

Invented in the early 20th as an alternative to the in French blues, and is now worldwide. Danablu, also Danish Blue, is one of the cheeses in Denmark.

**TASTING NOTES** This mature deep purple-blue streaks, a crumbly, moist texture, and that is fresh with a sharp, metallic blue bite and creaminess.

**HOW TO ENJOY** A cheeseboard pairs well with grapes, ap tomatoes, or try it with olives and pickles. It needs a slightly or hoppy ale to offset its sharpness.

<b>DENMARK</b> All over
Age 2–3 months
<b>Weight and Shape</b> 3kg (6 1/2lb), drum or block
<b>Size</b> D: 20cm (8in), H: 10cm (4in)
<b>Milk</b> Cow
<b>Classification</b> Blue
<b>Producer</b> Rosenborg



<b>Key</b>
★ AOC, DOP, DOP, PGI, or PDO cheeses
☉ Produced only here
☉ Produced throughout the region

**DENMARK** Denmark, the most southern of the Scandinavian countries, has a milder maritime climate and flat meadows that are home to comfort-loving cows. Denmark has a thriving dairy industry, with cheeses exported around the world.

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## LATVIA

PRODUCED THROUGHOUT THE COUNTRY

Janu Siers or John's Cheese, Snowballs or "Sniega bumbas", Klasiskats,

TrikanTERS Reserve,

Krievijas or Russian Cheese

Dziauga



## LITHUANIA

## DENMARK

### Bla Castello

Developed in the 1960s to meet demand for mild creamy blue cheese, Bla Castello, also known as Blue Castello, has a unique rind that can develop a combination of red and blue-green moulds.

**TASTING NOTES** This rich and buttery cheese has a Brie-like texture, mild spicy accents of blue veins, an aroma that hints of mushrooms, and a flavour that develops steadily but never becomes too strong.

**HOW TO ENJOY** Ideal for younger palates, and eats well on bread and, of course, Danish crisp-bread. Matches well with Danish beer.

<b>DENMARK</b> All over
<b>Age</b> 8–10 weeks
<b>Weight and Shape</b> 150g (5/oz), half moon, and 1.6kg (2 1/2lb), round
<b>Size</b> D. 11.5cm (4 1/2in) and 20cm (8in), H. 5.5cm (2in) and 6cm (2 1/4in)
<b>Milk</b> Cow
<b>Classification</b> Blue
<b>Producer</b> Trøstrup



### Danablu

Invented in the early 20th century as an alternative to the imported French blues, and is now available worldwide. Danablu, also known as Danish Blue, is one of the most popular cheeses in Denmark.

**TASTING NOTES** This mature blue has deep purple-blue streaks, a smooth yet crumbly, moist texture, and a full flavour that is fresh with a sharp, salty, almost metallic blue bite and creamy finish.

**HOW TO ENJOY** A cheeseboard stalwart, pairs well with grapes, apples or tomatoes, or try it with olives and pickles. It needs a slightly sweet wine or hoppy ale to offset its salty tang.

<b>DENMARK</b> All over
<b>Age</b> 2–3 months
<b>Weight and Shape</b> 3kg (6 1/2lb), drum or block
<b>Size</b> D. 20cm (8in), H. 10cm (4in)
<b>Milk</b> Cow
<b>Classification</b> Blue
<b>Producer</b> Rosenborg



### Danbo

This milder version of Samsø (see p246) is one of Denmark's most popular cheeses, and is made with semi-skimmed milk. The smooth, barely formed yellow rind is often covered in red or orange wax. It is also known as King Christian or Christian IX in the United States.

**TASTING NOTES** It is pale, with a pleasant aroma. The pliable interior is smattered with small holes, and the taste is slightly sweet and nutty.

**HOW TO ENJOY** This breakfast cheese is also great for sandwiches and for general snacking. It partners well with dark breads such as Pumpernickel, and beers, apple juice, and ciders.

<b>DENMARK</b> All over
<b>Age</b> 6–12 months
<b>Weight and Shape</b> Various
<b>Size</b> Various
<b>Milk</b> Cow
<b>Classification</b> Semi-soft
<b>Producer</b> Various





## Esrom PGI

First made by Cistercian monks in the 12th century, this was reintroduced by the Danish Cheese Institute in 1951. Formerly named Danish Port Salut, it was renamed Esrom after the ancient abbey in which it was first made. Esrom was granted PGI status in 1996.

**TASTING NOTES** Esrom is pale lemon in colour, with small holes, and tastes sweet and buttery; it becomes more pungent with age, while still retaining its sweetness. Some styles are made with garlic or pepper.

**HOW TO ENJOY** It is ideal in a traditional Danish open sandwich, or eaten with cold cuts of hams and *charcuterie*.

<b>DENMARK</b>	Horseshøsten
<b>Age</b>	21–28 days
<b>Weight and Shape</b>	200g (7oz), 4½lb, brick
<b>Size</b>	Various, L: 22cm (8½in), W: 12cm (5in), H: 6cm (2½in) (pictured)
<b>Milk</b>	Cow
<b>Classification</b>	Semi-soft
<b>Producer</b>	Various



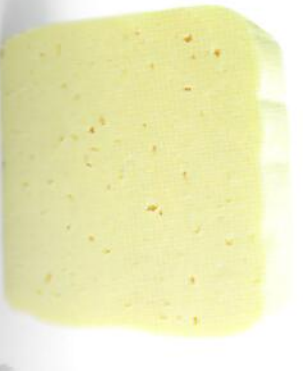
## Havarti

Probably Denmark's most famous cheese, Havarti was invented in the mid-1800s by Hanne Neilsen, who was the wife of a farmer from New Zealand. She travelled through Europe to learn cheesemaking and invented this masterpiece, with its added cream. It was originally named "Havarthi", after her farm.

**TASTING NOTES** It is sweet, mellow, and very creamy, with a buttery aroma that becomes sharper and saltier, with hints of hazelnut. Some contain caraway seeds.

**HOW TO ENJOY** This great snacking cheese is ideal for Danish open sandwiches, slicing and grilling, or adding to salads.

<b>DENMARK</b>	All over
<b>Age</b>	4–12 weeks
<b>Weight and Shape</b>	4.5kg (10lb), blocks or drums
<b>Size</b>	Various, L: 11cm (4½in), W: 6cm (2½in), H: 5cm (2in) (pictured)
<b>Milk</b>	Cow
<b>Classification</b>	Semi-soft
<b>Producer</b>	Various



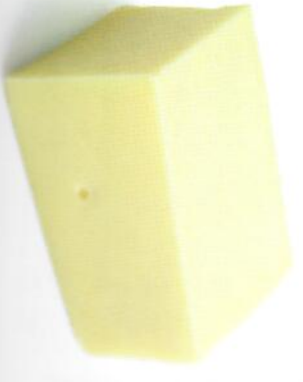
## Samsø

This semi-soft cheese was created in the early 19th century when the king of Denmark invited Swiss cheesemakers to share their skills with Danish farmers. A pale elastic-textured cheese with irregular-shaped holes based on Emmental was the result. It is named after the Danish island of Samsø, a traditional Viking meeting place.

**TASTING NOTES** It is mild and buttery when young. As it ages, Samsø develops a sweet-sour pungency and distinct hazelnut flavours.

**HOW TO ENJOY** Samsø is perfect for a fondue, melted on top of boiled potatoes, or sliced on a chunk of rye bread.

<b>DENMARK</b>	Samsø, Midjylland
<b>Age</b>	8–12 weeks
<b>Weight and Shape</b>	Various, wheel or rectangular
<b>Size</b>	Various
<b>Milk</b>	Cow
<b>Classification</b>	Semi-soft
<b>Producer</b>	Various



## NORWAY



## Gammelost

Gammelost, which means "old cheese", is so named because it grows a green-brown mould traditionally achieved by wrapping the cheese in straw soaked in gin and juniper berries. It is made with very low-fat skimmed milk, mainly in Sogn og Fjordane and Hardanger.

**TASTING NOTES** It is sharp and aromatic with a brittle, granular texture and a sharp pungent tang reminiscent of aged Camembert or Danish Blue. Its brownish yellow interior is flecked with erratic, uneven streaks of blue.

**HOW TO ENJOY** This after-dinner favourite is robust enough to enjoy with strong digestives such as schnapps or grappa.

<b>NORWAY</b>	Vestlandet
<b>Age</b>	4–5 weeks
<b>Weight and Shape</b>	3kg (6½lb), drum
<b>Size</b>	11cm (4in), H: 20cm (8in)
<b>Milk</b>	Goat
<b>Classification</b>	Hard
<b>Producer</b>	Various



## Gjetost

Made in the Gudbrandsdalen region using milk, cream, and salt, Gjetost has the colour of French Gruyère and the texture of fudge. It is made using only goat's milk "goat" in Norwegian. The styles today, those of the cow's milk are called *gjetost* is made with p

**TASTING NOTES** This is a sweet, caramel-like cheese with a taste, but Norwegians love it with caramel and peanut butter and its unique aroma.

**HOW TO ENJOY** Gjetost is eaten thinly shaved or with spiced fruit or

<b>NORWAY</b>	Vestlandet
<b>Age</b>	From a few days
<b>Weight and Shape</b>	250–500g (9–17oz), cylinder
<b>Size</b>	Various, L: 15cm (6in), W: 6cm (2½in), H: 4cm (1½in) (pictured)
<b>Milk</b>	Goat or cow
<b>Classification</b>	Fresh
<b>Producer</b>	Various





## Samsø

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**TASTING NOTES** It is mild and buttery when young. As it ages, Samsø develops a sweet-sour pungency and distinct hazelnut flavours.

**HOW TO ENJOY** Samsø is perfect for a fondue, melted on top of boiled potatoes, or sliced on a chunk of rye bread.

<b>DENMARK</b> Samsø, Mjølbyland
<b>Age</b> 8–12 weeks
<b>Weight and Shape</b> Various, wheel or rectangle
<b>Size</b> Various
<b>Milk</b> Cow
<b>Classification</b> Semi-soft
<b>Producer</b> Various



## NORWAY

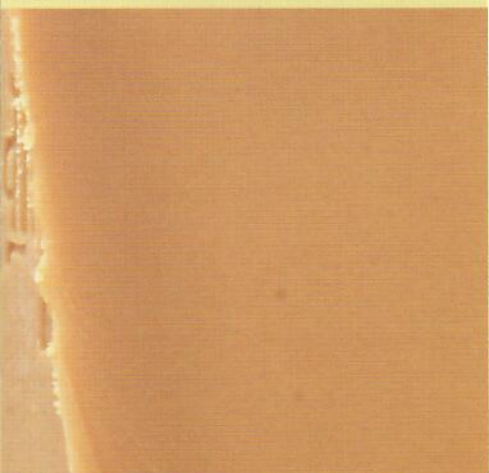
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**HOW TO ENJOY** This after-dinner favourite is robust enough to enjoy with strong digestives such as schnapps or grappa.

<b>NORWAY</b> Vestlandet
<b>Age</b> 4–5 weeks
<b>Weight and Shape</b> 3kg (6½lb), drum
<b>Size</b> D. 10cm (4in), H. 20cm (8in)
<b>Milk</b> Goat
<b>Classification</b> Hard
<b>Producer</b> Various



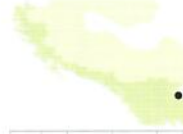
## Gjetost

Made in the Gudbrandsdalen Valley using milk, cream, and whey, Gjetost has the colour of French mustard and the texture of fudge. It was once made using only goat's milk – *gjet* means “goat” in Norwegian. To differentiate the styles today, those made with pure cow's milk are called mysosst, but *ekta gjetost* is made with pure goat's milk.

**TASTING NOTES** This is not to everyone's taste, but Norwegians love its sweet caramel and peanut butter flavours, and its unique aromatic, goaty taste.

**HOW TO ENJOY** Gjetost is traditionally eaten thinly shaved on hard flatbread, or with spiced fruit cake at Christmas.

<b>NORWAY</b> Østlandet
<b>Age</b> From a few days
<b>Weight and Shape</b> 250–500g (9oz–1lb 2oz), cylinder
<b>Size</b> Various, L. 15cm (6in), W. 6cm (2½in), H. 4cm (1½in) (pictured)
<b>Milk</b> Goat or cow
<b>Classification</b> Fresh
<b>Producer</b> Various



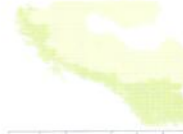
## Jarlsberg

First produced in the 1860s in Jarlsberg and Vestfold county, it was revived in the mid-1900s. It is made from the rich milk produced from cow grazing in high summer pastures, and it has large round holes and a lemony-yellow colour.

**TASTING NOTES** It was inspired by Swiss Emmental, but Jarlsberg is softer, more supple, sweeter, and less nutty, with a fermenting fruit tang to the finish.

**HOW TO ENJOY** Try sliced in salads or as a party snack. This versatile cheese is also great in sandwiches with smoked ham, grilled on toast, or melted like raclette and served with crudité.

<b>NORWAY</b> All over
<b>Age</b> 1–15 months
<b>Weight and Shape</b> 10kg (22lb), wheel or block
<b>Size</b> Various
<b>Milk</b> Cow
<b>Classification</b> Semi-soft
<b>Producer</b> Fine



## Nökkelost

This cheese, which is based on the Dutch Leidse Kaas (see p229), is made with partially skimmed milk and scattered with finely chopped cumin seeds and cloves. Although it has been made in Norway since the 17th century, it is named after the crossed keys (*nökkel*) that are the emblem of the Dutch city of Leiden.

**TASTING NOTES** It is springy yet firm, and has a creamy feel and a warm spicy flavour that hints of Christmas.

**HOW TO ENJOY** It adds a warm spiciness to tarts and baked vegetables, or serve simply with fresh apples and pears, punpernickel, and beer.

<b>NORWAY</b> All over
<b>Age</b> 12 weeks
<b>Weight and Shape</b> 1.0kg (22lb), wheel or block
<b>Size</b> Various
<b>Milk</b> Cow
<b>Classification</b> Flavour-added
<b>Producer</b> The



## Ridder

It is a semi-soft cheese that is washed in brine that is mixed with annatto, which gives it a sticky, orange rind. Swedish cheesemaker Sven Fenehius invented this cheese, which is named after the Norwegian word for "knight", in 1969. It is now available worldwide.

**TASTING NOTES** This sweet, buttery yet sharp, and slightly nutty cheese has a dense, pliable, pale yellow interior. As it ages, it becomes more pungent.

**HOW TO ENJOY** It makes an excellent dessert cheese when young, especially when served with fresh summer berries. It tastes more mellow when it is grilled or baked.

<b>NORWAY</b> Vestlandet
<b>Age</b> 12–15 weeks
<b>Weight and Shape</b> 3.25kg (7lb), wheel
<b>Size</b> D: 15cm (6in), H: 5–7cm (2–3in)
<b>Milk</b> Cow
<b>Classification</b> Semi-soft
<b>Producer</b> The



## Ädelost

Ädelost, or "noble cheese", is Sweden's only original blue and was created as an alternative to the imported French blues. It is characterized by blue-grey pockets and short broken veins that are scattered through its pale, creamy interior. The thin, pale rind is dusted with grey, white, and blue moulds.

**TASTING NOTES** Ädelost's high-moisture texture emphasizes the sharp, spicy, blue bite and salty tang of the cheese.

**HOW TO ENJOY** Crumble over salads or mix with extra virgin olive oil and balsamic vinegar to make a piquant salad dressing. Serve with a hoppy beer or local schnapps.

<b>SWEDEN</b> All over
<b>Age</b> 8–12 weeks
<b>Weight and Shape</b> 2.5kg (5½lb), drum
<b>Size</b> D: 18cm (7in), H: 10cm (4in)
<b>Milk</b> Cow
<b>Classification</b> Blue
<b>Producer</b> Various



## Grevéost

This commercially produced cheese, with its pale yellow, dense interior and various sizes and shapes of holes, is based on Emmental (see p240–41). It plays a daily role in Swedish cooking because its mild, sweet flavour appeals to both young and old.

**TASTING NOTES** This sweet and nutty cheese is firm to the bite, with a dense and pliable texture, but it lacks Emmental's depth.

**HOW TO ENJOY** Spread brioche with butter and fill with thin slices of the cheese and smoked ham. It works well as a snack, grilled, or grated into béchamel-type sauces.

<b>SWEDEN</b> All over
<b>Age</b> 4½ weeks
<b>Weight and Shape</b> 1.5kg (33lb), wheel
<b>Size</b> D: 35cm (14in), H: 10–14cm (4–5½in)
<b>Milk</b> Cow
<b>Classification</b> Semi-soft
<b>Producer</b> Various



## Herrgårdstost

Created in the early 20th century as a local alternative to Gruyère, Herrgårdstost derives its name from Swedish for "manor house". Based on Gruyère, it is soft and supple, with smaller round holes than Gruyère.

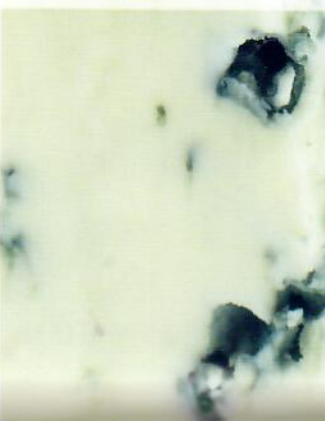
**TASTING NOTES** The pale yellow has a thin rind that is moist and waxy. It is nutty and has a taste to mild Cheddar (see p240) with its zesty tang intensifies as it ages.

**HOW TO ENJOY** Like Gruyère, it is excellent eating and cooking. Try it with pickled gherkins to accentuate its tangy character, or match it with a fruity wine.

<b>SWEDEN</b> All over
<b>Age</b> 4–24 months
<b>Weight and Shape</b> 12–18kg (33lb–39lb), round
<b>Size</b> Various: D: 40cm (15½in), H: 12cm (5in) (pictured)
<b>Milk</b> Cow
<b>Classification</b> Semi-soft
<b>Producer</b> Various



## SWEDEN



ft cheese that is washed is mixed with annatto, a sticky, orange rind. semaker Sven Fenelius cheese, which is named after a Norwegian word for "knight", is now available worldwide.

This sweet, buttery yet slightly nutty cheese has a pale yellow interior. As it ages, it becomes more pungent.

It makes an excellent appetizer when young, especially with fresh summer vegetables. It becomes more mellow when baked.

<b>SWEDEN</b> All over
<b>Age</b> 8–12 weeks
<b>Weight and Shape</b> 3.25kg (7lb), wheel
<b>Size</b> D. 18cm (7in), H. 10cm (4in)
<b>Milk</b> Cow
<b>Classification</b> Blue
<b>Producer</b> Various



## Ädelost

Ädelost, or "noble cheese", is Sweden's only original blue and was created as an alternative to the imported French blues. It is characterized by blue-grey pockets and short broken veins that are scattered through its pale, creamy interior. The thin, pale rind is dusted with grey, white, and blue moulds.

**TASTING NOTES** Ädelost's high-moisture texture emphasizes the sharp, spicy, blue bite and salty tang of the cheese.

**HOW TO ENJOY** Crumble over salads or mix with extra virgin olive oil and balsamic vinegar to make a piquant salad dressing. Serve with a hoppy beer or local schnapps.

<b>SWEDEN</b> All over
<b>Age</b> 8–12 weeks
<b>Weight and Shape</b> 2.5kg (5½lb), drum
<b>Size</b> D. 18cm (7in), H. 10cm (4in)
<b>Milk</b> Cow
<b>Classification</b> Blue
<b>Producer</b> Various



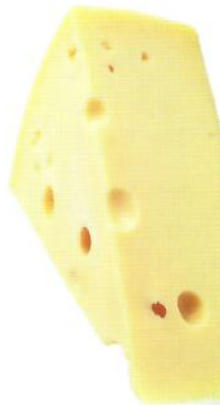
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**TASTING NOTES** This sweet and nutty cheese is firm to the bite, with a dense and pliable texture, but it lacks Emmental's depth.

**HOW TO ENJOY** Spread brioche with butter and fill with thin slices of the cheese and smoked ham. It works well as a snack, grilled, or grated into béchamel-type sauces.

<b>SWEDEN</b> All over
<b>Age</b> 40 weeks
<b>Weight and Shape</b> 15kg (33lb), wheel
<b>Size</b> D. 35cm (14in), H. 10–14cm (4–5½in)
<b>Milk</b> Cow
<b>Classification</b> Semi-soft
<b>Producer</b> Various



## Herrgårdstost

Created in the early 20th century as a local alternative to Gruyère (see p238), Herrgårdstost derives its name from the Swedish for "manor house". Although based on Gruyère, it is softer and more supple, with smaller round holes.

**TASTING NOTES** The pale yellow interior has a thin rind that is most often waxed. It is nutty and has a similar taste to mild Cheddar (see pp178–79), its zingy tang intensifies with age.

**HOW TO ENJOY** Like Gruyère, this is an excellent eating and cooking cheese. Try it with pickled gherkins to accentuate its tangy character, and match it with a fruity white wine.

<b>SWEDEN</b> All over
<b>Age</b> 4–24 months
<b>Weight and Shape</b> 12–18kg (33lb–39lb), round
<b>Size</b> Various D. 40cm (15½in), H. 12cm (5in) (pictured)
<b>Milk</b> Cow
<b>Classification</b> Semi-soft
<b>Producer</b> Various



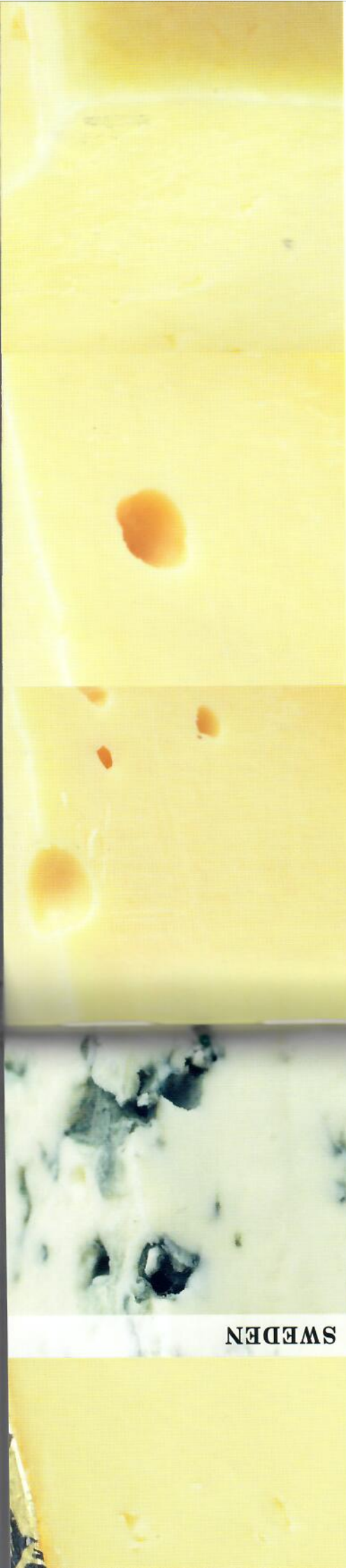
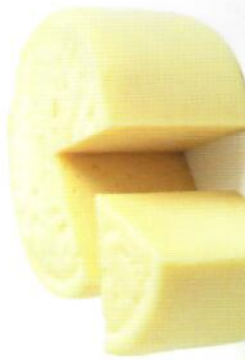
## Hushållstost

*Hushållstost* means "household cheese" in Swedish, and with more than 700 years of history behind it, it is one of the country's best-known and most-used cheeses. Unlike many Swedish cheeses, it is made unashamedly with full-fat milk.

**TASTING NOTES** This mild and creamy cheese has a straw-coloured interior, a lemon-fresh finish, an open texture with small irregular holes, and a barely formed rind.

**HOW TO ENJOY** It is popular as part of the traditional breakfast buffé, and is also great for sandwiches, pizzas, tarts, and even melted on top of casseroles.

<b>SWEDEN</b> All over
<b>Age</b> 4–12 weeks
<b>Weight and Shape</b> 3kg (6½lb), drum
<b>Size</b> D. 20–25cm (8–10in), H. 5–8cm (2–3in)
<b>Milk</b> Cow
<b>Classification</b> Semi-soft
<b>Producer</b> Various



## Mesost

This whey cheese came about from the need of the Scandinavian producers to use every element of their milk. The whey is cooked so that the proteins and fats separate. The remaining liquid evaporates, leaving behind a sticky brown caramelised mass of sugars. Sometimes cream or milk is added to increase the yield.

**TASTING NOTES** It is an acquired taste to those not bought up on it. The cheese is sweet with a creamy, caramel fudge flavour and bitter aftertaste.

**HOW TO ENJOY** It is usually served at breakfast with toast or bread, or as a snack.

<b>SWEDEN</b> All over	
<b>Age</b>	From a few days
<b>Weight and Shape</b>	1kg-8kg (2lb-40oz-17lb) 0.2/1 blocks
<b>Size</b>	Various
<b>Milk</b>	Cow, goat, or ewe
<b>Classification</b>	Fresh
<b>Producer</b>	Various



## Prästost

Prästost or "priest cheese" dates from the 16th century when farmers paid a tithe to the local church in the form of goods, including milk. Once paid the farmer's wife converted the balance of the milk into cheese and sold it at the local market to recoup some costs. Today it is factory made.

**TASTING NOTES** It is supple with rice-sized holes and a squishy texture, and its robust, sweet-sour flavour leaves a sharp, fruity tingle on the palate.

**HOW TO ENJOY** Try it sprinkled on hearty soups, on chili con carne, or as an extra dimension to a cheeseboard with a fruity red.

<b>SWEDEN</b> All over	
<b>Age</b>	Up to 12 months
<b>Weight and Shape</b>	12kg-15kg (26lb-33lb), wheels
<b>Size</b>	Various D: 10cm (4in), H: 5-7cm (1-3in) (pictured)
<b>Milk</b>	Cow
<b>Classification</b>	Semi-soft
<b>Producer</b>	Various



## Västerbottenost

Swedish cuisine is all about converting the bounty of the brief summer harvest into food that will last through the long, harsh winter. As a result, hard cheeses were made in homes and small dairies across Sweden. Västerbottenost, a mass-produced cheese invented in the mid-19th century, is modelled on these traditional cheeses.

**TASTING NOTES** It is hard and granular like aged Cheddar, with small irregular holes and a fruity tangy that becomes more savoury with age.

**HOW TO ENJOY** This great after dinner cheese is best served with beer, schnapps, or red wine.

<b>SWEDEN</b> All over	
<b>Age</b>	Up to 12 months
<b>Weight and Shape</b>	20kg (44lb), wheel
<b>Size</b>	D: 50cm (20in), H: 20cm (8in)
<b>Milk</b>	Cow
<b>Classification</b>	Hard
<b>Producer</b>	Various



## FINLAND

### Juustoleipä

Juustoleipä ("cheese bread") is a unique cheese that was once made in homes using cow or reindeer milk. The curd was pressed into flat wooden platters then toasted in front of an open fire, hence the name. Today it is commercially made with cow's milk.

**TASTING NOTES** Beneath the lightly toasted rind, the whitish-yellow interior is floppy and squeaky on the palate, with hints of coconut, pineapple, sweet milk, and eggs.

**HOW TO ENJOY** It is rarely found outside Finland, where it is grilled, and served with fruit jam for breakfast, or dropped into a cup of coffee, but not consumed.

<b>FINLAND</b> Finland and Lapland	
<b>Age</b>	From a few days
<b>Weight and Shape</b>	800g (28oz), round and flat
<b>Size</b>	D: 14cm (5.5in), H: 1.5cm (.7in)
<b>Milk</b>	Cow or reindeer
<b>Classification</b>	Fresh
<b>Producer</b>	Various



### Olttermanni

This Havarti-style cheese Vaino, a large dairy owned dairy farmers. They produce the cleanest milk in the EU due to crystal clear water and free from industrial pollution. Outside is sometimes sold as Baby Finlandia Cheese.

**TASTING NOTES** Similar to Havarti, it has a barely formed rind and irregular holes.

**HOW TO ENJOY** Like many Swiss cheeses, it is served at breakfast on rye bread, or grilled.

<b>FINLAND</b> All over	
<b>Age</b>	1-3 months
<b>Weight and Shape</b>	1.1kg (2lb-4oz), cylinder
<b>Size</b>	D: 11cm (4.5in), H: 10cm (4in)
<b>Milk</b>	Cow
<b>Classification</b>	Semi-soft
<b>Producer</b>	Vaino



## Västerbottenost

Cuisine is all about converting the brief summer harvest that will last through the winter. As a result, hard cheese is made in homes and small farms across Sweden. Västerbottenost, a cheese invented in the 19th century, is modelled on these cheeses.

It is hard and granular like cheddar, with small irregular holes. It has a tangy, slightly fruity tangy that becomes more pronounced with age.

This great after dinner cheese is typically served with beer, and also with red wine.

<b>FINLAND</b> Finland
<b>Age</b> From a few days
<b>Weight and Shape</b> 20kg (44lb), wheel and flat
<b>Size</b> D. 20cm (8in)
<b>Milk</b> Cow
<b>Classification</b> Fresh
<b>Producer</b> Various



## Juustoleipä

Juustoleipä ("cheese bread") is a unique cheese that was once made in homes using cow or reindeer milk. The curd was pressed into flat wooden platters then toasted in front of an open fire, hence the name. Today it is commercially made with cow's milk.

**TASTING NOTES** Beneath the lightly toasted rind, the whitish-yellow interior is floppy and squeaky on the palate, with hints of coconut, pineapple, sweet milk, and eggs.

**HOW TO ENJOY** It is rarely found outside Finland, where it is grilled, and served with fruit jam for breakfast, or dropped into a cup of coffee, but not consumed.

<b>FINLAND</b> Finland and Lapland
<b>Age</b> From a few days
<b>Weight and Shape</b> 800g (28oz), round and flat
<b>Size</b> D. 14cm (5 1/2 in), H. 1.5cm (1/2 in)
<b>Milk</b> Cow or reindeer
<b>Classification</b> Fresh
<b>Producer</b> Various



## Oltermanni

This Havarti-style cheese is made by Valio, a large dairy owned by Finnish dairy farmers. They produce the cleanest milk in the EU due to their crystal clear water and freedom from industrial pollution. Outside Finland, it is sometimes sold as Baby Muenster, or Finlandia Cheese.

**TASTING NOTES** Similar to Turunmaa, it has a barely formed rind and small, irregular holes.

**HOW TO ENJOY** Like many Scandinavian cheeses, it is served at breakfast, sliced on rye bread, or grilled.

<b>FINLAND</b> All over
<b>Age</b> 1-3 months
<b>Weight and Shape</b> 1.1kg (2lb 4oz), cylinder
<b>Size</b> D. 11cm (4 1/4 in), H. 10cm (4 in)
<b>Milk</b> Cow
<b>Classification</b> Semi-soft
<b>Producer</b> Valio



## Turunmaa

This cheese was originally made as a breakfast cheese in the grand manor houses of Turku, Finland's ancient 16th century capital. This Havarti-style cheese has a firm yet open texture and a richness that comes from the excellent grazing in the area.

**TASTING NOTES** It is chewy and creamy, with tiny eyes and a rich, deep buttery taste with a savoury tang like grilled Cheddar on the finish. It is like a delicious but slightly rubbery omelette.

**HOW TO ENJOY** Typically served at breakfast in Scandinavia, it is good with slices of smoked ham, and cold meats.

<b>FINLAND</b> All over
<b>Age</b> 8-12 weeks
<b>Weight and Shape</b> 6-10kg (13-22lb), drum
<b>Size</b> D. 10-15cm (4-6in); H. 5-7cm (2-3in)
<b>Milk</b> Cow
<b>Classification</b> Semi-soft
<b>Producer</b> Valio

