Cookery for the Hospitality Industry

**Test: Chapter 25 – Cheese**

**Multiple-choice questions**

Highlight or circle the correct answer, or enter your answer in the space provided. Note that some multiple-choice questions may have more than one correct answer.

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| **1.Cottage cheese is an example of:** | |
| a | Fresh unripened cheese |
| b | Stretched curd cheese |
| c | Eye cheese |
| d | White mould cheese |
| Answer: a | |

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| **2.Cheese labelled ‘reduced fat’ in Australia indicates the cheese has:** | |
| a | Less than 3 per cent fat content |
| b | At least 25 per cent less fat than regular cheese of the same variety |
| c | At least 50 per cent less fat than regular cheese of the same variety |
| d | Less fat but no percentage is inferred |
| Answer: b | |

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| **3.Bocconcini, Haloumi and Mozzarella are examples of:** | |
| a | Stretched curd cheese |
| b | Blue cheese |
| c | Eye cheese |
| d | Hard cheese |
| Answer: a | |

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| **4.Which of the following cheeses is made from sheep’s milk?** | |
| a | Quark |
| b | Chevre |
| c | Gruyére |
| d | Gouda |
| Answer: b | |

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| **5.The dessert Tiramisu uses which type of cheese:** | |
| a | Emmental |
| b | Mozzarella |
| c | Ricotta |
| d | Mascarpone |
| Answer: d | |

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| **6.A washed rind cheese that does not smell suggests:** | |
| a | It has been washed too much |
| b | It has passed its use by date |
| c | It is not ripe |
| d | It is ready to serve |
| Answer: c | |

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| **7.Vintage cheddar is matured for:** | |
| a | One to three months |
| b | Three to six months |
| c | Six to 12 months |
| d | 12 to 24 months |
| Answer: d | |

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| **8.When matching blue cheese with wine, the best choice would be:** | |
| a | Muscat |
| b | Dry white |
| c | Dry red |
| d | Sparkling white |
| Answer: a | |

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| **9.Storing unused cheese in plastic wrap will:** | |
| a | Extend the shelf life |
| b | Prevent transfer of smells |
| c | Cause the cheese to sweat |
| d | Prevent cheese bulging |
| Answer: c | |

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| **10.When serving a cheese platter, the portion size per person is:** | |
| a | Three or four types, 20–30 grams each |
| b | One type only 40 grams each |
| c | Three or four types, 50–60 grams each |
| d | Examples from all varieties, 40 grams each |
| Answer: a | |

**True or false questions**

Highlight or circle the correct answer, or enter your answer in the space provided.

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| **Answer true or false about storage and presentation of cheese.** | | |
| 1. Pasteurisation of milk used to produce cheese ensures a safer product. | True | False |
| 2. A cheese termed ‘farmhouse’ is made only from the milk produced from one farm. | True | False |
| 3. Ricotta is one of the few cheeses that freeze well. | True | False |
| 4. Hard cheeses will keep longer than soft cheeses. | True | False |
| 5. Mild cheddar is matured for a minimum of six months. | True | False |
| 6. As a general rule camembert and brie take around six months to mature. | True | False |
| 7. For the best flavour, cheese should be at room temperature when serving. | True | False |
| 8. A cheese platter should have one knife for each cheese served. | True | False |
| 9. Cheese should be tasted in order of flavour strength. | True | False |
| 10. White spots in parmesan cheese is a sign it has passed its use by date. | True | False |
| Answers: True, True, True, True, False, False, True, True, True, False | | |

**Short-answer questions**

Enter your answer in the space provided.

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| **1.Identify two cheese making areas in Australia.** |
| New South Wales: Coastal regions, Bega Valley, Hunter Valley and Riverina  Victoria: Gippsland, West Victoria and Murray Valley  South Australia: Fleurieu Peninsula and Murray Bridge  Western Australia: South-western tip, particularly Margaret River area  Queensland: Atherton Tablelands, Far North Queensland, Coastal and Sout-east Queensland  Tasmania: Particularly in the North and Central regions, and King Island.  Other suitable answer. |

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| **2.Identify three areas where cheese may be used on a menu.** |
| Cheese can be served as an appetiser, an entrée, a stand-alone meal, after the main course, as part of the dessert course, or on a cheese trolley or buffet. Other suitable answer. |

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| **3.Identify each of the eight cheese categories discussed in this chapter and give one example for each.** |
| (1) Fresh unripened cheeses: Cottage cheese; Cream cheese and Neufchatel; Feta; Quark Mascarpone; Ricotta; Goat and Sheep cheese; other suitable answer.  (2) Stretched curd cheeses: Bocconcini; Haloumi; Mozzarella; other suitable answer.  (3) White mould cheeses: Brie; Camembert; Triple cream; other suitable answer.  (4) Washed rind cheeses: Milawa Gold; Milawa King River Gold; Milawa washed rind goat’s cheese; Barossa Valley Washington; Woodside Figaro (all Australian); Chaumes; Epoisses (France); Limburger (Germany); Taleggro (Italy); other suitable answer.  (5) Cheddar or cheddar-style cheeses: Colby; Club; Processed; Tasty; Vintage; English varieties such as Cheshire, Lancaster, Gloucester, Red Leicester; other suitable answer.  (6) Eye cheeses: Emmenthal; Gruyére; Tilsit; Raclette; Gouda; Edam; other suitable answer.  (7) Hard cheeses: Pecorino; Parmesan; Pepato; Romano; other suitable answer.  (8) Blue cheeses: Danish Style Blue; Blue Brie; Gorgonzola Style Blue; other suitable answer. |

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| **4.What is pasteurisation? Why is milk used for cheese production in Australia pasteurised?** |
| Pasteurisation is a process whereby the milk to be used is quickly heated to 72° Celsius for 15 seconds and then rapidly cooled. This process destroys pathogenic micro-organisms, provides a more consistently safe cheese product and improves the keeping quality of the cheese. The process also destroys flavour-developing bacteria. All milk products made in Australia must be made from pasteurised milk.\*  \*Hard cheeses that are matured for more than three months may be made from unpasteurised milk, providing strict rules are followed. |

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| **5.What does the term ‘farmhouse cheese’ indicate when applied to cheese production?** |
| That the cheese has been made using milk produced only on that farm. |

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| **6.What does the term ‘speciality cheese’ indicate when applied to cheese production?** |
| All cheeses other than bulk Cheddar, Mozzarella or Processed cheese. |

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| **7.What does the term ‘reduced fat cheese’ indicate when applied to cheese production?** |
| The cheese has at least 25 per cent less fat than the regular cheese of the same variety. |

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| **8.Identify five key factors to consider when storing cheese.** |
| Place in original wrapper, where possible.  Refrigerate between 4 and 60 Celsius.  Rotate your stock.  Do not over order.  Keep fresh cheese in a covered container.  Cheese may be stored by placing a damp cloth over it.  Use waxed paper if the original wrapper is not available, as it allows the cheese to breathe.  Plastic wrap is only suitable for short periods of time as it can cause the cheese to sweat.  Avoid using domestic foil for wrapping blue cheese wrap that is laminated.  Cover only the cut surface of a cheese so the natural rind is allowed to breathe.  Ensure cheese is protected from other strong-smelling foods.  Store each cheese separately, with the use-by date visible.  Store robust cheeses such as blue vein or washed rind cheese in an airtight container, separate from other foods.  Other suitable answer. |

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| **9.How long is it suggested that the following cheeses will keep?** |
| Fresh cheeses: should be used within a week of purchase or as indicated by the use-by date.  White mould and Washed rind cheese: varies from one to four weeks.  Stretched curd and blue cheese types: varies from one to four weeks.  Cheddars and eye cheese: several weeks.  Hard cheese: several months.  Other suitable answer. |

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| **10.Explain the characteristics of a good white mould cheese.** |
| High moisture content.  Light, fluffy mould on exterior of cheese.  When fully matured, the rind of the cheese will show slight pigmentation and the interior will be soft, creamy and shiny.  If at room temperature the cheese should ooze when cut.  Underripe cheese will be chalky in the centre.  Other suitable answer. |

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| **11.Suggest suitable accompaniments for cheese.** |
| Accompaniments vary with cheese type. May include but not limited to: bread, soft biscuits, hard biscuits, quince paste, figs, dried fruits, muscatels, ripe pears, crisp apples and nuts. |

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| **12.List three terms to can be used to describe the taste of any cheese.** |
| Acidic, nutty, milky, salty, mouldy, fruity, sweet, yeasty, earthy, bitter, sour, ammoniated or fatty |

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| **13.List three terms that can be used to describe the texture of any cheese.** |
| Firm, coarse, gritty, soft, springy or elastic |

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| **14.Suggest some general outlines for matching wine with cheese.** |
| Cheese with acid – wines with acid.  Fruity cheese flavours – fruity wines.  Balance the weight of the cheese with the weight of the wine.  Sweetness in wine counter-balances and complements the acidity and saltiness of cheese.  Try to create complementary tastes and textures.  The whiter and fresher the cheese, the whiter and crisper the wine.  The darker and stronger the cheese, the darker and stronger the wine.  Other suitable answer. |

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| **15.Suggest some guidelines related to points of care when cooking with cheese.** |
| Add cheese towards the end of the cooking time.  Always add cheese to a sauce once the pan has been removed from the heat and allow it to melt in gently. Cheese sauces should not be allowed to boil but should be kept hot in a bain-marie once finished.  Grate, shred or chop cheese into small uniform pieces so that it will be incorporated quickly into a dish and melt evenly.  Harder, ripened cheeses with less moisture content such as Parmesan, Romano and Pecorino can withstand higher temperatures.  The more mature the cheese, the more flavour it will have – and therefore the smaller the quantity required.  Most cheeses contain added salt, so taste before seasoning cheese dishes. Take note of Blue cheese in particular.  Always grate cheese straight from the refrigerator as it will be easier to handle.  The harder cheeses, such as Parmesan, Cheddar and Gruyère, have great melting qualities and are most popular for cooking. They add warmth and depth of flavour to a dish.  Age, moisture and fat content will have significant influence over how a cheese behaves when it is cooked. It is often a good idea to melt a small piece of cheese on its own, as a test, to see if it will be appropriate. |