Traditional Varieties

Traditional Sicilian Caciocavallo sheep's milk cheese is made from the stools of the Nebrodi region, which is known for its rich, fertile soils and abundant rainfall. The cheese is traditionally made from raw milk, which is obtained from the local Nebrodi sheep.

The cheese is made in the traditional way, using a mixture of 50% milk and 50% water, heated to 38°C. The milk is then left to cool to 24°C, and then added to a mixture of acidophilus and lactic acid cultures, which are used to ferment the milk. The cheese is then allowed to mature for at least four months, during which time it is periodically turned and washed to help eliminate any unwanted bacteria or yeasts.

When mature, the cheese is typically aged for up to two years, and then wrapped in a cloth or plastic bag for transportation. The cheese is then cut into wedges and served with bread, fruit, or vegetables, or it can be used as an ingredient in various dishes.

In addition to Caciocavallo, there are many other varieties of cheese that are made in Sicily, each with its own unique characteristics and flavor profile. These cheeses are often made from a variety of milks, including sheep's, goat's, and cow's milk, and are typically aged for varying lengths of time to develop their distinctive flavors.

Breads, Safeguards & Slow Food

The book is an examination of the role of bread in our culture, and the impact of modern food production techniques on the quality and healthiness of our bread. The author explores the history of bread-making, from the early days of agriculture to the present, and examines the many factors that influence the quality of bread today.

The book also discusses the importance of slow food movements, which focus on promoting the use of locally produced, seasonal foods and the importance of preserving traditional food techniques and knowledge.

The book includes recipes for a variety of breads, as well as tips for making your own bread at home. It also features interviews with chefs, bakers, and food scholars, who share their insights on the future of bread and the role it will play in our food system.

In conclusion, the book offers a thoughtful exploration of the role of bread in our culture, and the impact of modern food production techniques on the quality and healthiness of our bread. It provides a valuable resource for anyone interested in the history and future of bread, as well as those who want to learn more about the importance of slow food movements.
For more information, visit the website: www.slowfoodfoundation.com

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They make rich cheeses, following traditional methods that ensure the highest quality and respect for the animal. They are the heirs and custodians of a dairy tradition established in Sicily for thousands of years. They are committed to using local, organic, sustainable and ethically sourced ingredients to produce high-quality cheeses that are rooted in local cultures.

The Shepherds and Cheesemakers of Sicily have agreed to a production protocol based on respect for the region and the environment; and fax, produced with respect for workers' rights and cultural heritage.

They are the creators of a new model of agriculture based on quality, innovation, and social responsibility. They are the leaders of a concrete and virtuous example of local production.

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