

Sheep milk cheese

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Sheep milk cheese is a cheese prepared from sheep milk. Well-known cheeses made from sheep milk include the Feta of Greece, Roquefort of France, Manchego from Spain, the Pecorino Romano and Ricotta of Italy.^{[1][2]} Yogurts, especially some forms of strained yogurt, may also be made from sheep milk.

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Roquefort



Museum of the traditions of Cornus (Aveyron). The dairy of Roquefort.

Nutrition and production

Though sheep produce a far smaller volume of milk than cows, it is richer in fat, solids, and minerals. This makes it ideal for the cheese-making process. It is not an alternative for people with (severe) lactose intolerance, due to the fact that it contains even more lactose than cow milk.^[3]

Though sheep's milk may be drunk in fresh form,^[4] today it is used predominantly in cheese and yogurt making. Sheep have only two teats,^[5] and produce a far smaller volume of milk than cows. However, as sheep's milk contains far more fat, solids, and minerals than cow's milk, it is ideal for the cheese-making process. It also resists contamination during cooling better because of its much higher calcium content.

Well-known cheeses made from sheep milk include the Feta of Bulgaria and Greece, Roquefort of France, Manchego from Spain, the Pecorino Romano (the Italian word for sheep is *pecore*) and Ricotta of Italy. Yogurts, especially some forms of strained yogurt, may also be made from sheep milk.^[6] Many of these products are now often made with cow's milk, especially when produced outside their country of origin. Sheep milk contains 4.8% lactose, which may affect those who are intolerant. It takes between 2 weeks to 2–3 months up to two years for the cheeses to fully ripen.



Sheep milk cheeses from Poland

By country

France

French sheep milk cheeses include Abbaye de Bellocq,^[7] Brique, Berger de Rocastin,^[8] Brebiset,^[9] Le Claousou,^[10] Lévejac, Valdeblore, Roquefort, Ardi-gasna, Agour, Ossau-Iraty, Brocciu,^[11] Asco, Brin d'amour,^[12] Faisselle,^[13] Fleur de Maquis,^[14] A filetta,^[15] and Niolo.



Sheep milk cheeses from France.



Brin d'Amour



Brocciu



Lévejac



Niolo

Greece

Greek sheep milk cheeses include Feta and Halloumi.



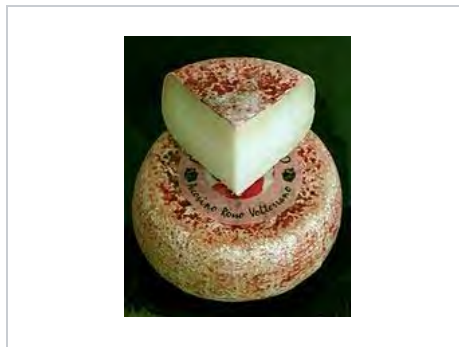
Feta

Italy

Italian sheep milk cheeses include Pecorino Romano, Pecorino Sardo, Pecorino Siciliano, Pecorino Toscano^[16] and Ricotta.



Pecorino Sardo



Pecorino Toscano



Casu marzu is a traditional Sardinian sheep milk cheese that contains live insect larvae

Poland

Polish sheep milk cheeses include oscypek and bryndza.



Oscypek cheese.



Artisanal sheep's-milk cheeses from the local market, made by shepherders in Poland

Portugal

Portuguese sheep milk cheeses include Castelo Branco, Azeito, Rabaçal, Saloio, Serpa and Serra.

Spain

In Spain is Roncal,^[17] made in the Roncal Valley, and is protected by the Protected designation of origin (PDO). Other cheeses from Spain are Torta del Casar and Manchego.



Manchego



Torta del Casar served with biscuits

See also

- List of sheep milk cheeses
- List of cheeses

References

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Further reading

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Categories: Sheep's-milk cheeses

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