

The 5 Auvergne PDO cheeses'-



Cantal



Saint-Nectaire



Bleu d'Auvergne



Fourme d'Ambert



Salers



One land
Five strong personalities



Cantal, Saint-Nectaire, Fourme d'Ambert, Bleu d'Auvergne and Salers are the flagship products of Auvergne's regional cuisine.

Each cheese is made within a specific geographic zone and certified **PDO (Protected Designation of Origin)**, an appellation that guarantees quality and authenticity.

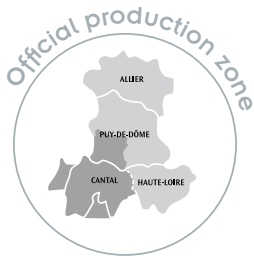


Auvergne, with its volcanic mountains and typical landscapes, is a region where nature and biodiversity have been carefully preserved. Its inhabitants have kept ancient **traditions and skills** alive, handing them down from one generation to another so we can enjoy these exceptional cheeses today.

Come discover **the land of PDO cheeses...**

Cantal

A cheese rich in history



Cantal Jeune (mild):
aged 1 to 2 months
Cantal Entre-Deux (medium):
aged 3 to 7 months
Cantal Vieux (mature):
aged more than 8 months

Pressed, uncooked cheese

- Shape: cylinder, 35 - 42 cm in diameter
- Weight: 35 to 45 kg
- Made with 400 litres of milk
- Min. manufacturing time: 33 hours

Cantal is the oldest PDO cheese in Auvergne.
For 2,000 years, Cantal has been made in the same region with the same techniques.

Whether the cheese is produced in dairies or directly on the farm, 400 litres of raw or pasteurised milk are processed at 30 to 34°C and then mixed with rennet. The curds are then pressed and cut into cubes and then pressed again several times before obtaining a soft cheese that matures for at least 10 hours. Then this material is churned and salted before being placed in moulds and pressed again.

Finally, the cheese is aged in cool, dark cellars (6 to 12°C) with a relative humidity of 95 %.

A master cheesemaker watches over the Cantal, regularly turning over the cheeses and wiping them with a canvas cloth.



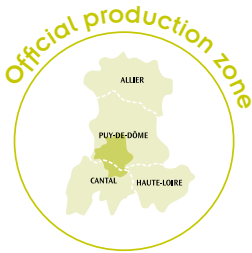
Cantal Jeune melts

For 4 open-faced sandwiches

- 8 thin slices of Cantal Jeune
- 4 slices of country bread
- 1 apple
- 4 fresh figs
- 20 g of chopped hazelnuts

Saint-Nectaire'

Cheese fit for a king



Saint-Nectaire fermier
(farm produced): green oval label
Saint-Nectaire laitier
(dairy produced): green square label

Pressed, uncooked cheese

- Shape: 21 cm wheel, 5 cm thick
- Weight: approx. 1.7 kg
- Made with 13 to 14 litres of milk
- The farm variety must be made exclusively with raw milk and processed twice a day directly after each milking
- Aged at least 28 days

Up until the 17th century, Saint-Nectaire was called "rye cheese" because it was aged on a bed of straw. It earned its present-day name after Henri de La Ferté-Sennecterre, Marshal of France, introduced the cheese to the court of Louis XIV.

The milk is processed hot (33°C). Then rennet is added and the curds are broken up to separate them from the whey. The fresh cheese is moulded and salted before being pressed for 24 hours. Then it is aged for at least 4 weeks.

During the aging process, the cheese wheels are washed during the first 2 to 3 weeks and then brushed and turned over to achieve a mouldy rind.



Apricots with Saint-Nectaire and seeds

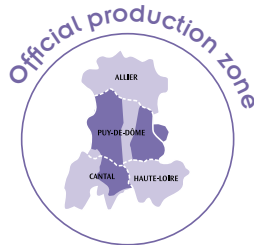
16 apricots
125 g Saint-Nectaire
6 tablespoons of various seeds: sunflower, poppy, sesame...

Fourme d'Ambert

The mildest blue cheese

Blue-veined cheese

- Shape: cylinder, 13 cm in diameter
- 19 cm thick and nearly 2 kg
- Made with 20 litres of milk
- Aged at least 28 days



According to legend, the Druids were familiar with Fourme and used it in their ritual celebrations at the top of Pierre-sur-Haute in the Monts du Haut Forez.

Cow's milk is mixed with *Penicillium roqueforti* to give the cheese its characteristic blue veins and then rennet is added to obtain the curds. The curds are cut into cubes and churned so that each piece is covered with a thin film called the «coiffe». This creates natural openings inside the cheese.

After moulding, draining for 24 hours and salting, the Fourme is pricked so that air can penetrate the cheese and its characteristic blue veins can develop during the aging process.

Produced with cow's milk collected at altitudes of between 600 and 1,600 metres in towns in the Loire «département», mountainous areas of the Puy-de-Dôme «département» and 5 «cantons» surrounding Saint-Flour in the Cantal «département», Fourme d'Ambert is the mildest blue cheese.

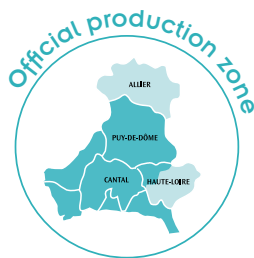
Mesclun salad,
salmon "à la russe"
and Fourme d'Ambert

- 1 bunch of mesclun greens
- 8 slices of smoked salmon
- 10 cc of crème fraîche
- 100 g of Fourme d'Ambert



Bleu d'Auvergne

A strong personality



Blue-veined cheese

- Shape: 20 cm thick cylinder, weighing 2 to 3 kg
- Creamy ivory colour, dotted with blue-green mould
- Made with 20 to 25 litres of milk
- *Penicillium roqueforti* gives the cheese its typical blue veins
- Aged at least 4 weeks

Bleu d'Auvergne was created in the mid 19th century by a farmer with a passion for cheese who decided to mix mouldy rye bread with milk.

Cow's milk is mixed with *Penicillium roqueforti*, lactic ferments and rennet. The curds are cut up and churned until the grains are covered with a thin film that helps holes develop in the cheese. Then the mixture is placed in a mould and drained.

The cheese is salted and pricked with needles in order to create airways so the blue veins can develop. Bleu d'Auvergne is aged in cool, humid cellars for at least 4 weeks.

With its assertive character and smooth texture, Bleu d'Auvergne reveals its full flavours when served with a white dessert wine.



Vegetables and
Bleu d'Auvergne dipping sauce

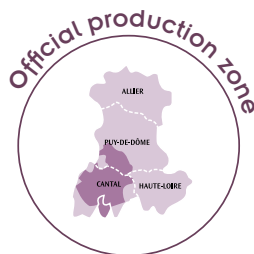
Organic vegetables: carrots, cucumbers, cauliflower, radishes, celery stalks...

For the dipping sauce :

150 g Bleu d'Auvergne,
100 g fromage blanc,
100 g thick crème fraîche,
2 spring onions
Salt, pepper

Salers'-

A distinguished cheese



Pressed, uncooked cheese

- Shape: cylinder, 36 - 42 cm in diameter
- Weight: 35 to 45 kg
- Made with 400 litres of raw milk
- Cheese made twice a day after each milking
- 100 % farm produced

Produced on volcanic mountains covered with wild grassland, this cheese is produced only on farms from April 15th to November 15th and exclusively with milk from grass-fed cows.

Rennet is added to the milk in a wooden tub called a «gerle». Then the curds are cut by hand, pressed several times and ripened. The fresh cheese is churned and salted before resting 3 hours. Finally, it is placed in a mould lined with linen and pressed regularly during 48 hours, giving the cheese its typical shape. Aging takes at least 3 months during which the wheels are regularly turned over and brushed.

The mention «Tradition Salers» indicates cheese made exclusively with milk from Salers cows.



Salers skewers

- 250 g Salers
- 150 g cured sausage
- 8 cherry tomatoes
- 2 slices of Auvergne ham
- 8 pitted prunes
- 1 russet apple

Tickle your taste buds

Each cheese has its own personality



A mild, subtle cheese with a delicate fragrance and aroma.



This tender cheese has a light nutty flavour and just melts in your mouth.



A unique, assertive, spicy, pungent and fruity cheese with a vast palette of aromas.



The young cheese has a distinctive buttery taste, with hints of hazelnut and liquorice, but as the cheese ages its flavours become more intense and spicy.



A cheese with an assertive, distinctive taste, typical of its rugged region with aromas ranging from fresh cream to dewy moss.





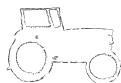
We are proud of our cheeses

Production standards for Auvergne PDO cheeses require that cows be fed mostly **grass** during an **extended breeding cycle** that guarantees the preservation of natural resources, **biodiversity** and Auvergne's beautiful mountain landscapes.



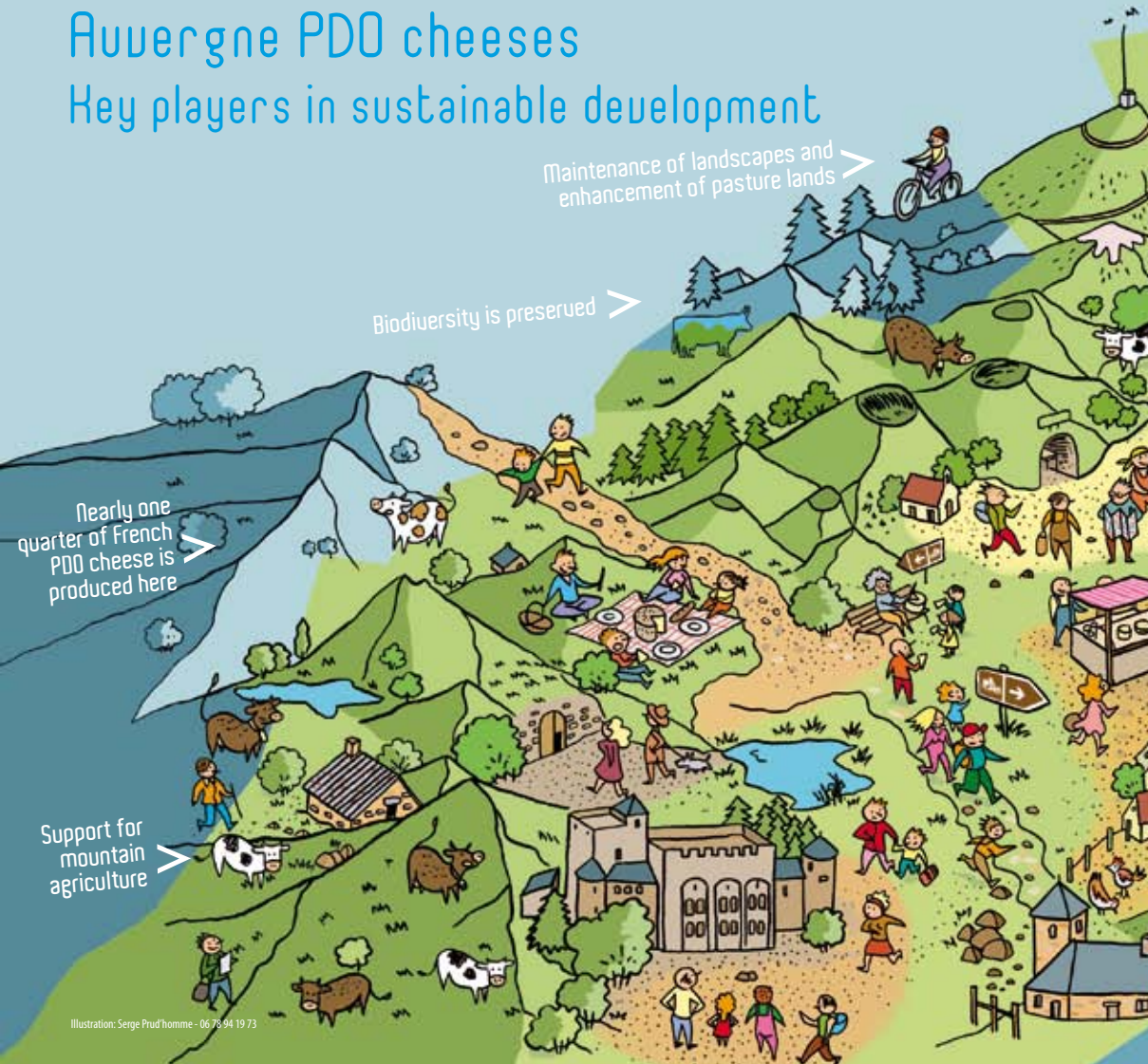
Every stage in the manufacture of PDO cheeses, from milk production to aging and all the processes in between, must be conducted in the official production zone - the cheese's designated origin - which means **they cannot be produced elsewhere**.

This activity supports the region economically while exerting a positive and **sustainable** effect on agriculture, the environment and regional tourism.



Auvergne PDO cheeses

Key players in sustainable development



Maintenance of landscapes and
enhancement of pasture lands ➤

Biodiversity is preserved ➤

Nearly one
quarter of French
PDO cheese is
produced here ➤

Support for
mountain
agriculture ➤



> Jobs at every level in the sector

> Regional tourism:
the Cheese Route

> Grass is at the heart of quality standards

> The entire production channel is situated within the PDO zone: milk production, processing, aging

> A search for typical and varied flavours

> Local activities

Snacks, tapas or gourmet recipes:

Here are 5 cheeses you can prepare to suit your tastes!

Bleu d'Auvergne and gingerbread mini-skewers



Sea bass with a Cantal cheese crust



Salers, bacon and artichoke terrine



Parsnip and squash soup with Fourme d'Ambert cubes

Do you enjoy easy recipes that you can serve with drinks for a relaxing moment with friend? Or do you prefer to don your apron and tackle a gourmet dish worthy of a top chef? Whether simple or sophisticated, recipes featuring Auvergne PDO cheeses all have one point in common: they are absolutely delicious. So, enjoy!

For more information, recipes and ideas for outings visit
www.fromages-aop-auvergne.com

Association des Fromages d'Auvergne
 9 allée Pierre de Fermat - 63178 AUBIERE cedex France



Pour votre santé, pratiquez une activité physique régulière.
www.mangerbouger.fr



A wheel of Saint-Nectaire for sharing, filled with dried fruit and summer truffles

CANTAL - SAINT-NECTAIRE - FOURME D'AMBERT - BLEU D'AUVERGNE - SALERS

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