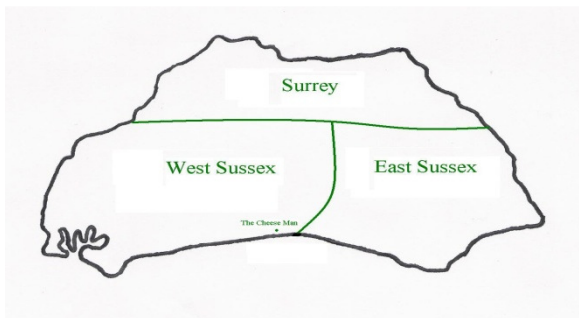


# THE CHEESE MAN

WHOLESALEERS OF FINE CHEESES  
CHARCUTERIE AND

GOURMET PRODUCTS

## Local Cheese Guide and other Local Products



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8<sup>th</sup> Edition



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We at The Cheese Man are passionate about cheese and fine foods, and as a local company are proud to promote local cheeses.

We are ever mindful of how important food miles and environmental issues are to our customers, and working closely with local cheese makers we have produced this guide to develop local awareness of quality cheeses from within the area we deliver to.

We have over 50 years experience in the fine food industry, and with a wealth of knowledge to share with our customers. We also carry an extensive range of other cheeses and gourmet products from around the world. Please contact us for further details.

Kind regards

Fred & Tony Cowling

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### Key to Symbols:-

C = Cow		U = Unpasteurised
G = Goat		P = Pasteurised
S = Sheep		V = Vegetarian

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## Alsop & Walker

(Five Ashes East Sussex)

### Sussex Camembert

A traditional Camembert made locally in Sussex. Starts off with the acid core and will mature in 2/3 weeks. C P V

### Sussex Blue

A sharp, aggressive and creamy cheese with small blue veins. Once heated the full aroma can be appreciated. It can be sliced, grated or melted. C P V

### Sussex Crumble

Natural rind cheese with light yellow colour. Has a short, crumbly texture. Lemon piquant taste. An old traditional cheese recipe now brought back with a slight twist. C P V

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## Mayfield Swiss

This firm, golden cheese has oval shaped holes throughout and has a soft, sweet, fruity flavour. A wonderful cheese for melting. C P V

## Sussex Brie

This cheese is a combination of lactic and stabilised Brie. A sweet, supple and full flavoured cheese. If matured for 60 days, upon cutting, the inside cheese will be soft and bulging. C P V

## Sussex Farmhouse

A very rare Dutch type cheese, only made by a few cheese makers in Holland and now in the UK. A semi hard cheese with a nutty flavour. Excellent for grilling and melting. The cheese can be matured from 6 weeks up to 3 years and is excellent on a cheese board. C P V

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## Lord London

This unique bell shaped cows' cheese is a semi-soft, clean citrus tasting cheese with a natural creaminess. It has an edible skin with a light dusting. Eat this one straight from the fridge. Won a bronze medal at the 2010 World Cheese Awards

## **High weald Dairy**

(Horsted Keynes West Sussex)

## Ashdown Forester

A full fat semi-hard unpressed cheese with a creamy slightly squidgy texture not dissimilar to Gouda. Made by hand with an attractive basket weave rind from pasteurised organic cow milk. It's matured on the farm for over 3 months to produce a natural coloured rind, a creamy flavour and a delicious bite. Also available smoked. C P  
O V

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## Sussex Marble

A continental style, semi soft creamy cheese derived from Saint Giles, infused with Garlic and Herbs.

## Chilli Marble

A continental style, semi soft creamy cheese derived from Saint Giles, infused with hot & spicy chilli.

## Little Sussex

A small cheese about 80g, with a bloomy white coat. Based on a fresh Plain Sussex Slipcote, It's matured for 10 days before packing. It has a delicious, mild delicate flavour and fluffy texture when young, but becomes stronger and more flavoursome as it ages.

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## Duddleswell

A hard pressed cheddar-like cheese with a natural rind, a smooth creamy texture with a delicious nutty taste. Produced using local sheep milk. S P V

## Sussex Slipcote

A soft cheese with a light, creamy and fluffy texture and a slightly sharp refreshing flavour. The name 'Slipcote' is an old English word meaning little (slip) piece of cottage (cote). The cheese is made plain or with the addition of Peppercorns or Herbs and Garlic. S P O V

## Mediterranean Style Cheese (Medita)

Another Sussex version of a famous Mediterranean cheese made in the traditional way with sheep milk and matured in brine for 3 months. It is a soft crumbly cheese with a distinct, sharp, fresh flavour. S P V



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## Halloumi

A Sussex version of famous Mediterranean cheese. Made from sheep milk this slightly salty, brined cheese is before cooking, a squeaky cheese. Once dry fried or grilled it takes on a completely different persona and becomes a scrumptious feast with a texture of a grilled marshmallow with a crusty outside and a soft centre. S P V

## Ricotta

A fresh, low fat soft cheese. It is a versatile cheese and works well in both sweet and savoury dishes from cheesecakes to baked pasta dishes. S P V

## Sussex Cheddar (Tremains)

This organic Cheddar is made using cows' milk from the farm. Matured for up to 5 months, it is golden yellow in colour, medium in strength and has a firm but crumbly texture. C P O V

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## Sister Sarah

A mild semi soft cheese made in the dairy with Goat milk. The goat milk is supplied to us by small herd of goats, from a farm in Kent. Although not organic, the goats are free to graze the pastures during the summer, and fed a diet of hay in the winter, when they remain in the buildings out of the weather. "Sister Sarah" is matured for just 4 - 6 weeks. The cheese is very white as goats digest all the carotene in the grass, unlike cows, where it remains undigested in the milk, hence it making a more yellow cheese.

## Brother Michael

A washed rind cheese, which is carried out by washing a 6 week matured Saint Giles cheese in brine and special cheese cultures several times a week for four weeks. This process creates the lovely orange - pink colour on the sticky cheese surface and the distinctive sticky pungent aroma.

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## Brighton Blue

This cheese has a slightly open, semi-soft texture, a mellow blue flavour and a slightly salty finish. The distinctive blue green veins in the cheese deepen as the cheese matures, and the taste of the blue becomes stronger.

## Saint Giles

Saint Giles, made with Organic Cows' milk from the cows on the farm, is a semi soft creamy cheese. It has a rich, buttery texture, a creamy mild flavour and a stunning edible orange rind. The cheese is an English equivalent to the continental style Saint Paulin or Port Salut style of cheese found in France. C O V

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## Greenacres Farm

(Golden Cross East Sussex)

### Flower Marie

This soft white sheep milk cheese has a mushroom tint rind, and melts in the mouth like ice cream and it ripens in five to six weeks. S U V

### Chabis

A small fresh goats cheese, made from milk from the 300 goats on the farm G V U

### Ash Golden Cross

A soft log shape cheese made from goat's milk. The recipe of the cheese is based on French Sainte-Maure. When young, the cheese is firm and slightly grainy, but with age it softens and the texture becomes very soft, like ice cream. The cheese ripens in four to six weeks. G V U

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## Laughton Log

A larger cutting version of the Golden Cross, not always available. G V U

## **The Traditional Cheese Dairy**

(Stonegate East Sussex)

### Olde Sussex

A Farmhouse 'cheddar-type' made from cow's milk to a traditional recipe. The texture is more open than cheddar with a full body and plenty of flavour. Matured for 6-8 months. C V U

### Scrumpy Sussex

A tongue-tingling blend of garlic, cider and herbs are added to the Olde Sussex curd while it is still in the vat to give this cheese a unique flavour. Not to be compared with cheaper blended cheeses. Matured for 3-4 months. C V U

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## Goodweald Smoked

A rind less Olde Sussex, matured for 3 months, and then smoked over oak chippings for 4 days to create a rich, deep smoked flavour throughout the cheese. After smoking, the cheese is put back in to the maturing room for a further two months. C V U

## Buttercup

An unpasteurised hard Jersey milk cheese. Matured for 3 months with creamy, milder flavours. C V U

## Lord of the Hundreds

This unique sheep's milk cheese is made to a closely guarded secret recipe. A fairly open textured cheese with a slightly sweet, nutty flavour. Matured for 4 months. S V U

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## Broadoak

A traditionally made cheddar in a cloth bound truckle. Full flavour that comes back at you. Matured for a minimum 9 months. C  
V U

## Burwash Rose

A semi soft cheese, washed in rose water, in the first few weeks of its maturation process. A lovely creamy flavour with floral notes, with a bouncy texture. Great for a cheeseboard

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## **Goodwood Estate**

(Goodwood West Sussex)

### Charlton

Excellent on a cheeseboard, used in cooking or for all your cheese needs. It is a hard, cloth-bound cheese matured to provide an intense farmhouse flavour. Charlton is named after the nearby village of Charlton, situated adjacent to the Goodwood Estate.

### Levin Down

A creamy mould ripened cheese. Each round cheese consists of a soft white mould outer surrounding a creamy and buttery interior. Delicious served as part of a cheeseboard or on its own with fresh bread, Levin Down can also be baked in the oven. Levin Down is named after the natural escarpment within the Sussex Downs in which Goodwood is located.



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## Molecomb Blue

Molecomb Blue is a blue veined soft cheese with a dark smoky grey crust. It is an exciting addition to the Goodwood Home Farm range and combines the best combination of blue cheese piquancy with a creamy texture and exciting appearance. It is named after Molecomb House, current residence of the Duke of Richmond.

## **Nut Knowle Farm**

(Gun Hill East Sussex)

## St George

A creamy goat's milk camembert, a full fat mould ripened cheese that will develop a full flavour when allowed to reach room temperature. G V P

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## Sussex Yeoman

A hard pressed goat's cheese, with a moist, but crumbly texture, and distinctly nutty flavour. G V P

## Gun Hill

A lovely goats cheese gently smoked over Scotts Pine.

## Wealden

A small very mature cheese with a heavy crust, rustic and powerful. G V P

## Wealdway

A versatile small goat log, coated in herbs, seeds or ash. Ideal for cheeseboards but mainly used in cooking as can be grilled or baked. G V P

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## Caprini

A soft cheese marinated in herbs and oil, presented in clear kilner jars. G V P

## Goats Curd

A full fat soft goats cheese. Ideal for cooking or spreading. Comes in a 1kg tub G V P

## Ash Pyramid

A matured and ash coated pyramid. Quite strong and delicious. G V P

## **Bookham Cheese**

(Rudgwick West Sussex)

## Not Just Pasta Cheese

This Italian style parmesan cheese is matured for 18 months. The texture is thick and crumbly and both the taste and fragrance are sharp and scented. C V P

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## Sussex Charmer

A brand new cheese (a cross between Cheddar and Parmesan), made from morning milk from a single grass feed herd.  
U C V

## Plumpton Cheese

(Plumpton sussex)

## Lynchetts Soft

A soft and creamy, mould-ripened cheese, made on the Plumpton College Estate with milk from the College herd of Holstein Friesian cows. C V P

## Woodside Blue

A Mild and creamy soft blue cheese, made on the College Estate, with milk from their own herd. C V P

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## Lords Burgh

A Mature 10 month old Cheddar. Made at the College, with milk from their own herd.

C V P

## Baromar

A Milder version of the Lords Burgh.  
Matured for about 4 months.

## **Eastside Cheese**

(Godstone Surrey)

## Tornegus

This cheese starts off as a Caerphilly cheese. It is then marinated in herbs, brine and wine from Kent. A semi hard cheese aged for 10 weeks giving it a spicy flavour.

C V U

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## Celtic Promise

This cheese begins life as small Teifi cheese, made in Wales. It is then brought to Surrey where it is ripened in cider, which gives it the distinctive orange rind and fruity smell. A highly praised cheese and has won many awards. C V U

## Saval

A larger cutting version of the Celtic Promise, wash rinded with a pungent aroma, and a savoury, meaty finish. Semi soft, Matured for 7 weeks. C V U

## Smoked Wedmore

Made on a farm in Wedmore by Chris Duckett, this cheese begins life as a Caerphilly and is then traditionally oak smoked in Godstone Surrey. This well travelled cheese also has a fine band of chopped chives running through its centre.

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## Isle of Avalon

This cheese starts life in France as a Port Salut. It then transported to Surrey to be washed in wine to encourage a pungent rind. It is matured for 6 weeks and is mild with a rubbery texture. C V P

## Norbury Park Farm

(Mickleham Surrey)

## Norbury Blue

A hand made blue cheese made in Mickleham Surrey. Made with unpasteurised Friesians cows milk. Once made it is matured for around three weeks. The cheese has a moist and creamy texture, and a pleasant musty aroma.

C V U

## Dirty Vicar

A semi soft unpasteurised cows milk cheese, with a moulded rind. Described as a “camembert on the outside and a crumbly Caerphilly on the inside” C V U

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## Cheeses from just outside our delivery area!

### Two Hoots Cheese

(Barkham Berkshire)

#### Barkham Blue

Made with Channel Island cow's milk, a firm, buttery, slightly open textured cheese with a natural mould ripened rustic rind. It has a deep yellow moist interior spread with dark blue – green veins. It can be matured for up to ten weeks when it becomes richer and softer. C V P

#### Rosethorn Blue

A soft blue cheese with blue-green veins and a creamy light texture, made with pasteurised Friesian cows' milk. C V P



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## Hampshire Cheese

(Herriard, Basingstoke)

### Tunworth

A beautiful handmade cheese, made in Hampshire, from milk from a local herd of Holstein-Friesian cows. Once crowned supreme champion at the world cheese awards, and deservedly so. C V U

## Isle of Wight Cheese Co

(Sandown Isle of Wight)

### Isle of Wight Blue

Made with pasteurised Guernsey cows' milk from the island. Matured for between 3-5 weeks. Won Best English Cheese at the 2007 World Cheese awards. C V P

### Isle of Wight Soft

A soft mould ripened cheese, made with pasteurised milk. Aged for about 2-3 weeks before sold. Nice fresh and acidic flavours when still young. C V P

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## Other Sussex Products also available

### Southdown Sussex Butter

Freshly churned in the traditional way using the finest quality locally produced cream, which gives it a distinctive creamy taste. Our unsalted and slightly salted butters each picked up a *Gold at The Great Taste Awards*.

### Heritage Raised Pies & Quiches

A local family catering business run by Simon & Adam Clark specializing in traditional hand raised pies, quiches and cheese straws as well as a range of Gourmet Stuffed Mushrooms.