

The Cheesemaker's Vision

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Labels, a Rich Source of Information

Once you know how to read them, cheese labels are a real mine of useful information.

1

Ingredients

Cheese is essentially milk and modified milk ingredients. Contrary to popular belief, there's nothing chemical or artificial about this last ingredient. Modified milk ingredients are just natural proteins extracted from milk via evaporation or ultrafiltration. Milk is primarily made up of water, protein, and fat, but the proportions of these components vary constantly according to the producer and time of year. In order to get the desired percentage of proteins in their recipe, cheesemakers add modified milk ingredients to restore balance and ensure consistency.



Ingredients



Labels, a Rich Source of Information

2

Lactose Free

All Bergeron fine cheeses are free of lactose, a natural milk sugar. This makes them easier to digest for certain people. The only impact is a very slight nuance in taste.



Lactose Free

4

Best Before Date

This is simply a guideline to ensure the cheese's characteristics remain consistent. A cheese is fit for consumption before and after this date. However, its taste may be different. For example, you can conduct a fun experiment by tasting the same kind of Brie at different ages: one wheel that is 30 days old, another that is 60 days old, and another that is 90 days old. You'll see that each has a different flavor.



Best Before Date



5

Age

Sometimes the cheese's age is indicated. This refers to the ripening time. Otherwise, the descriptors Mild, Medium, or Sharp indicate whether the cheese is young (mild) or old (sharp). The older a cheese, the easier it is to digest. A surface-ripened cheese (with a rind) will age much faster than an interior-ripened cheese (with wax).



Age

Spotlight on Bergeron

Where there's smoke, there's fire, and Le Calumet has been on fire since its début. The cheese is placed in a smoker at the beginning of its ripening period, and the flavor imparted by the specially selected woods blends with enzymes to create subtle smoky aromas. Our exclusive technique yields a delightfully mild smoky flavor that never overpowers the cheese.

Spotlight on Cooking

Cheese is a great way to liven up packed lunches for school or work. Simply serve with whole wheat crackers or raw veggies for a terrific snack in a snap. Plus, there are so many types of cheese to discover that you can transform your lunchbox into a treasure chest of healthy goodness!

If you don't have an icepack for your lunchbox, remember that cheese can sit at room temperature for about three hours. If it's too hot, its natural oil will rise to the surface, but it is still fit for consumption.



History

Spotlight on History

The first cheese produced in North America was in 1635 on Île d'Orléans, the famous island near Quebec City that's known for its farm-fresh products. This cheese is believed to be a descendant of *Soumaintrain* cheese from the Armanche Valley in France. Some 40 families still made cheese on the island until raw milk was banned in the cheese industry in 1965.

Recently, *Les Fromages de l'île d'Orléans* resumed making artisanal cheeses. Research has shown what it is that makes Île d'Orléans cheese so unique. Its one-of-a-kind flavor is believed to stem from the microorganisms that develop on the reeds that grow on the island's north shore. The inhabitants used to use these reeds to make little mats on which they placed the cheese. The cheesemaker was able to isolate, identify, and replicate these microorganisms, which it now sprays on the cheese to reproduce this unique flavor of yesteryear.