

CHEESE BOARDS

This is a list of our favorite cheeses. We normally have them all in stock but apologies if we need to make a substitution.

Three (90gm) **¥1,200**

Five (150gm) **¥2,000**

Served with Chutney & Bread
ADD Crackers **¥250**

TOKYO'S BEST CHEESE LIST. NO QUESTION have something you might like us to list tell us contact@parabola7.com

▼Washed-intense - creamy, rinds washed in brine-wine or spirits (stinky cheese)

1. CAMEMBERT

France-Normandy-Isigny. Cow's milk, distinctive powdery rind and creamy interior texture characteristic of the cheese.

2. PONT L'ÉVÊQUE

France-Normandy. AOC uncooked, unpressed cow's-milk cheese, square in shape, soft, creamy pale yellow with a smooth, fine texture and pungent aroma. From the commune of Pont-l'Évêque in Calvados, the oldest Norman cheese still in production.

3. SAINT ANDRE

France-Normandy. Pasteurised cow's milk, satiny, edible rind. Soft-ripened, the downy white outer layer offers a complex counterpoint to the wildly rich and silky centre. Produced on the mystical island of Mont Saint-Michel.

4. PIE D'ANGLOIS

France-Burgundy. Sinfully rich and creamy, cow's milk, supple and soft, edible ivory rind and a pale-colour centre with a slightly salty bouquet. As the cheese ages, the rind is washed with wine, and the cheese ripens outside inward.

▼Pressed / Cooked-Semi firm to hard cheeses from springy to crumbly.

5. MURCIA AL VINO

Southeastern Spain. Goat's milk cheese bathed in Red wine, pressed paste, washed and not cooked, intense white color, creamy and elastic texture, the

cheeses are bathed in red wine twice, giving the rind its characteristic color and imparts a strong floral bouquet, providing the characteristic aroma.

6. PARMIGIANO STRAVECCHIO

Italy-Parma. Aged 36 months, not the usual 24, raw cow's milk. The only additive allowed in this cheese is salt, giving a crystalline texture.

7. MULL OF KINTYRE CHEDDAR

UK-Scotland. Originating from the Mull of Kintyre on Scotland's craggy west coast, this aged cheddar is bold and full of character it has an open, slightly crumbly texture, and frequently will have Salt crystals present, which only adds to the flavour. Rich savoury taste with sweet, almost caramel notes. Trophy Winner & Gold - Best Vintage Cheddar in show - International Cheese Awards 2012.

8. COMTE

French Alps. Unpasteurised cow's milk. Comté has the highest production of all French AOC cheeses, around 40,000 tonnes annually. Each disc weighs up to 50 kilograms The rind is usually a dusty-brown colour, and the internal pâte is a pale creamy yellow. The texture is relatively firm and flexible, and the taste is strong and slightly sweet & fruity. One of the classic mountain cheeses.

9. WILD GARLIC YARG

UK-Cornwall. Cow's milk cheese, made to the same recipe as the nettle rinded Cornish Yarg but is wrapped instead in pungent wild garlic leaves. young, fresh and creamy under its natural rind and slightly crumbly in the core. Hand made in round open vats, it is a genuinely artisan British cheese. Gold Medal - Great Taste Awards 2012

10. GORWYDD CAERPHILLY

UK-Wales. (Pronounced Gar-with) a mature Caerphilly made to a traditional recipe, using raw unpasteurised milk and traditional rennet. It exhibits a fresh lemony taste with a creamy texture to the outer (know as "breakdown") and a firmer but moist inner. The cheese has that familiar crumbly texture yet tastes fresh and creamy with lovely earthy mellow tones. Gold World Cheese Awards 2012.

11. RED LEICESTER

UK-Leicester-Sparkenhoe. Made in a similar manner to Cheddar, albeit crumblier since the 18th century, coloured orange using annatto, cow's milk cheese, named after the city of Leicester. Matured in cloth, the old way to allow better flavour development. Slightly sweet aftertaste.

12. MANCHEGO

Spain-La Mancha. Matured 12 month's. Sheep's milk, firm and compact consistency, buttery texture, distinctive flavour, well developed but not too strong, creamy with a slight piquancy.

13. LINCONSHIRE POACHER

UK-Lincolnshire. A hard unpasteurised cow's milk cheese with a rind resembling granite in appearance. The cheese is matured between 14 and 24 months, although it varies with the seasons Lincolnshire Poacher has both cheddar and gruyere-like qualities. It has a strong, eggy, nutty flavour with a smooth texture.

14. SWALEDALE GOATS' CHEESE

UK-Yorkshire. A full fat hard cheese from Richmond in Swaledale, North Yorkshire. 100% goats' milk made with unpasteurised milk. The goat's all graze on land in Swaledale making their milk characteristic of the area as a particular mixture of herbs and grasses grow there Moist medium firm texture and its flavour is described as having "the freshness of the misty Dales and wild bracken, with the sweet caramel undertone of ewes' milk. Three gold awards at the 2008 Great Taste Awards.

▼Blue-Cheeses - mould spores introduced internally during the cheese making.

15. ROQUEFORT

France-Papillon. AOC lait cru, unpasteurised sheep's milk. The sheep are pastured at altitudes of 750 and 1,100 metres, where you find the best grass.

16. SHROPSHIRE BLUE

UK-Nottinghamshire. Cropwell Bishop. Pasteurised cow's milk, vegetable rennet. Orange colour from the addition of annatto, Penicillium Roquefort veining. Deep orange-brown, natural rind, matured 10-12 weeks soft cheese. sharp, strong flavour, tangy aroma.

17. COLSTON BASSET STILTON

UK- Nottingham. From one of the smallest & best Stilton Dairies in the UK. Since 1920, there have only been 4 head cheesemakers at Colston Bassett: Their Stilton is more traditional than any other. The curd is hand-ladled before draining. This treats the curd more gently and preserves its structure, which results in a luscious, creamy texture when the cheeses are mature.

18. HOKKAIDO CHEESE

A selection of handmade cow's milk cheese from a small farm in Kuromatsunai, Hokkaido, a place of great wild natural beauty, known for its cool climate and virgin forests of ancient beech trees. Such unspoilt terroir combined with natural farming methods makes for excellent cow's milk. The cheeses we have selected are made from very fresh milk, rennet and lactic acid bacteria, then aged between 4 to 16 months, we are delighted to support such local craftsmanship and noble endeavour: the perfect antidote to Camembert-in-a-can.

OH, SPACE FOR MORE
COMING SOON!!!

CHEESE LINGO

Cheese: Food produced by splitting milk and keeping the solid bits. Nobody knows who invented it but it's been around since before recorded history began.

Affinage: The aging, curing and ripening of cheese. During this time moisture evaporates, bacteria change the texture of the cheese from grainy to smooth, then back again to grainy, leave them long enough, or they change the surface of the cheese.

Artisan: Cheese made in small batches it should have a unique flavour and texture.

Bloomy Rind: A soft coating of penicillium mould as on Brie.

Cave: A temperature and humidity controlled space where the process of maturing happens. Curd nerds' lair perhaps.

Lafitecide: Chateau Lafite - or for that matter any red - served with a generous slice of ripe Camembert will have the effect of transforming your expensive dream bottle into a vapid metallic brew. Blame the ammonia.

Paste or Pate: The main part of the cheese.

Ubrico: Italian cheeses that have been washed in wine, the name means drunken.

Tyrosemiophilia: Collecting cheese labels as a hobby, curd-nerd perhaps.

PASTEURISED VS RAW

Raw milk contains natural bacteria microflora and possibly harmful pathogens until it is heated enough to kill them off (pasteurised). Raw milk cheeses need to be made under strictly controlled conditions to make sure they are safe to eat, which they generally are. Good cheese can be made with both though many connoisseurs would argue that raw milk makes cheese with a greater depth of flavour.

GOATS CHEESE-DIVIDER

What makes goat cheese really goaty is debatable. One theory is that if the buck (boy goat) is kept close to the doe (girl goat) the milk will take on his body odour, so most bucks are kept away from does used for milk production.

RIPE OR TOO RIPE

Soft rind cheeses should be a little soft to the touch, they will be slightly runny inside. They should smell good, even if they whiff to high heaven. As cheeses get overripe they become more acidic and more pungent. A little bit of an ammonia smell is fine, even quite a bit if you like it that way, but if it blows you across the room the cheese has gone past the point of no return.

WHITE IS BETTER WITH CHEESE THAN RED

Forget what you have heard, a powerful red wine or port will swamp the flavour of cheese with a mild or delicate nature and very creamy fatty cheese won't allow you to taste your red wine properly.

Champagne: Camembert, Cheddar, Brie

Sauvignon Blanc: Goats cheese (Sancerre best)

Pinot Noir: Swiss-Feta-Port Salute

Rioja/Syrah: Cheddar, Parmesan, Manchego

Merlot/Cabernet: Cambembert, Brie, Roquefort

Dessert Wine: Roquefort

Port: Stilton, Cheddar



“Sweet dreams are made of cheese,
who am I to diss a Brie,
I Cheddar the world,
and the Feta Cheese,
everybody's looking for Stilton.”

“Age is of no importance,
unless you are a cheese.”

“Cheese-Milk's leap toward imortality.”