

D.O.P.

Never manufactured,

always handmade



**PARMIGIANO
REGGIANO**

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Consorzio del Formaggio Parmigiano-Reggiano

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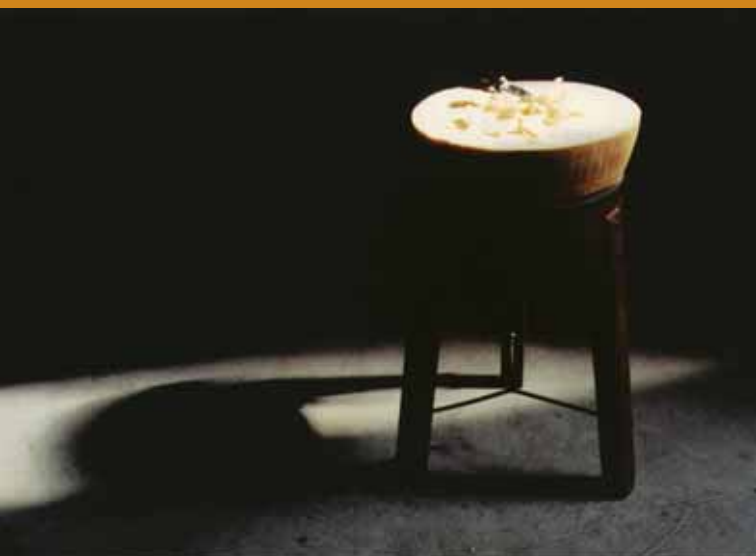
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www.parmigiano-reggiano.it



There is a cheese with very ancient origins that is still well-known today and famous throughout the world: Parmigiano-Reggiano®.

Parmigiano-Reggiano is a true miracle of nature and of the traditions of the people who produce it. It is for the enjoyment of those who seek in what they eat not only nourishment, but also incredible flavor, love for the earth, and respect – a lot of respect – for nature and its mysteries.





The Human Element

Parmigiano-Reggiano represents the fruits of history, tradition, and industriousness.

Still today, as in the past, the production of Parmigiano-Reggiano requires experience, care, and passion. word, it is the expression of the "know-how" of everyone involved in making it.

The people and their art

The People and Their Art

The Culture of Production Goes Back to 1200

In the land between the Po River and the Apennine Mountains, Parmigiano-Reggiano cheese was born of ancient roots. During the Middle Ages, at large Benedictine monasteries, a long-aged cheese of notable size began to be produced.



What characterizes the production of Parmigiano-Reggiano is the all-important human element. Indeed, this cheese owes its inestimable value to the cooperation between the producer of the milk, the cheese maker who transforms it, and the ager who refines the cheese.



Place of Origin

Parmigiano-Reggiano is strictly bound to its place of origin. Both the production of milk and its transformation into cheese take place in the provinces of Parma, Reggio Emilia, Modena, Bologna to the west of the Reno River and Mantua to the east of the Po River.



The secret of such goodness originates in the place of origin, in the natural feed, and in the high quality milk with no additives. During the long aging process, natural fermenting agents in the milk give the cheese its particular flavor and texture, in other words, its typicality.

The Ties to the Area of Origin





The milk is produced by cows fed according to strict regulations that require the use of grasses grown only in the place of origin and natural vegetable feed.



It is strictly forbidden...



In the feed given to the dairy cows the following are forbidden:

- **any kind of silage** (i.e. corn silage) **or fermented food**
- **food of animal origin or any by-product of the food industry**

Controlled Feeding

Parmigiano-Reggiano Cows

Some 270,000 cows produce the milk that goes into making Parmigiano-Reggiano.

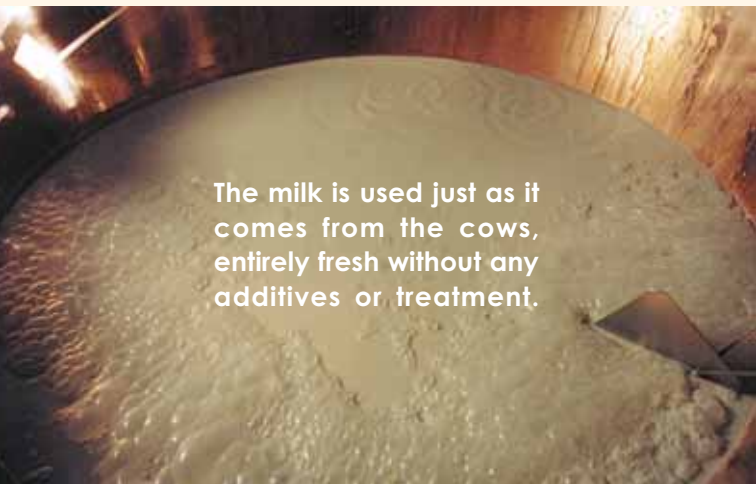


They are milked twice a day, and their milk is taken to the cheese house within two hours of each milking.





Fresh Raw Milk



The milk is used just as it comes from the cows, entirely fresh without any additives or treatment.

The Cheese Maker Makes the Cheese

The transformation of milk into Parmigiano-Reggiano is due to the skill of the cheese maker.

It is the fruit of knowledge and techniques that have been handed down through the centuries and of long experience – the expression of a culture of production that embodies the true wisdom of the place of origin.

In fact, the decisions that the cheese maker makes every day are as simple as they are delicate and crucial.

The Milk

Milk from the evening milking in the holding basins. The separation of the cream takes place naturally overnight.



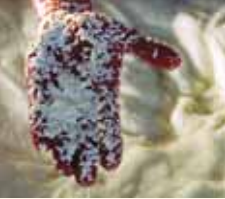
The milk of the morning milking.



16 liters (4.23 gallons) of milk are used to make 1 kilo (2.2 pounds) of **Parmigiano-Reggiano**

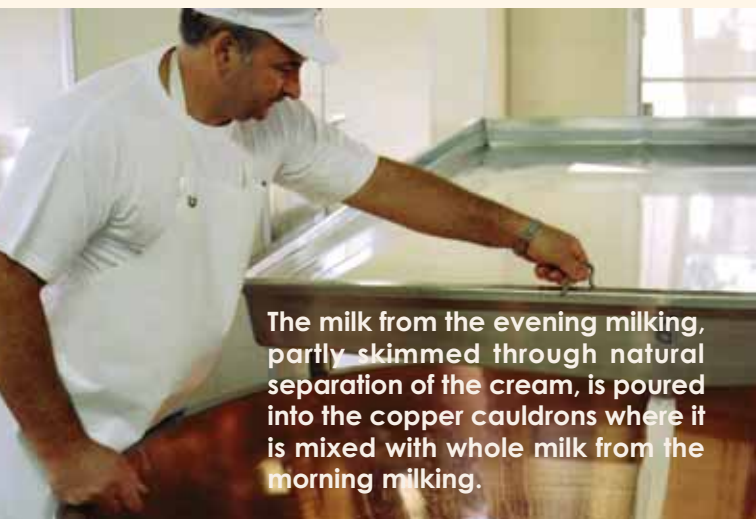
It takes about 600 liters (158.5 gallons) of milk to make one wheel of Parmigiano-Reggiano





The ten steps in the production of Parmigiano-Reggiano

1- The Milk



2- Natural Whey Starter

After warming the milk in the copper cauldron, natural whey starter is added. It is a culture of natural lactic ferments obtained from the cheese-making process of the day before.



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3- Natural Rennet

Next, rennet, a natural enzyme from the stomach of suckling calves, is added. It causes the milk to curdle.

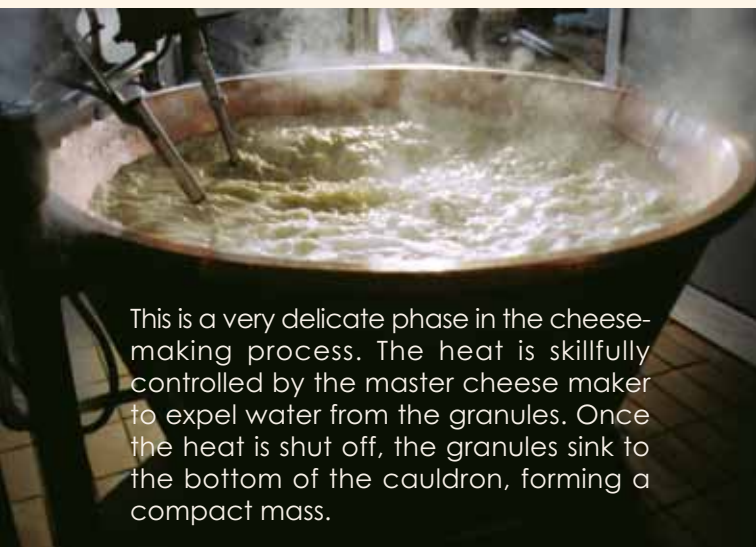
4- Breaking Up the Curds

The curdled milk is broken down into small granules with a huge balloon whisk called a "spino".



5- Cooking

This is a very delicate phase in the cheese-making process. The heat is skillfully controlled by the master cheese maker to expel water from the granules. Once the heat is shut off, the granules sink to the bottom of the cauldron, forming a compact mass.





6- Lifting



The cheese mass is lifted from the bottom of the cauldron and divided into two parts.



7- Forming

Each part is placed in a special mold called a "fascera," where it rests for 2 to 3 days.

Application of the Marks of Origin



The marks of origin, applied at the "birth" of each wheel of cheese, consist of:

1. the marks left by the marking stamp on the rind of the cheese which include the words "Parmigiano-Reggiano" in a repeating pin dot pattern, the identifying number of the cheese house, and the month and year of production;

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2. a casein disc applied to the top surface which contains a unique alphanumeric code used to identify each cheese wheel individually.



8- Salting

The cheese is immersed in brine (a solution of water and natural salt) for about 20 days to allow the absorption of the salt needed to flavor the cheese and permit its long aging.





9- Aging



At the end of the salting process, the cheese wheel is ready to be aged.

The aging continues for 24 months or more, during which time the cheese develops its fragrance, texture, and digestibility.

10- Inspecting



At the end of the minimum period of aging (12 months) each and every wheel is inspected. An expert evaluates the appearance, structure, and characteristics of the cheese.

Application of the Certification Mark

The certification mark is applied only to the wheels that pass inspection. This mark is an oval mark which reads "Parmigiano-Reggiano Consorzio Tutela" and includes the year of production.



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During the certification branding, the wheels are divided into two categories:

■ Parmigiano-Reggiano

Cheese wheels suitable for longer aging (24 months or more)



■ Parmigiano-Reggiano Mezzano

Cheese wheels meant to be eaten young, that is soon after the certification branding at 12 months, are marked with parallel grooves around the circumference of the wheel.



Upon the request of the cheese aging facility, it is possible to have Parmigiano-Reggiano wheels aged at least 18 months inspected again for an additional certification.

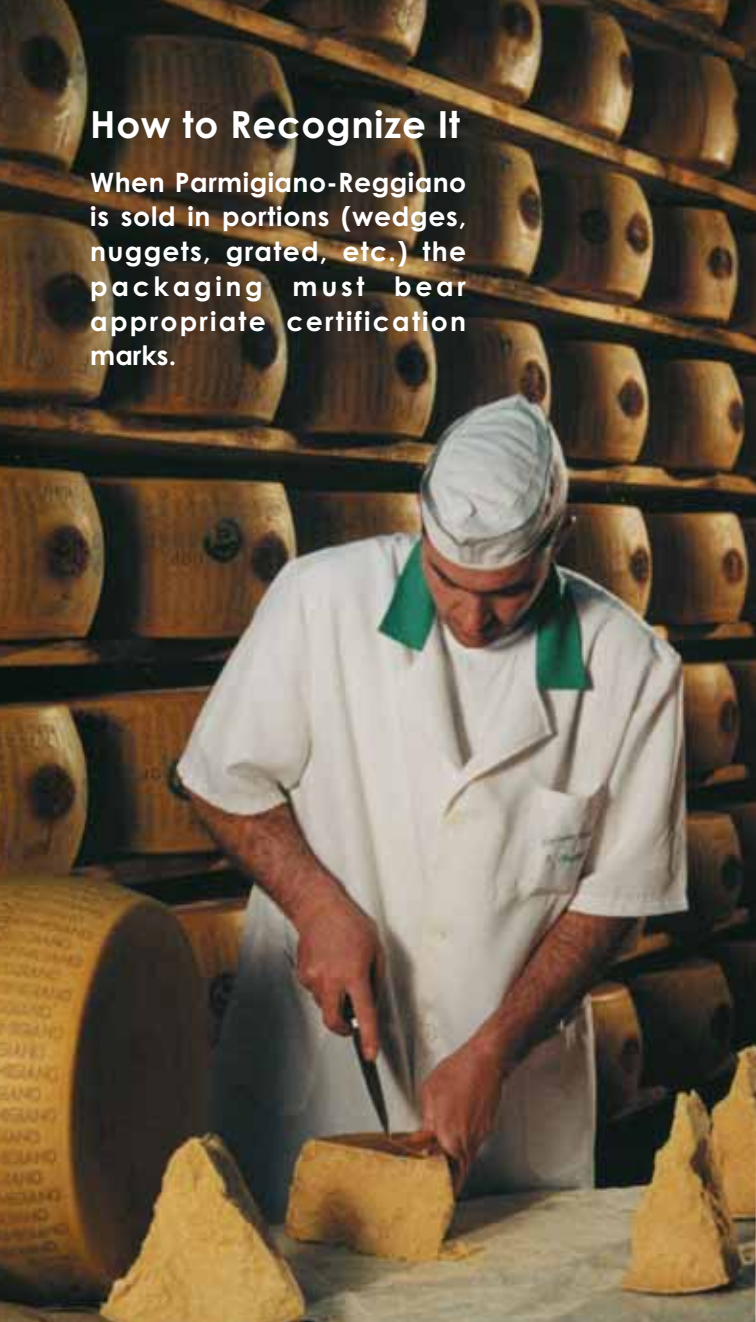


If the wheels meet certain higher standards, the mark **EXTRA** or **EXPORT** is branded on the side of the wheel to provide an additional guarantee of the superior quality of that particular wheel of Parmigiano-Reggiano.



How to Recognize It

When Parmigiano-Reggiano is sold in portions (wedges, nuggets, grated, etc.) the packaging must bear appropriate certification marks.

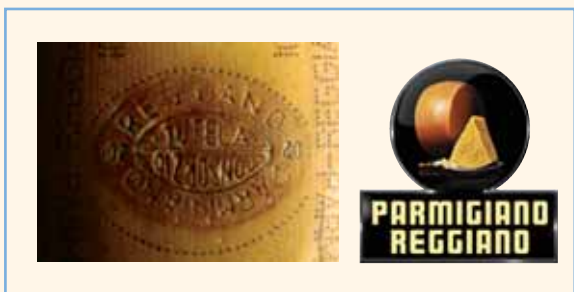


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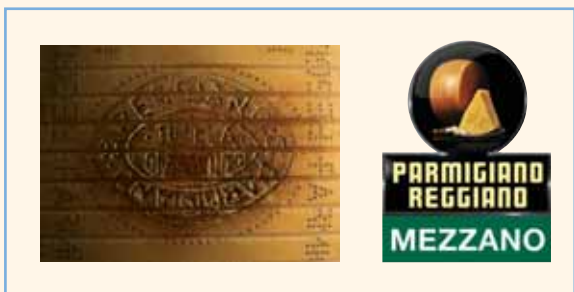
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Guarantee Marks on Pre-portioned Cheese

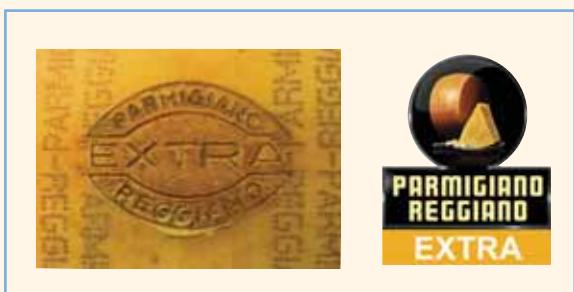
■ Parmigiano-Reggiano



■ Parmigiano-Reggiano Mezzano



■ Parmigiano-Reggiano Extra





Doctors and nutritionists agree that Parmigiano-Reggiano can play an important role in a regular diet and, because of its nutritional characteristics, they recommend that it be included in everyone's



diet. Pediatricians recommend it in the diet of small children for its many proteins, easy digestibility, and concentrations of calcium and vitamins so necessary for growth. It is also very good for athletes, whether



professional or amateur, because it is easily digested. It is very beneficial for seniors because of its high content of calcium, phosphorus, and all the most important vitamins.

A Source of Energy

Parmigiano-Reggiano is a complete food with remarkable nutritional qualities which are formed during the long natural aging process.

The Best Route to Good Health

Besides being rich in calcium, phosphorus, trace elements, and vitamins, it is highly digestible.

It has one of the lowest cholesterol levels of any cheese.

Average composition for 100 g of cheese:

Energy value	Cheese aged 24 months	Cheese aged 12 months
Moisture	31%	35%
Calories	392	369

Nutrition Facts		Cheese aged 24 months	Cheese aged 12 months
- Protein	g	33,0	31,1
- Carbohydrate	g	0,0	0,0
- Total Fat	g	28,4	26,8
- Vitamin A	mcg	270	254
- Riboflavin	mcg	370	350
- Vitamin B12	mcg	4,2	4,0
- Biotin	mcg	23	22
- Calcium	mg	1160	1093
- Phosphorus	mg	678	639
- Zinc	mg	4,0	3,8

Parmigiano-Reggiano A Star in the Kitchen

Thanks to its enticing aroma and exclusive taste, Parmigiano-Reggiano is an irreplaceable kitchen ingredient used to enhance the flavor and aroma of soups, to enrich main dishes, to embellish salads, to accompany aperitifs and fresh or dried fruit.

Parmigiano-Reggiano is a complete and essential food. It is the most flavorful way to a balanced diet – great for our modern lifestyle that requires greater physical presence, energy, and vitality.



Parmigiano-Reggiano in Appetizers



Parmigiano-Reggiano Prima Stagionatura can be enjoyed with fresh raw vegetables like celery or grape tomatoes. To contrast its delicate flavor, it can be eaten with a slightly spicy chutney of kiwi, apricot, or cantaloupe. Serve with dry white wines.

Parmigiano-Reggiano in Entrées



A piece of Parmigiano-Reggiano aged about 24 months goes very well with most traditional Italian pasta dishes, whether grated or shaved into petals. Cooking the rind in minestrone adds a gourmet touch.

Parmigiano-Reggiano with Meat and Fish



A piece of Parmigiano-Reggiano aged 24 to 28 months can be used to enrich the flavors of main dishes. Serve it shaved on beef or fish carpaccio or on roast beef with a drop of extra virgin olive oil. Long-aged Parmigiano-Reggiano can be served with lighter or more structured red wines.

Parmigiano-Reggiano with Vegetables



Parmigiano-Reggiano goes well with fresh salads drizzled with extra virgin olive oil. It is an indispensable ingredient for preparing baked vegetable pies and can be used in various traditional dishes like eggplant alla parmigiana.

Parmigiano-Reggiano with Fruit



Enjoy Parmigiano-Reggiano Prima Stagionatura with fresh fruits like apples and pears. A more aged Parmigiano-Reggiano offers a perfect accompaniment to dried fruit and nuts (i.e. figs, hazelnuts, walnuts), and it is superb with dried prunes.

Parmigiano-Reggiano and Aceto Balsamico Tradizionale



A nugget of aged Parmigiano-Reggiano is sublime with a few drops of Aceto Balsamico Tradizionale from Modena or Reggio Emilia.

Suggestions for Storing Parmigiano-Reggiano

Vacuum-packed wedges of Parmigiano-Reggiano can be kept in the refrigerator for a few months.

If it is not purchased vacuum-packed, or after the packaging has been opened, it must be kept in the refrigerator, ideally at the temperature of 4°C (39.2°F).



Parmigiano-Reggiano's organoleptic properties are not altered or diminished if it is kept in the cheese drawer or wrapped in plastic wrap, but it should be checked periodically.

The “Consorzio di Tutela”

The “Consorzio Formaggio Parmigiano-Reggiano” is a consortium which includes all the cheese houses that produce Parmigiano-Reggiano.

The responsibilities of the Consorzio include:

- regulating usage of the certification marks and protecting Parmigiano-Reggiano from imitations;
- distributing information about Parmigiano-Reggiano and promoting its consumption;
- improving and perfecting Parmigiano-Reggiano's qualities to safeguard its uniqueness and special characteristics.

The Consortium is also officially charged with the important and delicate responsibility of applying the certification and identifying marks of Parmigiano-Reggiano cheese, the distinctive signs of conformity to the Regulations of the Protected Denomination of Origin (PDO), granted by the regulatory body of the EU.



Because the Consortium is entrusted by law to regulate the production and trade of Parmigiano-Reggiano, the Consortium employs its own monitoring agents who possess the same qualifications as public safety officers.

The Consortium is a non-profit organization.



Consorzio del Formaggio Parmigiano-Reggiano

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