



## APHRODITE HALLOUMI

### Selected by Will Studd

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#### Origin

Republic of Cyprus

#### Milk Source

70% Goat / 30% Ewe

#### Type

Brined, marinated, semi-hard

#### Form

200-340gm

#### Food pairings

Watermelon, mint, honey, lemon, peaches

#### Wine pairings

Pinot Noir, Cabernet Sauvignon. Also try authentic Cypriot Commandaria or Zivania.

#### Cooking instructions

Grill or pan-fry in thick slices until golden brown. Serve with a squeeze of lemon.

Halloumi was originally created by Cypriot shepherds as a unique and very practical way of preserving surplus milk during the spring, but today most examples are made throughout the year using cows' milk.

Will came across this authentic handmade halloumi whilst filming in Cyprus and immediately fell for its delicious texture and flavour, which is quite different to its mass-produced industrial cousins.

Aphrodite Halloumi is one of the few examples of halloumi still formed into pockets by hand, the traditional old-fashioned way and is made from a combination of goat and ewes' milk. Ewes' milk is high in fat and this is responsible for the delicious brown crust that forms when the cheese is grilled or fried, whilst the goats' milk provides a firm yet elastic texture, and a subtle lingering lemony tang.