



APHRODITE KEFALOTYRI SAGANAKI

Selected by Will Studd

Origin

Epirus, Greece

Milk Source

Ewe and Goat

Type

Hard

Form

6 oz/170 gm

Pairing

Cabernet

Kefalotyri is the oldest traditional hard cheese made in Greece. It takes its name from 'Kefali', meaning 'head' and 'Tyri', meaning 'cheese'. Will has selected this authentic handmade example from the Epirus region in northwestern Greece because it's produced from a combination of both ewe's and goat's milk.

After pressing and brine salting, the cheese is dry salted and ripened for 3-4 months until the hard, slightly irregular texture has developed a mild herbaceous salty tang. It can vary slightly in texture and colour according to the seasons and the availability and proportion of each type of milk.

Often used as a table cheese or grating cheese, Kefalotyri is also considered to be the most authentic cheese used for Saganaki. When pan-fried in slices, the unique combination of non-bovine milks in Aphrodite Keflotyri produces a dish with a delicious brown crust, a rich moist firm texture, and a lingering savoury finish. Simply serve with a squeeze of lemon.

It can also be grated on top of many dishes to melt, including mac & cheese and pasta, and it's ideal for grill season in a salad or burger, or as part of any Mediterranean or Middle Eastern spread.