



ARTEMIS KEFALOTYRI SAGANKI

Selected by Will Studd

Origin

Epirus, Greece

Milk Source

Ewe and Goat

Type

Hard

Form

200gm/7oz

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.

Fresh milk is collected on a seasonal basis from shepherds milking animals freely foraging on natural vegetation growing on the steep rugged mountain slopes of the region. After pressing, and brine salting, the cheese is ripened for 3 -4 months until the hard slightly irregular texture has developed a mild distinctively herbaceous tang.

Traditional Kefalotyri is considered to be the authentic cheese for Saganaki in Greece. When pan fried in thick slices the combination of non bovine milks produces a dish with a delicious brown crust, rich moist texture and 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.