

WHAT

GORGONZOLA CHEESE

it is a blue veined cheese (or simply BLUE CHEESE)

Gorgonzola won the competition for best Italian cheese this year

it is made from cow's milk

it is a raw paste cheese, with pasteurized milk and fat



This is Gorgonzola Dolce (sweet): it is younger, softer, creamier and has a MILDER flavour

The cheese is inoculated with *Penicillium glaucum* which, during ripening, produces the characteristic of blue-green veins



This is Gorgonzola Piccante: it is older, stronger, and more PUNGENT

In order for cheese to be called Gorgonzola, it must be awarded the DOP, or Denominazione di Origine Protetta (Protected Designation of Origin)

WHERE

Gorgonzola comes from the city of Gorgonzola, near Milan, but is also produced in many other cities such as Novara

Today Novara accounts for more than 65% of production, Pavia 15%, and Milan 8%



the most famous producers in our area are:

IGOR (Cameri, Novara)

LATTERIA SOCIALE DI CAMERI (Cameri, Novara)

MARIO COSTA (Cameriano, Novara)

OIOLI (Cavaglietto, Novara)

PALZOLA (Cavallirio, Novara)

GUFFANTI (Arona, Novara)

WHEN

history

Some say Gorgonzola was first produced in the town of Gorgonzola, near Milan, in the year 879 AD.

Some other say that it was first produced in Pasturo nella Valsassina, a great cheese-making area for centuries, thanks to the presence of excellent natural caves which were perfect for keeping it

in 2019 more than 5 million cheese wheels were produced

exports are continuously increasing within the European Union, followed by Japan and the USA.

Gorgonzola became the third most famous Italian cheese.

production

The minimum duration of maturing is 50 days for the large form of Gorgonzola DOP, 60 days for the small form

HOW MUCH

cost and weigh



the price varies according to the type of gorgonzola, the seasoning and the month

a Kg of Gorgonzola costs around 13 euro per Kilo

Gorgonzola piccante usually costs less



Dimensions of a Gorgonzola WHEEL:
minimum height of the side: 13 cm
diameter: between 20 and 32 cm

**IS IT
HEALTHY?**

is virtually lactose-free
is a healthy source of proteins

promotes better vitamin
absorption (Vitamins like A,
D, E and K are fat-soluble)

Gorgonzola Cheese

verywell

0g FIBER

0.7g CARBS

8.1g FAT

6.1g PROTEIN

326mg SODIUM

100 CALORIES

0.1g SUGAR

1 oz (28.35 g)

- ✓ Excellent Source of Vitamin D
- ✓ Excellent Source of Calcium
- ✓ Good Source of Protein

Significant amounts of magnesium, phosphorus, potassium, selenium, vitamin A, and folate can be found in gorgonzola cheese

The infographic features a central image of a wedge of Gorgonzola cheese on a yellow plate with a knife. Surrounding the cheese are circular callouts for various nutrients. The background is a light grey marble pattern.

the high calcium content
benefits the bones

**IN THE
KITCHEN**

Gorgonzola can be used in various ways

- spread on a slice of bread
- inside risottos and pastas
- or as a topping for a pizza

The white and blue marbling stands gracefully on a cheeseboard, pairing wonderfully with grapes, honey and pistachios.



**Gorgonzola is
versatile in its
uses**