

The World of Spanish Cheese

to Manchego and Beyond

西班牙的奶酪世界，不止于蒙切哥奶酪

#SpainFoodNation



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Spain, the world-renowned producer of some of the world's finest wines, spirits, hams and olive oils, is now being recognized globally for its high-quality cheeses. Spain boasts more than 200 types of cheeses: this tremendous variety stems from Spain's geographical and climatic diversity. The centuries-long traditions of cheesemaking that vary from region to region make Spain a true paradise for cheese lovers that can find real gems among countless Spanish cheeses.

Your journey to exploring Spanish cheeses starts by knowing the basic types of cheeses produced in Spain: cow's milk cheese, sheep's milk cheese, goat's milk cheese and cheese made from different blends of these three types of animal milk. Spain's sheep's milk cheeses, particularly Queso Manchego PDO, have made this style of Spanish cheese a star on international markets, including China. But the range of Spanish cheeses stretches far beyond the sheep's milk varieties—let's

set off on a journey to some of the most fascinating creations of Spanish cheesemakers.

西班牙出产许多闻名全球的优质葡萄酒、烈酒、火腿和橄榄油，同样也因高品质的奶酪而享誉全球。西班牙拥有 200 多种奶酪，如此丰富的品种得益于西班牙多样的地理和气候条件。数百年的奶酪制作传统，因地区差异形成的多样化，使西班牙成为真正的奶酪爱好者天堂，人们可以在无数西班牙奶酪中找到真正的宝石。

探索西班牙奶酪的旅程可以从了解西班牙出产奶酪的基本类型开始，牛奶奶酪、绵羊奶酪、山羊奶酪，以及不同比例的三种奶源的混合奶酪。西班牙的绵羊奶酪，尤其是原产地名称保护蒙切哥奶酪（Queso Manchego PDO），让这类西班牙奶酪成为包括中国在内的国际市场的明星。但西班牙奶酪品种之众远超羊奶酪之外，让我们来探索一些西班牙奶酪生产商们的扛鼎力之作。

Sheep's Milk Cheese—The Proud Delicacy of Spain

西班牙引以为豪的佳味—绵羊奶酪

Sheep are the most extensive livestock in Spain, inhabiting the plains of central and southwest regions of the country, where there is plenty of pasture, especially during winter and spring. Queso Manchego PDO is the most internationally recognizable Spanish cheese. In Spain, it is often called the "King of Cheeses": made from whole fresh milk of Manchega sheep, it provides a slightly sharp and intense taste as well as pleasant and unusual notes and firm texture.

In addition to Queso Manchego PDO, some of the well-known Spanish sheep's milk cheeses include Queso Zamorano PDO and Torta del Casar PDO. Spain's Basque Country also features several sheep's milk cheeses made from unusual native breeds of sheep: Idiazabal and Roncal.

Torta Del Casar PDO, another iconic representative of Spanish sheep's milk cheeses, has a soft to spreadable texture and is made from milk of Merino and Entrefino ewes. Torta del Casar has an intense aroma and well-developed flavor with a touch of bitterness from the plant rennet. It melts in the mouth and has very little saltiness.

Made from raw ewes' milk from the Latxa and Carranzana breed, Idiazabal PDO is another star of Spanish cheese production. It is a hard cheese with a silky texture and intense, full and balanced flavor.

Featuring a hint of smoky scent and penetrating aroma, it is piquant and slightly sweet.

绵羊是西班牙最广泛饲养的牲畜，在西班牙中部和西南部地区的平原上有大量牧场饲养绵羊，尤其是在冬季和春季。原产地名称保护蒙切哥奶酪是国际市场上最著名的西班牙奶酪；在西班牙，它常被称为“奶酪之王”；是用新鲜的蒙切加（Manchega）绵羊的全脂奶制成，味道浓郁、口感略为强烈，还有着宜人的、不寻常的香气和紧实质地。

除了原产地名称保护蒙切哥奶酪，其他著名的西班牙绵羊奶酪还包括原产地名称保护萨莫拉诺奶酪（Queso Zamorano PDO）和原产地名称保护凯撒蛋糕奶酪（Torta del Casar PDO）。西班牙的巴斯克地区也有几种来源于不寻常的本地品种羊的羊奶酪，就是伊迪阿扎巴尔（Idiazabal）奶酪和龙卡尔（Roncal）奶酪。原产地名称保护凯撒蛋糕奶酪是西班牙绵羊奶酪的另一个标志性产品，它质地柔软，可涂抹，奶源为美利奴（Merino）羊和恩特菲诺（Entrefino）羊的羊奶。凯撒蛋糕奶酪香气浓郁，风味圆熟并带有一丝植物凝乳酶的苦味；它在口中融化时几乎没有咸味。

原产地名称保护伊迪阿扎巴尔（Idiazabal PDO）奶酪是由拉克萨（Latxa）羊和卡兰萨纳（Carranzana）羊的生羊奶制成，是西班牙产奶酪的又一明星。这是一种硬质奶酪，质地柔滑，风味浓郁、饱满、平衡，带有一丝烟熏味和具有穿透力的香气，辛辣而微甜。



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Mild and Creamy Spanish Cow's Milk Cheeses 温和柔滑 – 西班牙牛奶酪



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Step into the land of Northern Spain—here is the epicenter of cow's milk cheese production. In the perfect natural environment, following the traditional cheesemaking techniques, countless cow's milk cheeses

are created, with Queso Tetilla PDO and Queso de L'Alt Urgell y La Cerdanya PDO being some of the remarkable options.

Queso Tetilla PDO from Galicia in northern Spain is one of the country's best-known cow-milk cheeses. It displays medium creaminess and mild buttery flavor, with aromas of walnut and vanilla.

Born nearby the Catalanian Pyrenees, Queso de L'Alt Urgell y La Cerdanya PDO is a pressed cheese made from pasteurized whole milk from Friesian cows. This soft and creamy cheese features a mild, pleasant, sweet flavor with a fruity, penetrating, slightly nutty aroma.

西班牙北部是牛奶酪的生产中心。在完美的自然环境中，秉承传统奶酪制作技术，这里产出无数牛奶酪，原产地名称保护小乳头奶酪（Queso Tetilla PDO）和原产地名称保护奶酪阿尔托乌格尔和塞尔达尼亚奶酪（Queso de L'Alt Urgell y La Cerdanya PDO）就是其中非凡之作。

来自西班牙北部加利西亚的原产地名称保护小乳头奶酪是西班牙最著名的牛奶酪之一。它呈现出中等的奶油味和温和的黄油味，带有核桃和香草的香气。

原产地名称保护奶酪阿尔托乌格尔和塞尔达尼亚奶酪诞生于加泰罗尼亚比利牛斯山脉附近，是一种以荷兰奶牛（Friesian）的全脂巴氏杀菌奶为奶源的压制奶酪。这种柔软的乳脂状奶酪具有温和、宜人、甜美的味道，带有果味、具穿透力的坚果微香。

Spanish Goat's Milk Cheeses: The Taste from Unreachable Regions 偏远一隅之味 – 西班牙山羊奶酪

If you are a fan of Spain's sheep's milk cheeses, you may also enjoy the distinctive goat's milk cheeses the country produces. Unlike ordinary farm animals, goats inhabit the austere lands along the Mediterranean coast and deep mountainous areas of Andalusia and parts of Extremadura, unreachable to other farm animals.

Queso Iboreo PDO is a cheese made from whole raw milk from goats and has a clean, moderately acid and piquant flavor, with a slight finish of goat's milk. Melting in the mouth, it is very pleasant and creamy and has a buttery moist texture that would neither get too crumbly nor elastic.

Queso de Murcia al Vino PDO—a delicious goat's milk cheese that is macerated in red wine—is a pressed cheese made from Murcian goat's milk. With time, the color of the rind of cheese becomes deep dark red and the cheese itself gains a pleasantly sharp aroma and unsalted flavor, with a creamy and elastic texture.

如果您钟爱西班牙山羊奶酪，那您还可以享受西班牙出产的独特山羊奶酪。与普通农场动物不同，山羊栖息在地中海沿岸、安达卢西亚深山山区，以及埃斯特雷马杜拉部分地区的贫瘠土地上，其他农场动物无法企及。

原产地名称保护伊博雷斯奶酪（Queso Iboreo PDO）是一种由全脂生山羊奶制成的奶酪，具有干净、适度的酸味和辛辣味，带有轻微的山羊奶味。入口融化时风味宜人、乳脂口感，具有黄油般的滋润质地，既不会太酥脆也不会太韧。

原产地名称保护穆尔西亚红酒奶酪（Queso de Murcia al Vino PDO）是一种经红葡萄酒浸渍、非常味美的压制山羊奶酪，用穆尔西亚山羊奶制成。随着时间推移，奶酪外皮的颜色会变为深红色，并会散发出令人愉悦的浓烈香气、无盐味，质地柔滑而富于弹性。



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Mixed-Milk Cheeses from Spain: Variety of Flavors 风味多样 – 西班牙混合奶源奶酪



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Spain is home to many popular kinds of mixed-milk cheese: sheep's, cow's and goat's milk are produced in Spain virtually year-round, which enables the continuous production of such types of cheese.

It shouldn't come as a surprise that Spain produces many high-quality blue cheeses, with Cabrales PDO being one of the stars of this selection. This blue-veined cheese is made essentially from whole raw cow's milk or from mixtures of two or three types—cow's, sheep's and goat's milk. It has medium piquancy, persistent aftertaste and penetrating aroma.

Another famous cheese of this type is Ibérico cheese: with a yellowish-white color, it has a pressed uncooked curd, with a semi-hard to hard consistency. It is made with a mixture of cow's milk, goat's milk and sheep's milk.

Cheese lovers around the globe, having fallen in love with Spain's Queso Manchego, are discovering that the world of Spanish cheeses is very diverse and that there are hundreds of authentic, high-quality cheeses to explore. Not only do the different regions of Spain provide perfect production conditions, but Spanish cheesemakers also use different types of milk and apply traditional as well as new, innovative cheese-making techniques. The result is a range of world-class cheeses, providing chefs and consumers with numerous delicious options to discover and enjoy.

西班牙是许多受欢迎的混合奶酪的故乡，绵羊奶、牛奶和山羊奶在西班牙几乎全年都有出产，使得此类奶酪可以全年连续生产。

不足为奇的是西班牙出产许多优质蓝纹奶酪，原产地名称保护卡伯瑞勒斯（Cabrales PDO）奶酪就是其中亮点。这种蓝纹奶酪基本上由全生牛奶或牛奶、绵羊奶和山羊奶中的两种或三种混合制成。它具有中等辛辣味、持久的回味和有穿透力的香气。

这种类型的另一种著名奶酪是伊比利亚（Ibérico）奶酪，呈黄白色，是一种经压制的生凝乳，质地从半硬到硬。它是用牛奶、山羊奶和绵羊奶混合制成。

西班牙的蒙特哥奶酪受到全世界奶酪爱好者的喜爱，继而会发现西班牙的奶酪世界非常多样，有数百种正宗的高品质奶酪可供探索。西班牙的不同地区提供了完美的生产条件，奶酪生产商们使用不同类型的奶源，并采用传统和创新的奶酪制作技术。其结果是一系列世界级的奶酪产品，提供了众多美味选择，有待厨师们和消费者来发现和享用。

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