

Care for some cheese?

From the popular feta, cheddar and mozzarella, to more regional varieties such as the French brie or the Italian gorgonzola, endless varieties of cheese exist in almost all corners of the world where milk is a part of local diet. With over 1750 varieties, it is indeed not an exaggeration when we say that the world loves cheese. While Europe is specifically celebrated for its exquisite collection of cheeses, Asia is also big on cheese consumption, with even Bangladesh having its own share of delicious salted cottage cheese.

Whether it is the classic paneer, or the newer adaptations of the popular mozzarella, cheese has gradually become a staple in the Bangladeshi household.

WHY DO WE LOVE CHEESE?

First, cheese can be eaten any time of the day – with breakfast, lunch or even dinner! Whether you prefer to simply spread some onto a piece of bread for a quick snack, or put it in a complex dessert like red velvet



cheesecake, cheese will find a way into your heart. As the texture and flavours of different types of cheese vary - soft, hard, crumbly, creamy, tangy or mild - it can make almost anything taste delicious, a perfect foil for veggies, fruits, meats and

bread.

HISTORY

The human obsession with cheese goes as far back as 10,000 years, with the Greeks associating one of their gods, Aristaeus, with cheese making and the Romans spending

hours perfecting the cheese-making method. Even though earlier cheeses were sour and salty, more and more variations in cheese-making, gave rise to its endless variety. By the 1860s, rennet was mass-produced and pure microbial cultures were made, which meant that the cheeses produced were much more homogeneous throughout.

PANEER

Mentioned in the Vedas, dating as far back as 6000 BC, paneer is a type of cottage cheese believed to have been introduced in India by the invaders from Iran and Afghanistan. Its versatile flavour is what makes it a core ingredient in a plethora of South Asian cuisines. Moist, soft and crumbly in texture, it is made from either cow or buffalo milk. Its fresh aroma not only gets your mouth watering, but also reminds you of the age-old heritage that is embedded in the Bangladeshi culture.

The taste of paneer can vary

