



Find us on Facebook; search 'Cheese-Teller'  
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Call Mary on 07967720718 for help / advice

Italian Cheese	Notes	Description	Price/100g	
Gorgonzola Dolce DOP	Pasteurised Cow's Blue	The artisan version of 'dolcelatte'; mild, extremely soft and creamy, Melt with drop of milk for pasta sauce; a delicious but fast and satisfying meal	£1.80	
Gorgonzola Piccante	Pasteurised Cow's Blue	Strong, creamy and buttery	£2.20	
Crucolo	Pasteurised Cow's	From a small refuge in the Dolomites. Nutty and fruity, our best selling cheese!	£2.40	
Asiago	Pasteurised Cow's	Mild and 'yoghurty', fantastic melted on toast. A favourite with young children	£1.80	
Parmesan Reggiano, Aged for 24 months	Unpasteurised Cow's	Produced at 800 metres above sea-level from very superior quality milk translates into the final product. Simply an outstanding parmesan very different to that found in supermarkets	£3.40	
Fresh Buffalo Mozzarella	Pasteurised Buffalo milk	Exceptional quality; you certainly won't find this in the supermarket! Milky heaven; serve with tomatoes basil good oil and bread.	£5.50 / 250g ball	
Burrata smoked	cow's milk	pack of 2 individual soft creamy 'mozzarella' style cheeses lightly smoked. Try with parma ham or coppa di Parma for a delicious starter for two	£5.50 2 x125g	not available
Taleggio	Unpasteurised Cow's	Simply another level compared to the pasteurised version	£2.30	
Truffled Goat Taleggio	Unpasteurised goat	A stunning creamy goat cheese with intense luxurious black truffle	£4.80	
Robiola 3 milk (La Tur)	Pasteurised Cow's, Ewe's and Goat's	A creamy blend of cow's ewe's and goat's milk. Not too goaty and deliciously addictive! Attractive individual cheese looks great on the cheese board.	£2.60	
3 milk Italian Camembert	Pasteurised Cow's, Ewe's and Goat's	Our most popular and addictive soft creamy cheese. Warning: disappears very quickly! Do not put this near an oven; it's just too good. Individually wrapped approx. 300g	£2.60	
Robiola di Roccaverano DOC	Unpasteurised Goat	Considered Italy's finest goat cheese. A wonderfully creamy dense rindless curd with delightful mild flavour. Hard to stop eating this! Individually wrapped approx 300g	£2.80	
Robiol-1	Unpasteurised Sheep from 'Lavalattea'	Soft and creamy with a bloomy rind. Delicious delicate flavour. Individually wrapped approx. 250g	£3.20	
Robiol-1 Provenza	Unpasteurised Sheep from 'Lavalattea'	Soft and creamy with a bloomy rind deliciously matured with herbs from Provence and decorated with lavender and pink peppercorns. Beautiful addition to any cheese plate. Individually wrapped approx. 250g	£3.20	

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<b>Eretico</b>	Unpasteurised Goat from 'Lavialattea'	Creamy soft goat cheese made in the same way as Stinking Bishop in this case rind-washed with beer. Rich and full flavoured; delicious!	£3.40	
<b>Capranelcampo</b>	Unpasteurised Goat from 'Lavialattea'	An individual, firm, round goat cheese prepared with a layer of wild nettles coating and running through middle of cheese. Exceptional clean delicate flavour. Wonderful! Approx 350g ea but can be cut in half if you prefer less.	£3.40	
<b>Maggesse</b>	Unpasteurised Goat from 'Lavialattea'	Crumbly on the inside, creamy at the edge (reminiscent of a goat 'Caerphilly') matured under wild nettles and rose petals. Easy eating, beautiful flavour	£3.40	
<b>Uova di Capra</b>	Unpasteurised Goat from 'Lavialattea'	Literally 'Goat Egg' this individually-wrapped soft creamy delight is shaped like an egg with with a yellow 'saffron' centre. A very special treat. approx 150g each	£3.40	not available, back at Easter
<b>Quintano</b>	Unpasteurised Sheep from 'Lavialattea'	Rind-washed, 'taleggio' style sheep cheese. Exciting new addition to our family of raw goat / sheep cheeses from the wonderful 'Lavialattea' <b>Achieved 'Super Gold' in 2019/2020 World Cheese Award</b>	£3.20	not available. Really sorry. Hopefully back in Jan
<b>Oi Scur</b>	Unpasteurised Goat Blue from 'Lavialattea'	Raw goat blue matured under rose petals and wild berries; creamy but sharp with a perfect balance. A striking addition to the cheese plate; once tasted, never forgotten. <b>Achieved 'Gold' in 2019/2020 World Cheese Award</b>	£4.80	
<b>Oh My Go/sh</b>	unpasteurised ewe's and goat's milk	Stunning: Two cheeses in one: a soft round goat cheese under ash ontop of a pure sheep cheese. A wonderful creamy, perfectly ripe combination! Whole individual cheese around 400g but can be cut in half.	£3.40	not available. Really sorry. Hopefully back in Jan
<b>Otello</b>	Unpasteurised goat's milk	Soft creamy goat cheese under ash with a layer of sour cherry running across the centre. A stunning and delicious centre-piece for any cheese plate. Individual heart-shaped cheese approx. 250g	£3.40	
<b>Burbero</b>	unpasteurised ewe's milk	Inspired by the luxurious 'Castelmagno' cheese of Cuneo, a rich complex hard sheep cheese with flavours of mountain pastures and hints of 'blue'. Makes fabulously tasty fondue / cheese sauce but also stunning on the cheese plate.	£3.40	not available
<b>Salva cremasco</b>	Pasteurised cow's milk	Hard to believe this is a low fat cheese (27%) from lombardia full of taste. Reminiscent of caerphilly	£2.20	

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<b>Crosta di pane di capra</b>	Unpasteurised goat's milk	A historic cheese. A small dairy found its recipe in the first treaty on cheese, which dates back to the Middle Ages. As then, its paste is cut in irregular shapes, then salted and matured in caves. Its paste is elastic, covered with small eyes and mild. Its rind is smooth and thin.	£2.90	
<b>Basajo</b>	Unpasteurised Ewe's	Unforgettable. Soft, creamy blue ewe's cheese from Venice matured with Passito dessert wine. Sharpness of the blue balances perfectly with the sweetness of this delicious wine.	£4.80	
<b>Black Truffle Pecorino (Molitorio)</b>	Pasteurised ewe's milk	Powerful black truffle. Unbelievably good shaved onto mushroom risotto!!	£4.80	
<b>Tuma Persa</b>	Pasteurised Cow's	One of our 'wow' cheeses. Beautifully powerful, our strongest cheese with an intense complexity; a meditation cheese if ever there was	£3.50	
<b>Sicilian Pecorino DOP</b>	100% sheep milk	Matured hard ewe's milk delicious on cheese board or for grating	£2.90	
<b>Sicilian Pecorino</b>	Pasteurised sheep/ cow	Matured hard sheep + a little cow's milk cheese delicious grated on pasta	£2.40	
<b>Sicilian Pecorino with Black pepper</b>	Pasteurised sheep/ cow	Matured hard sheep cheese + a little cow's milk with the kick of whole black peppercorns delicious grated on pasta	£2.40	
<b>Pecorino Fiore Sardo</b>	Pasteurised sheep	Very mature crumbly pecorino, strong and smoked. Fabulous grated on pasta when using strong flavours such as anchovies and garlic	£3.20	not available
<b>Pecorino Romano DOP</b>		Hard salty sheep cheese perfect for gating as a condiment on pasta or for homemade pesto. Fabulous quality with a delicious flavour of sheep milk	£2.40	
<b>Testun al Barolo</b>	Unpasteurised sheep	Matured under the pressings from Barolo grapes produced as a by-product of wine-making. Well-rounded, fruity sheep cheese. Excellent like the wine!	£3.20	
<b>Toma Blu</b>	Unpasteurised cow Blue	A wonderfully different mountain blue, aromatic mellow and yet pungent at the same time. Same producer as the Vento D'estate below matured in the same way under mountain hay in oak barrels	£3.20	
<b>Vento D'Estate</b>	Unpasteurised cow	Matured for 6 months in oak barrels wrapped in Mountain hay imparting aromatic flavours of lush pastures and wild herbs.	£3.40	
<b>Provolone Piccante Auricchio</b>	Pasteurised cow	Sharp strong flavour with great length; a result of the long ageing process of this exceptional traditionally made provolone	£2.40	

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Tomino da Padella (individual 'fondue')	Pasteurised Cow's	A round individual cheese that we lovingly wrap in pancetta and coppa di parma so that when placed onto the hot heavy-bottomed pan (the 'padella'), the cured meats become crisp and intense on the outside enveloping the melted tomino cheese which oozes out when cut. Serve with good bread and a rocket salad. Serves 2 as a starter, 1 as main.	£3.95/each	
<b>British Cheese</b>	<b>Notes</b>	<b>Description</b>	<b>Price/100g</b>	
Stilton; Cropwell Bishop	Pasteurised Cow's blue	Our favourite of all the Stiltons. Exceptionally creamy, rich and tangy	£2.20	
Montgomery's Cheddar	Unpasteurised Cow's	The benchmark Somerset cheddar. Rich, savoury, nutty	£2.60	
Isle of Mull Cheddar	Unpasteurised Cow's	Full flavoured scottish cheddar; rich and boozy.	£2.60	
Double Barrel Lincolnshire Poacher	Unpasteurised Cow's	We taste select each batch of our Double Barrel visiting Tim's farm looking for fruity intense depth of flavour. Current batch (made August 19th 2017) is starting to develop that satisfying crunchy texture we all love.	£2.60	
Caerphilly Gorwydd	Unpasteurised Organic Cow's milk	Unique, award-winning organic hard cheese. Crumbly on the inside creamy at the edge with a velvety nutty rind.	£3.00	
<b>French / Swiss Cheese</b>	<b>Notes</b>	<b>Description</b>	<b>Price/100g</b>	
Raclette	Unpasteurised Cow's milk	So good melted, just dip in with good bread	£2.20	
Comte	Unpasteurised Cow's milk	From the Jura valley one of France's favourite cheeses. Nutty and buttery	£2.60	
Vintage Greyere AOP	Unpasteurised Cow's milk	Perfect for fondue or a sick on crusty bread. Popular Swiss cheese has a wonderful depth of flavour. Nutty and buttery	£2.80	
Brie De Meaux	Unpasteurised Cow's milk	Apparently Napoleon's favourite cheese! Perfectly ripe, creamy and full flavoured (unlike supermarket brie!!!)	£2.20	
<b>Spanish Cheese</b>	<b>Notes</b>	<b>Description</b>	<b>Price/100g</b>	
Manchego Curado	Unpasteurised Ewe's	A wonderful artisan tapas cheese matured for 12 months. Hard savoury and great with a good beer!	£3.00	
Manchego Semi curado	Unpasteurised Ewe's	Slightly softer than the 'curado' matured for just 6 months. More delicate. Delicious!	£2.90	

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<b>Manchego under Rosemary</b>	Unpasteurised Ewe's	Matured for 8 months under a layer of rosemary to impart a beautiful aromatic flavour	£3.00	
<b>Italian / Spanish Charcuterie</b>			<b>Price/100g</b>	
<b>Italian roasted ham with herbs</b>	3 slices vac-packed, approx 100g	Italian ham roasted with herbs; the leg is de-boned and stuffed with rosemary and oregano. Deliciously aromatic	£3.50	
<b>Parma Ham</b>	4 slices vac-packed, approx 100g	From a small producer, each ham is specially selected to be extra-matured to 3 yrs. The best Parma Ham we have ever tasted!	£4.50	
<b>Speck Trentino (smoked)</b>	6 slices vac-packed, approx 100g	From a filiera agroalimentare (means they have full control from rearing the animal to the final product). Cured using juniper other herbs and then smoked	£3.50	
<b>Coppa di Parma</b>	10 slices vac-packed approx 100g	From the neck of Parma's pigs, a wonderfully tasty marbled	£3.80	
<b>Felino Salami</b>	sold by the inch in chunks	Considered the 'king' Italian salami; delicious pure pork salami with a little black pepper. From a small artisan producer	£3.50	
<b>Nduja</b>	approx 100g pieces, vac-packed	Spicy soft salami from Calabria; melts into sauces to add a delicious spicy kick. Fabulous on pizza or just spread on crackers like a pate	£2.80	
<b>Pancetta</b>	approx 100g pieces, vac-packed	This is the real thing; makes a wonderful traditional pasta carbonara	£2.40	
<b>Smoked Duck Speck</b>	Half duck breast, vac-packed	From one of the best curing / smoking houses in Italy, whole duck breast cured and smoked to perfection. Ready for slicing with a sharp knife. Eat in the same way as Parma Ham	£4.50	
<b>Artisan Chorizo for cooking</b>	pack of 3 chorizo, approx 250g per pack	Makes the best Paella, try on griddle with a few prawns. From a small producer packed with flavour; spicy but not too much!	£1.70	
<b>Artisan Chorizo: ready to eat</b>	classic 'loop' shape pre-packed 250g-350g	Same product as above but more mature and firmer. Just slice and eat as you would salami	£2.10	
<b>Artisan Chorizo 'Dolce': ready to eat</b>	classic 'loop' shape pre-packed 200g-350g	Same as above but without chilli; no spice. Ready to eat but very good for cooking.	£2.10	

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<b>Flour, pizza dough and Other Essentials</b>			<b>Price per Item</b>	
<b>Fresh sourdough ready to stretch and bake</b>	400g packs to make 2 pizzas or 1 large ciabatta	Make wonderful pizza / ciabatta at home with our fresh sourdough. Keeps 4 days in fridge, 3 months in freezer.	£2.50	
<b>Organic Strong white bread flour</b>	1Kg bags	From Marriages Master Millers. Very high quality organic flour for the best breads	£1.80	
<b>Italian '00' Flour for baking</b>	1Kg bags	Soft flour for perfect cakes / scones / sponges.	£1.80	not available
<b>Italian '00' Flour for pasta and sourdough: 'Marrone'</b>	1Kg bags	Farina di Grano Duro Tipo '00' with a high protein content perfect for making the perfect pizza dough, and ciabatta breads.	£1.90	
<b>Italian 'Semola Rimacinate' flour for pasta making</b>	1Kg	Highest quality Farina di Grano Duro for fresh pasta making	£2.50	
<b>Carnaroli or Vialone Nano Risotto Rice</b>	1Kg bags	Exceptionally high quality risotto rice from a small producer in the vicinity of Milan. Vialone Nano is traditionally used for fish risotto, has a smaller and more dense grain compared to the Carnaroli which is used for meat / veg	£5.50	
<b>San Marzano Tomato DOP</b>	0.5Kg tin	Wonderfully sweet produced near Naples. Makes delicious sauce for pasta; the 'Champagne' of tinned tomatoes. Warning: it's hard to go back to normal tinned tomato after you've tried this	£1.85	
<b>Sea Salt</b>	1kg bags	from Sicily either fine or course. From a Natural reserve run by WWF in Trapani	£2.50	
<b>Fleur du Salt</b>	500gr box	Top of the range in the world of salt. Origine as the above	£6.50	
<b>Sicilian Extra Virgin Tenuta Ducale Oil 5lt tin</b>	5 litre tin	Flavour and spiciness are beautifully balanced in this single estate oil from central Sicily made with Nocellara del Belice olives	£75.00	
<b>Sicilian Extra Virgin Olive Oil Tenuta Ducale</b>	500ml bottle	Flavour and spiciness are beautifully balanced in this single estate oil from central Sicily made with Nocellara del Belice olives, perfect for dipping and matching with a good balsamic vinegar	£14.00	

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<b>Aged Balsamic Vinegar</b>	250ml bottle	The best barrel-aged balsamic vinegar within this price range that we have ever tasted. Limited production; naturally thick and syrupy made simply from fermentation and slow ageing of grape must within wooden barrels with no added sugars (as in supermarket vinegars). Once tasted it's hard to go back	£22.00	