



Italy

PECORINO IL FORTETO



Tuscany,
Italy

Pecorino Toscano is a cured cheese made only from ewe's milk. This PDO is exclusive to the region of Tuscany. It is one of the oldest cheeses in the world. Its origins date back to the year 850. It is cylindrical in shape, with a yellowish rind and the PDO stamp marked with heat.

The name of this cheese comes from the Italian word "pecora", which means ewe.



LACTOSE-FREE AND GLUTEN-FREE,
EXCELLENT FOR GRATING



Pecorino Toscano PDO (4 months) 2 Kg wheel

Tuscany is one of the most famous regions in Italy for its history and its thriving economy. It is located in the west of Italy and its capital is the city of Florence. The region's agriculture is an important part of life in the region. Its topography is ideal for sheep breeding. Its hills and small forests, along with its rainy climate, mean that the livestock can feed naturally for almost half the year.

History and production

Pecorino Il Forteto is made in a cooperative in Tuscany. The cooperative was established in 1975 by a group of young students. The friends were around 19-20 years old, and were passionate about the land and about respecting animals.



Il Forteto Cooperative.

Since then, the cooperative has grown a great deal, but they continue to use the fresh milk from nearby farmers.

They produce especially for the local market. They make Pecorino with different flavours, such as truffle, pepper or rubbed with ash and olive oil. Nowadays they continue to work with a code of ethics of humane values, which they convey this to all their employees.



Young founders in 1975.

PAIRING

Accompany with: pears, figs, honey, quince jelly, olives, basil, garlic, olive oil.

Wine: sparkling wine such as Cava or Prosecco. Full-bodied red wine.

Beer: high fermentation beer such as Ale or Black Stout.

Bread: fresh country-style bread.



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Use

Pecorino is one of the most typical cheeses in Italian cuisine. A PDO cheese with great history and flavour. Perfect to give a touch of unmistakable flavour to different dishes.

Here are some examples of how to use it.

TYPE OF CUT

HOT DISHES

COLD DISHES

Diced/Cubes



- Topping on pizzas or coca bread

- Rocket salad with dried tomatoes
- Pasta salad with shavings of Pecorino, al pesto (see Recipe 3)

Grated



- Au gratin on cannelloni, pasta or lasagne
- Croquettes

- Pesto sauce (made with Pecorino)

Slices



- Sautéed mushrooms with shavings of Pecorino (see Recipe 2)
- Hot sandwiches

- Canapés
- Cured ham and Pecorino sandwiches (see Recipe 1)

Wedge



- Cheese board

RECIPES

INGREDIENTS

- 80 g Pecorino
- 1 teaspoon orange zest
- 4 tablespoons extra virgin olive oil
- 2 individual spelt breads
- 60 g cured ham

👨‍🍳 Very easy | 👤 2 portions | 😊 Suitable for children

PREPARATION

Slice the Pecorino thinly. Grate the orange zest, avoiding the white part. Mix the orange zest with the olive oil.

Spread each half of bread with the orange oil and place the cured ham and Pecorino on top.



PECORINO, CURED HAM AND ORANGE OIL SANDWICH

INGREDIENTS

- 60 g Pecorino
- 300 g wild mushrooms (black trumpets, chanterelles)
- 2 cloves of garlic
- 1 tablespoon diced chives
- 1 tablespoon diced lemon thyme
- 3 tablespoons olive oil
- 60 ml Pedro Ximenez (or sweet fortified wine)
- Salt

👨‍🍳 Very easy | 👤 2 portions | 😊 Suitable for children

PREPARATION

Slice shavings of Pecorino. Clean the mushrooms. Slice the garlic. Dice the chives and the thyme leaves. Sauté the mushrooms in oil over a low heat while stirring. Add the garlic and dampen with a little oil.

Cook for a couple of minutes before adding the herbs and the Pedro Ximenez. Cook until reduced, add the Pecorino, season with salt, mix and serve immediately.



SAUTÉED MUSHROOMS WITH SHAVINGS OF PECORINO AND PEDRO XIMENEZ

INGREDIENTS

- 80 g Pecorino
- 140 g raw dry pasta (fusilli)
- 10 g basil
- 4 cloves of black garlic
- 30 g pine nuts
- Extra virgin olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper

👨‍🍳 Very easy | 👤 2 portions | 😊 Suitable for children

PREPARATION

Boil the pasta in plenty of salted water before draining and reserving. Slice shavings of Pecorino. Slice the basil leaves into julienne strips and the black garlic into slices.

Mix the pasta with the other ingredients and season with salt and pepper. Serve at room temperature or slightly warm.



PECORINO SALAD WITH PASTA, PINE NUTS, BASIL AND BLACK GARLIC

VIDEO OF THE RECIPES AVAILABLE ON OUR APP



AND ALSO AT www.iberconseil.es