



Cyprus

# HALLOUMI ALAMBRA

Halloumi is a fresh rindless Cypriot cheese traditionally made from goat and sheep milk. Nowadays, a mixture of pasteurised cow, goat and sheep milk is usually used, which coagulates with microbial rennet (of non-animal origin), hence making it suitable for vegetarians. Once cut and separated from the whey, the curd is pressed into large blocks and cut into tablets of approximately a quarter kilo. These tablets are immersed in a whey bath – usually, the remaining liquid from the Mizithra (local cottage cheese) production – at high temperature and are removed, when the cheese reaches close to 65°C. After this stage, Halloumi is salted, folded in two and dried for a month. Eventually,

it is packaged with a little whey, brine and mint, whose antiseptic properties allow for better conservation of the cheese. This process provides Halloumi with a high melting point that allows frying and cooking on the grill or barbecue without melting. It has a chewy texture and, at first, a salty and then mild and full-bodied taste, which is very nice.



The Halloumi production area is mainly located on the island of Cyprus, which has applied to the European Union for a Protected Geographical Indication (PGI) for its cheese. The country is predominantly mountainous, including two mountain ranges: the Pentadactylos mountains, in the north, and the Troodos, in the southwest, culminating with Mount Olympus (1,951 m). There is a great plain between both: Mesaoria.

The Mediterranean climate allows for the development of agriculture and milk production, mainly goat and sheep milk.

- ONE OF THE ONLY CHEESES IN THE WORLD THAT DOES NOT MELT
- GLUTEN-FREE
- SUITABLE FOR VEGETARIANS, AS IT DOES NOT INCLUDE ANIMAL RENNET.

## History and production

The Petrou Bros cheese factory was established in 1982 in the Cypriot town of Alambra. The two Petrou brothers founded it with the help of their mother. At that time, they collected milk from the producers in that town, which did not exceed 250 litres a day. They grew, while exporting their first cheese to the United Kingdom in 1988 and creating a new cheese factory in the city of Larnaca in 1996.



Nowadays, Alambra is recognised as one of the most innovative brands in Cyprus and worldwide, with the creation of Halloumi Chili or Basil and Halloumi Light or Lactose-free.



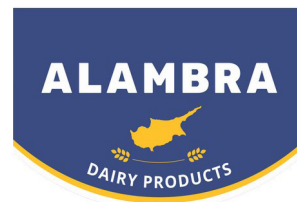
## PAIRING

**Combine it with:** dried tomatoes, olives, beans ...

**Wine:** white wine (albariño, verdejo or vinho verde).

**Beer:** Pilsen blonde beer, wheat or white beers.

**Bread:** toast, fig or raisin bread, crackers.



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## Storage and presentation tips

Halloumi is a cheese that is very easy to market and consume. It is vacuum-packaged in 225 g tablets within its cardboard box, with a little whey and brine, which allows it to be stored for up to one year, while always keeping it refrigerated.

It is not an aesthetically appealing cheese, but it offers great freedom of preparation in the kitchen. It can be diced and fried directly without the need to batter it, used for skewers or heated on the grill (without oil),

The outside turns brown and crisp, while the inside remains soft. It is one of the few cheeses that combines well with citrus fruits or spices.

Dices/Cubes



Slices



## RECIPES



### INGREDIENTS

- 120 g of Halloumi
- 60 g of tzatziki
- 60 g of smoked salmon
- Extra virgin olive oil
- Frying oil

### For tzatziki:

- 120 g of Greek yogurt
- 40 g of cucumber
- 1/2 teaspoon of garlic powder

- 1 teaspoon of lemon juice
- 1/2 teaspoon of dry dill (double the amount of fresh dill)
- Salt

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

### METHOD

Prepare the tzatziki first by placing the yogurt in a bowl. Grate the cucumber with skin. Add the cucumber and the remaining ingredients to the bowl with yogurt, mix well and keep in the fridge. Cut Halloumi into slices and then into triangles. Fry the cheese until brown and drain. Place a tzatziki base on the plate and distribute the fried cheese on top. Arrange salmon flowers and intersperse them with Halloumi. Finish with a splash of olive oil above and around them.

### TIP

Halloumi can also be cooked on the grill or barbecue.

### INGREDIENTES

- 60 g de Halloumi
- 3 hojas de menta
- zumo de limón
- 40 g de cebolla tierna
- 1/2 cucharadita de piel de limón
- 1 cucharada de aceite de oliva
- Aceite para freír
- Hielo
- 1 cucharadita de

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### METHOD

Cut the tender onion into very fine julienne strips and place it in iced water for 5 minutes, strain and drain well. Chop the mint and mix it with the onion, the lemon peel and juice as well as the olive oil. Cut the cheese into 2 cm cubes. Fry the cheese until brown for about 1 minute.

### PRESENTATION

Place the onion salad as a base and the brown Halloumi cubes on top.

### NOTES

In summer, you can add some tomatoes to the salad.

### TIP

If you want to soften the onion flavour a little, it can be blanched for a few seconds and then placed in iced water.



FRIED HALLOUMI WITH  
TENDER ONION, MINT  
AND LEMON

VIDEO OF THE RECIPES AVAILABLE ON OUR APP



AND ALSO AT [www.iberconseil.es](http://www.iberconseil.es)