



France

# SAINT-FÉLICIEN ÉTOILE

One of the most popular cheese in France, Saint-Félicien is a variety made using raw cow's milk to which pasteurised cream is added to give it extraordinary creaminess. Its yellowish, barely formed rind has velvety mould that protects an extremely creamy interior with a mild, even texture and a slightly salty taste, with nuances of walnut and hazelnut. The raw milk gives Saint-Félicien Étoile great nutritive properties and a rich buttery flavour. Both the normal and the BIO version are produced without adding any type of spice, aroma or colouring.



200 g

Saint-Félicien is a speciality that can be produced throughout France. The cheese from the Étoile du Vercors dairy is produced in the department of Isère, in Auvergne-Rhône-Alpes, which is the region where this cheese was first produced. Set between the Alps and the Rhône, Isère is a land with three Nature Parks and an imposing landscape with mountain massifs and natural lakes. Local crops such as grass, corn or hay are used to feed the cows and contribute towards the high quality of the milk used to produce the cheese.



DOUBLE CREAM CHEESE  
EXTRA CREAMY FLAVOUR THAT EVERYONE LIKES

## History and production

There are two versions regarding the origins of Saint-Félicien. The first places it in the small Alpine town of the same name in Ardèche. According to these sources, the local farmers created this goat's-milk variety, which is now very difficult to find.



The second version places the appearance of Saint-Félicien in late 19th-century Lyon. In this case, the cheese is referred to just as it has become popular today, made of cow's milk. It seems that farmers from the city decided to mix their excess milk with cream and curd so that it would last longer.

Their customers liked the resulting cheese so much that it became a regular product. The dairy was located in the square known as Place de Saint-Félicien (which no longer exists), hence the name of the cheese.

Whichever version is true, both involve a double cream cheese, i.e. a cheese with add-ed cream, making it a delicious speciality. Saint-Félicien Étoile does not need a long ripening period and 10 days is more than enough. If this period is increased, the cheese takes on a more persistent flavour.



## PAIRING

**Accompany with:** Crunchy baguette; nut bread (walnuts or hazelnuts) and e.v. olive oil; fruit jam; with sautéed mushrooms on toast; to finish off mashed potatoes (melted inside); with quince jelly; fried fruits and nuts; on an olive focaccia with rocket and dried tomatoes; to finish off a mushroom, asparagus or cured ham risotto.

**Wine:** Dry white. Wines of the Xarel-lo and Sauvignon blanc varieties.

**Beer:** Some 'pilsener' style craft beers or mild American 'ales'.

**Bread:** Baguette, toasted rustic bread, olive or walnut focaccia.



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## Methods of use:

All lovers of creamy cheese find extra mildness in Saint-Félicien. This French speciality combines a delicious, recognisable fresh milk flavour with a distinctive, long-lasting taste that provides sweet and savoury dishes with an original touch of flavour and texture. To enjoy all this creaminess to the full, let it melt before spreading it on warm bread or eat it directly with a spoon.

### CUT

Wedges



- Sauces or creams (with blender)
- In risotto
- To finish off mashed potatoes
- Grilled
  - Flatbreads
  - Pasta
- Oven
  - Quiches
  - Melted in its dish
  - Pizza topping

### HOT

### COLD

- Green salads
- On toast
- Cheese boards
- Sandwiches
- As dessert with jam or quince jelly

## RECIPES

### INGREDIENTS

- 1 Saint-Félicien
- 300 g peeled pumpkin
- 1 medium onion
- 1 garlic clove
- 2 teaspoons chopped fresh ginger
- 4 tablespoons olive oil
- 1 teaspoon turmeric
- 600 ml vegetable stock

| Easy | Serves 2 | Not Suitable for children |

### METHOD

Cut the cheese into quarters. Grate the pumpkin. Chop the onion, garlic and ginger.

Cook the onion over a medium heat, stirring until golden brown. Add the garlic and ginger and cook for a minute.

Add the pumpkin, season with salt and cook for 30 seconds more.

Add the stock and turmeric, and bring to the boil. Blend the mixture and correct the seasoning. Place a cheese quarter in a bowl and cover with the soup.



**PUMPKIN, TURMERIC  
AND GINGER SOUP  
WITH SAINT FÉLICIE**

### INGREDIENTS

- 240 g de Saint Félicien
- 120 g dried apricots
- 80 g orange juice
- 4 sheets brik pastry
- Orange zest (optional)

| Easy | Serves 2 | Suitable for children |

### METHOD

Cut the cheese into wedges.

Blend the dried apricots and orange juice into a purée.

Cut the brik pastry sheets into triangles and cook in the oven at 190°C until brown, about 8-10 minutes.

Assemble the mille-feuille, alternating pieces of pastry, cheese and apricot purée.

Finish by sprinkling with grated orange zest on top.

### NOTES

The consistency of the apricot purée can be adjusted by adding more juice or apricot.



**CRISPY APRICOT  
AND SAINT-FÉLICIE  
MILLE-FEUILLE**

VIDEOS OF THE RECIPES ARE AVAILABLE ON OUR APP



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