

**Quick Facts:**

**Milk Type:** Cow's Milk (both raw & pasteurized)

**Place of Origin:** Emme Valley, Switzerland

**Texture:** Semi-Firm, Creamy & Chewy

**Flavor:** Sweet, Nutty, Grassy & Buttery

**Wine Pairing:** Pinot Grigio & Riesling

**Beer Pairing:** Bock, Dark Lagers & Oktoberfest style beers



**KeHE**  
DELI UNIVERSITY

from the desk of  
**Heather Schubert**



## Cheese of the Month: Emmentaler



The "Swiss" cheese after which all others were patterned, Emmentaler is Switzerland's most important cheese. Produced since the 13th century, this world-famous cheese gets its name from the place where it originated, the Emme Valley. Today it's made throughout the midlands of Switzerland and, since the name isn't protected, there are versions of it being made in Austria, France, Denmark, Finland, Germany & the United States.

Traditionally, Emmentaler is made in giant 200 pound wheels that average 44 inches in diameter & 9 inches in thickness. These beautiful wheels are made from raw milk from cows that have fed on grass & hay. The characteristic eyes (holes) that range from cherry to walnut size are formed by carbon dioxide released during the aging process.

Emmentaler is delicately sweet, nutty, & buttery, with a hint of grass. It slices & grates easily and melts beautifully, making it perfect for cooking. Use it in sandwiches, soups, pasta & in anything else that needs melted cheese. It is also great on a cheese board with apple slices & a glass of Pinot Grigio.

**KeHE Distributors carries the following Emmentaler items. Please check with your Account Manager for availability in your area.**

Emmi Swiss Emmentaler (bulk)  
UPC #0-71928-00024-3  
Pk/Sz: 1/15lb

Emmi Kaltbach Emmentaler  
UPC #0-73015-00168-3  
Pk/Sz: 16/5oz.

Emmi Emmentaler  
UPC #0-73015-00171-3  
Pk/Sz: 16/6oz

Emmi Emmentaler  
UPC #0-73015-21270-6  
Pk/Sz: 12/8oz

Fair Oaks Emmentaler (pre-cut)  
UPC #6-34660-34012-3  
Pk/Sz: 1/5lb



Map of Switzerland

### Quick Skillet Mac & Cheese

Kosher salt

12 oz. dried spiral pasta, such as cavatappi, rotini, or double elbows

3 Tbs. unsalted butter

3 Tbs. all-purpose flour

2 cups low-fat (2%) milk

4 oz. grated Emmentaler (1-1/4 cups)

4 oz. grated Gruyère (1-1/4 cups)

1 Tbs. Dijon mustard

1 Tbs. Worcestershire sauce

1/2 tsp. dried thyme

Freshly ground black pepper

3 oz. finely grated Parmigiano-Reggiano (3 cups)



Position a rack about 4 inches from the broiler and heat the broiler on high.

Bring a large pot of well-salted water to a boil over high heat. Add the pasta and cook according to package directions until just tender. Drain well and set aside.

Meanwhile, melt the butter in a 12-inch ovenproof skillet (preferably cast iron) over medium heat. Whisk in the flour and continue whisking until well combined, about 15 seconds. Whisk in the milk and continue to