

# Caws Gynog

*Cheese from the heart of mid-Wales*

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## Product datasheet

### **Blackhouse Commoner**

A semi-hard cheese produced from pasteurised cow's milk in the Caerffili style.

Blackhouse Commoner is produced all year round in small batches starting with 35-40L of fresh unpasteurised cow's milk. Milk is from a herd of Holstein cows sourced from a dairy within 2 miles of Caws Gynog.

### **Gilfach**

A semi-hard cheese produced from pasteurised sheep's milk in the Caerffili style. Gilfach is also produced in small 40L batches from milk sourced from the Dyfi valley.



Gilfach is produced seasonally starting in early March usually. Milk is from a flock of East Friesian and Lacaune milking sheep. Cheese is usually ready from early to mid April to September.

### **Production cycle**

After pasteurisation, cultures are added giving the cheese its unique variation on Caerffili cheese's traditional flavour profile. Rennet, added during production to coagulate the milk, is of microbial origin and suitable for vegetarians.

After pressing, the cheese matures for at least 4 to 5 weeks prior to being ready to eat. The cheese will continue to dry and mature, so changing its flavour and texture.

### **Storage and Use by date**

The cheese should be stored in a cool dry place or in a refrigerator. For the best flavour, allow to warm up to room temperature for some time before eating.

The cheese has a Use by date of 3 months from the date of issue.

### **Eating cheese**

As a customer, this is your choice. We recommend keeping things simple and avoiding too many competing flavours on your palette, especially hot-and-spicy.

The cheese can be cooked (e.g. toasted, used in a sauce etc.) but many flavour compounds will be lost in the heating process.

Both varieties of cheese are described as mould ripened. In other words, the outer rind is an important and integral part of cheese making. Rinds are edible but will taste mouldy, so are usually cut off and not eaten.

Blue veining sometimes happens, though this is rare. This is a natural occurrence. The cheese, including the blue vein, is edible, adding to the overall flavour.

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### Test Certificate Results for Group 2 Nutritional Products

The following results have been obtained from testing at one of the UK leading accredited food laboratories. Please note that the test data, whilst accurate, are only a snapshot and variation in these parameters can be expected with different batches. Salt content is likely to be higher for more recent batches than quoted.

Laboratory ref.: CHC2216000 (Cow's milk cheese)	CHC2236711 (Sheep's milk cheese)
Method suite: CAWSGYNOG-DAIRY	CAWSGYNOG-DAIRY
Sample details: Semi-hard cow's milk cheese	Semi-hard sheep's milk cheese
Order No: 24051501-PO	Order No: 24061301-PO
Date Received: 04/06/2024	Date Received: 02/07/2024
Date Tested: 11/06/2024	Date Tested: 04/07/2024

Method number	Test	Results	Results	Units	Flag
		Cow's	Sheep's		
AM/C/801	Moisture (Loss on Drying)	42.7	39.6	g/100g	-
AM/C/224	Protein (Nx6.38)	21.0	25.3	g/100g	-
AM/C/1015	Total fat (NMR)	30.8	28.1	g/100g	-
AM/C/803	Ash	3.6	3.2	g/100g	-
AM/C/901	Total carbohydrate (by difference)	1.9	3.8	g/100g	-
AM/C/309	Total Dietary Fibre (AOAC)	<0.5	<0.5	g/100g	-
AM/C/901	Available carbohydrate (by difference)	1.9	3.8	g/100g	-
AM/C/901	Energy	374	374	kCal/100g	-
AM/C/901	Energy	1552	1554	kJ/100g	-
AM/C/1014	Total Sugar	0.4	0.3	g/100g	-
AM/C/901	Starch (determined by Difference)	1.5	3.6	g/100g	-
AM/C/1002	Sodium (ICP-OES)	615	360	mg/100g	-
AM/C/1002	Sodium Expressed as Salt	1.54	0.9	g/100g	-
AM/C/922	Total Acidity (expressed as Lactic Acid)	1.73	1.49	g/100g	-
AM/C/107	Saturated Fatty Acids (in sample)	18.18	17.4	g/100g	-
AM/C/107	Monosaturated Fatty Acids (in sample)	9.78	7.79	g/100g	-
AM/C/107	Polyunsaturated Fatty Acids (in sample)	1.48	2.04	g/100g	-