



Cheeseboard

Servings: 4-6
Total Time: 30-45 mins



METHOD

For the Cheeses

Select 4-6 cheese of varying flavours, textures, sizes, colours, sizes & shapes to make the cheeseboard visually more appealing.

On a large wooden board or tray, arrange the whole pieces of cheese to the one side with the harder cheeses at the end to ease cutting. Label the cheeses if necessary.

INGREDIENTS

For the Cheeses

individual weights of cheeses can be varied but should TOTAL at least 100g cheese per person.

Each cheese selected should weigh at least 100g to be appealing

Select 4-6 cheeses from the following:

- blue cheese
(Danish Blue, Gorgonzola, Roquefort)
- goats milk cheese
(Bokmakiri, Chèvre, Chevin)
- soft cheese
(Brie, Camembert, Kwaito)
- semi-soft cheese
(Fontina, Gouda, Taleggio)
- semi-hard cheese
(Boeren, Edam, Emmental, Maasdam)
- hard cheese
(Strong Cheddar, Huguenot, Gruyère)



For the Accompaniments (options)
butter

patés (Chicken Liver & Mushroom Paté*,
Smoked Salmon Paté*)

chutneys (Chilli Chutney*, peach)

preserves (olives, sun-dried tomatoes)

pickles (gherkins, onions)

nuts (cashew, hazel, pecan, walnuts)

biscuits (crackers, Melba toast)

bread (ciabatta, seed loaf)



fresh fruits (apple, figs, grapes)

For the Accompaniments

Select a few accompaniments to suit the occasion or guests.

Decant butter and any patés, chutneys, preserves, pickles and nuts into ramekins or small bowls of the same style and place them next to the cheeses.

Arrange biscuits & bread neatly on the other side of the bowls.

Slice or break fruit into smaller (nibble size) portions & distribute attractively.

Serving

Place at least 3 cheese knives next to the cheese, butter knives in any butter, paté or chutney, and a bread knife if required.

Serve the cheeseboard at room temperature together with knives, side plates & serviettes.

TIPS

* Have a good balance of cheese flavours (strong to mild), textures (from soft, semi-soft, semi-hard to hard), colours, sizes and shapes (square, round, triangular, logs to ovals). Always have a blue cheese and consider having a goats milk cheese.

* Allow 100g TOTAL cheese per person for a cheeseboard served with a meal.

* Allow at least 120-150g TOTAL cheese per person for a main meal cheeseboard.

LCHF Serve Low-Carb Flaxseed Bread* or Banting Buttermilk Seed Loaf* instead of crackers or bread.



