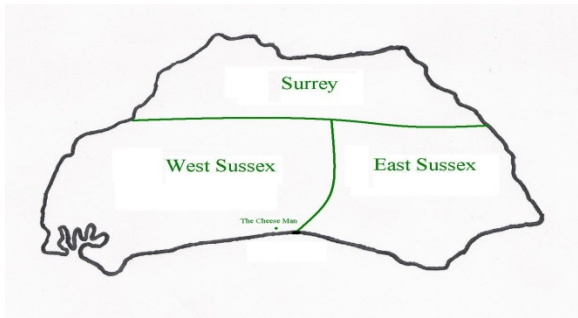


THE CHEESE MAN

WHOLESALEERS OF FINE CHEESES
CHARCUTERIE AND

GOURMET PRODUCTS

Local Cheese Guide and other Local Products



Telephone

01273 412444

www.thecheeseman.co.uk

E-MAIL:- enquiries@thecheeseman.co.uk

1 Basin Road South
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BN41 1WF

16th Edition



THE CHEESE MAN



Nut Knowle Farm
Makers of Traditional
Farmhouse Goats Cheeses
In Sussex



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THE CHEESE MAN

We at The Cheese Man are passionate about cheese and fine foods, and as a local company are proud to promote local cheeses.

We are ever mindful of how important food miles and environmental issues are to our customers, and working closely with local cheese makers we have produced this guide to develop local awareness of quality cheeses from within the area we deliver to.

We have over 50 year's experience in the fine food industry, and with a wealth of knowledge to share with our customers. We also carry an extensive range of other cheeses and gourmet products from around the world. Please contact us for further details.

Kind regards

Tony Cowling

THE CHEESE MAN

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Key to Symbols:-

C = Cow	O = Organic	U = Unpasteurised
G = Goat	B = Biodynamic	P = Pasteurised
S = Sheep		V = Vegetarian

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Alsop & Walker

(Five Ashes East Sussex)

Sussex Camembert

A traditional Camembert made locally in Sussex. Starts off with the acid core and will mature in 2/3 weeks.

C P V

Sussex Blue

A sharp, aggressive and creamy cheese with small blue veins. Once heated the full aroma can be appreciated. It can be sliced, grated or melted. C P V

Mayfield Swiss

This firm, golden cheese has oval shaped holes throughout and has a soft, sweet, fruity flavour. A wonderful cheese for melting. C P V

Oak Smoked Mayfield Swiss

Oak Smoked Mayfield is cold smoked over oak for 2 days and then returned to the maturing room for a further month to develop a light smoked flavour. C P V

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Sussex Brie

This cheese is a combination of lactic and stabilised Brie. A sweet, supple and full flavoured cheese. If matured for 60 days, upon cutting, the inside cheese will be soft and bulging. C P V

Sussex Brie with truffles

The truffled brie is made by inserting Autumn truffles in a layer through the centre of the cheese to get the best depth and aroma coming through the cheese. It is enjoyed with a well tannined red-wine. C P V

Sussex Farmhouse

A very rare Dutch type cheese, only made by a few cheese makers in Holland and now in the UK. A semi hard cheese with a nutty flavour. Excellent for grilling and melting. The cheese can be matured from 6 weeks up to 3 years and is excellent on a cheese board. C P V

The Idle Hour

Natural rind cheese with light yellow colour. Has a short, crumbly texture. Lemon piquant taste. An old traditional cheese recipe now brought back with a slight twist. C P V

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Lord London

This unique bell shaped cows' cheese is a semi-soft, clean citrus tasting cheese with a natural creaminess. It has an edible skin with a light dusting. Eat this one straight from the fridge. Won a bronze medal at the 2010 World Cheese Awards C P V

Ewe Eatme

Ewe Eatme is a wax-coated semi- cheese produced in the East Sussex countryside

using full fat ewe`s milk. It has a mellow nutty flavour with apple & caramel notes, hard, dry textured. C P V

Woodside Red

Woodside Red is a semi-hard pasteurised cheese produced in the East Sussex countryside using locally sourced full fat cow's milk. It has a natural edible rind and a creamy flavour with citrus and nutty undertones. C P V

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High weald Dairy

(Horsted Keynes West Sussex)

Ashdown Forester

A full fat semi-hard unpressed cheese with a creamy slightly squidgy texture not dissimilar to Gouda. Made by hand with an attractive basket weave rind from pasteurised organic cow milk. It's matured on the farm for over 3 months to produce a natural coloured rind, a creamy flavour and a delicious bite. Also available smoked.

C P O V

Sussex Marble

A continental style, semi soft creamy cheese derived from Saint Giles, infused with Garlic and Herbs. C P V

Chilli Marble

A continental style, semi soft creamy cheese derived from Saint Giles, infused with hot & spicy chilli. C P V

Duddleswell

A hard pressed cheddar-like cheese with a natural rind, a smooth creamy texture with a delicious nutty taste. Produced using local sheep milk. S P V

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Little Sussex

A small cheese about 80g, with a bloomy white coat. Based on a fresh Plain Sussex Slipcote, It's matured for 10 days before packing. It has a delicious, mild delicate flavour and fluffy texture when young, but becomes stronger and more flavoursome as it ages. S P V

Sussex Slipcote

A soft cheese with a light, creamy and fluffy texture and a slightly sharp refreshing flavour. The name 'Slipcote' is an old English word meaning little (slip) piece of cottage (cote). The cheese is made plain or with the addition of Peppercorns or Herbs and Garlic. S P O V

Mediterranean Style Cheese (Medita)

Another Sussex version of a famous Mediterranean cheese made in the traditional way with sheep milk and matured in brine for 3 months. It is a soft crumbly cheese with a distinct, sharp, fresh flavour. S P V

Ricotta

A fresh, low fat soft cheese. It is a versatile cheese and works well in both sweet and savoury dishes from cheesecakes to baked pasta dishes. S P V

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Ricotta Salata

Ricotta (meaning re-cooked cheese) is a, compact semi hard salty cheese made using cow and sheep whey. They make it by heating the organic whey left over from making a hard cheese to 90°C, resulting in a soft cheese floating to the surface. It is then salted and left to press. Their Ricotta Salata is great grated onto salads, roasted vegetables, tomatoes, pasta dishes or pizza.

S C O V

Halloumi

A Sussex version of famous Mediterranean cheese. Made from sheep milk this slightly salty, brined cheese is before cooking, a squeaky cheese. Once dry fried or grilled it takes on a completely different persona and becomes a scrumptious feast with a texture of a grilled marshmallow with a crusty outside and a soft centre. S P V

Tremain`s

This organic Cheddar is made using cows' milk from the farm. Matured for up to 5 months, it is golden yellow in colour, medium in strength and has a firm but crumbly texture. C P O V

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Seven Sisters

A semi-soft sheep milk cheese with a light coating of pure wild Hebridean Seaweed

S P V

Sister Sarah

A mild semi soft cheese made in the dairy with Goat milk. The goat milk is supplied to us by small herd of goats, from a farm in Kent. Although not organic, the goats are free to graze the pastures during the summer, and fed a diet of hay in the winter, when they remain in the buildings out of the weather. "Sister Sarah" is matured for just 4 - 6 weeks. The cheese is very white as goats digest all the carotene in the grass, unlike cows, where it remains undigested in the milk, hence it making a more yellow cheese.

Brighton Blue

This cheese has a slightly open, semi-soft texture, a mellow blue flavour and a slightly salty finish. The distinctive blue green veins in the cheese deepen as the cheese matures, and the taste of the blue becomes stronger. C P V

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Saint Giles

Saint Giles, made with Organic Cows' milk from the cows on the farm, is a semi soft creamy cheese. It has a rich, buttery texture, a creamy mild flavour and a stunning edible orange rind. The cheese is an English equivalent to the continental style Saint Paulin or Port Salut style of cheese found in France. C P O V

Shepherds Secret

A washed rind cheese, which is carried out by washing a Sheep's milk cheese in brine and special cheese cultures several times a week for four weeks.

This process creates the lovely orange - pink colour on the sticky cheese surface and the distinctive sticky pungent aroma.

S P V

Brighton Ewe

Made in the same manner as Brighton blue, but using 100% Ewe's milk, Brighton Ewe has a mellow, well rounded flavour, with a rich creamy texture

Winner of Bronze @ the International cheese show
2019

S P V

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Truffle Ewe

Truffle Ewe is a matured, semi soft sheep milk cheese with 2 distinct layers of decadent black summer truffle running through the wheels. S P V

Balcombe Dairy

(Balcombe estate, Sussex)

Blue Clouds

A new cheese made in the Dairy at Balcombe where the milk from the Norwegian Red-Holstein Cows only travels 10 yards to the cheese making facilities. Here Chris produces a cheese inspired by his Mentor who made a similar style at Clouds farm in Kenya.

A mild, creamy blue made in small batches by hand from a single herd to create a cheese that is not too dissimilar to the well-known Gorgonzola style

C P V

Balcombe Breeze

The newest addition to Balcombe Dairy, is this Tomme style cheese. Made with the same single herd milk as the Blue Cloud. Limited availability, so get it when you can!

C P V

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Greenacres Farm

(Golden Cross East Sussex)

Flower Marie

This soft white sheep milk cheese has a mushroom tint rind, and melts in the mouth like ice cream and it ripens in five to six weeks. S U V

Available in 200g or a random weight cutting size (approx 600g)

Chabis

A small fresh goat's cheese, made from milk from the 300 goats on the farm G V U

Golden Cross (Ashed)

A soft log shape cheese made from goat's milk. The recipe of the cheese is based on French Sainte-Maure. When young, the cheese is firm and slightly grainy, but with age it softens and the texture becomes very soft, like ice cream. The cheese ripens in four to six weeks. G V U **Super Gold 2018**

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The Traditional Cheese Dairy

(Stonegate East Sussex)

Olde Sussex

A Farmhouse 'cheddar-type' made from cow's milk to a traditional recipe. The texture is more open than cheddar with a full body and plenty of flavour. Matured for 6-8 months. C V U

Scrumpy Sussex

A tongue-tingling blend of garlic, cider and herbs are added to the Olde Sussex curd while it is still in the vat to give this cheese a unique flavour. Not to be compared with cheaper blended cheeses. Matured for 3-4 months. C V U

Goodweald Smoked

A rind less Olde Sussex, matured for 3 months, and then smoked over oak chippings for 4 days to create a rich, deep smoked flavour throughout the cheese. After smoking, the cheese is put back in to the maturing room for a further two months.

C V U

THE CHEESE MAN

Lord of the Hundreds

This unique sheep's milk cheese is made to a closely guarded secret recipe. A fairly open textured cheese with a slightly sweet, nutty flavour. Matured for 4 months. S V U

Burwash Rose

A semi soft cheese, washed in rose water, in the first few weeks of its maturation process. A lovely creamy flavour with floral notes, with a bouncy texture. Great for a cheeseboard. C P V

Goodwood Estate

(Goodwood West Sussex)

Charlton

Excellent on a cheeseboard, used in cooking or for all your cheese needs. It is a hard, cloth-bound cheese matured to provide an intense farmhouse flavour. Charlton is named after the nearby village of Charlton, situated adjacent to the Goodwood Estate. C O P

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Levin Down

A creamy mould ripened cheese. Each round cheese consists of a soft white mould outer surrounding a creamy and buttery interior. Delicious served as part of a cheeseboard or on its own with fresh bread, Levin Down can also be baked in the oven. Levin Down is named after the natural escarpment within the Sussex Downs in which Goodwood is located. C O P V

Molecomb Blue

Molecomb Blue is a blue veined soft cheese with a dark smoky grey crust. It is an exciting addition to the Goodwood Home Farm range and combines the best combination of blue cheese piquancy with a creamy texture and exciting appearance.

C O P V

Nut Knowle Farm

(Gun Hill East Sussex)

St George

A creamy goat's milk camembert, a full fat mould ripened cheese that will develop a full flavour when allowed to reach room temperature. G V P

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Sussex Yeoman

A hard pressed goat's cheese, with a moist, but crumbly texture, and distinctly nutty flavour. G V P

Gun Hill

A lovely goat's cheese gently smoked over Scotts Pine. G V P

Wealden

A small very mature cheese with a heavy crust, rustic and powerful. G V P

Wealdway

A versatile small goat log, coated in herbs, seeds or ash. Ideal for cheeseboards but mainly used in cooking as can be grilled or baked. G V P

Caprini

A soft cheese marinated in herbs and oil, presented in clear kilner jars. G V P

Goats Curd

A full fat soft goat's cheese. Ideal for cooking or spreading. Comes in a 1kg tub G V P

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Ash Pyramid

A matured and ash coated pyramid. Quite strong and delicious. G V P

Blue Knowle

Soft mould ripened goat's cheese with a slightly blue veined centre G V P

Bookham Cheese

(Rudgwick, West Sussex)

Sussex Charmer

Sussex Charmer has a creamy mature cheddar taste followed by the zing of parmesan. It is great with apples and pears; its long taste profile works well with pickles and is great for whenever you're cooking.

C V P

Available in 4 sizes: 100g, 200g, 500g & 1kg

Butter also available, see page 24

THE CHEESE MAN

Pevensey cheese

(Pevensey Sussex)

Pevensey Blue

Hazel and Martin Tkalez constitute Pevensey Cheese Company – and they make one cheese, a soft, creamy blue cheese – in East Sussex. The milk comes from a local organic dairy herd that grazes the Sussex Wildlife Trust marshland of the Pevensey Levels – hence our name and the name of the cheese- Pevensey Blue.

Approx 2kg C P

Norbury Park Farm

(Mickleham Surrey)

Norbury Blue

A handmade blue cheese made in Mickleham Surrey. Made with unpasteurised Friesians cow's milk. Once made it is matured for around three weeks. The cheese has a moist and creamy texture, and a pleasant musty aroma. C V U

Dirty Vicar

A semi soft unpasteurised cow's milk cheese, with a moulded rind. Described as a “camembert on the outside and a crumbly Caerphilly on the inside” C V U

THE CHEESE MAN

Cheeses from just outside our delivery area!

Hampshire Cheese

(Herriard, Basingstoke)

Tunworth

A beautiful handmade cheese, made in Hampshire, from milk from a local herd of Holstein-Friesian cows. Once crowned supreme champion at the world cheese awards, and deservedly so. C P

Winslade

Wrapped in a spruce band with a gooey centre, the new pasteurised cow's milk cheese has been developed by Hampshire Cheeses' co-owner Stacey Hedges and is named after a local village. Like Vacherin, Winslade has a runny texture when it's fully ripe so you can eat it with a spoon. The flavour is delicate - creamy and mushroomy with interesting resinous notes from the spruce. C P

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Two Hoots Cheese

(Barkham Berkshire)

Barkham Blue

Made with Channel Island cow's milk, a firm, buttery, slightly open textured cheese with a natural mould ripened rustic rind. It has a deep yellow moist interior spread with dark blue – green veins. It can be matured for up to ten weeks when it becomes richer and softer.

C V P

Barkham Belle

A semi-soft non blue cheese re-created during lockdown. Originally based on an Alpine style cheese from the Lombardy region of Italy, Barkham Belle had a blue wax coating, however they have tweaked the recipe and it now has a natural rind similar to its sister cheese, the Barkham Blue. It has a milky aroma infused with a mild buttery flavour that develops with age. It's also very versatile cheese. Its excellent melting capacity makes it beautiful to bake with without losing its shape. Barkham Belle is also a great addition to pizzas, it goes well with fruits like apples, pears and figs, but is equally delicious on an oatcake or sourdough baguette. We recommend Barkham Belle with a fruity Chardonnay.

C V P

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Isle of Wight Cheese Co

(Sandown Isle of Wight)

Isle of Wight Blue

Made with pasteurised Guernsey cows' milk from the island. Matured for between 3-5 weeks. Won Best English Cheese at the 2007 World Cheese awards. C V P

Isle of Wight Soft

A soft mould ripened cheese, made with pasteurised milk. Aged for about 2-3 weeks before sold. Nice fresh and acidic flavours when still young. C V

Village Maid Cheese

(Berkshire)

Waterloo

This is a mild, soft Guernsey milk cheese with a buttery flavour, made using a wash curd method which dilutes the acidity to achieve a soft, gentle flavour C U

Wigmore

Wigmore is a soft white-rinded cheese, it has a very creamy texture and wonderfully subtle flavour of caramel and macadamia nuts. S U

Spewood

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A hard pressed cheese, matured for 6 months with a natural rind that develops a sweet nutty flavour S U

Heckfield

A hard pressed cheese, matured for 6 months with a natural rind that develops a sweet nutty flavour C U

Maida Vale

A semi-soft cheese made from Channel Island cow's milk, and we've washed the rind in Treason IPA brewed by Windsor based Uprising microbrewery C U

Other Sussex Products

Southdown Sussex Butter

Freshly churned in the traditional way using the finest quality locally produced cream, which gives it a distinctive creamy taste. Our unsalted and slightly salted butters each picked up a *Gold at The Great Taste Awards*.

THE CHEESE MAN

Deerview

A range of Chutneys, Condiments, Preservers & Jams are available to order in retail jars and catering tubs.

Aunties Vals

Produces a range of Chutney, Jams & Marmalade. And can provide bespoke labelling, so you can have your own logo on your jars if you wish. Also being a registered charity, they help the disabled, be providing work experience, to improve their skills in the wider community, and we are proud to support them.

Charcuterie

REBEL

A range of exciting whole salami including the Brilliant **Brighton Salami** is now available from us courtesy of REBEL.

Produced a stone's throw away from our depots location in Hove.