

PRIMO SALE



ORIGIN OF THE NAME:

The etymology goes back to the Greek superlative “protos”, and comes from the Latin Sal, which was also used to indicate the sea, and refers to its saltiness; this points to the primary characteristic in the preparation process of the cheese, which is salting.

HISTORY

Primo Sale is a cheese that has always been a part of the pecorino-making process in the Leonessa and Monti della laga areas, and its history is bound to the life of shepherds, who usually obtained their basic nutritional needs from their flocks. Its wide-spread culinary use goes back around fifty years, to when the availability of refrigeration allowed it to be conserved.

DESCRIPTION:

Primo Sale is a fresh cheese with a moderately soft paste, produced in sizes up to a maximum of 1kg.

CHARACTERISICS:

Straw yellow colour
Ivory coloured paste
Thin crust
Strong, pleasant flavour
Pleasant, non-penetrating odour



NUTRITIONAL VALUE:

Energy value per 100g of the product: Kcal 350
Protein 22g
Fat 29g
Calcium 740mg

PRODUCTION PROCESSES:

Raw or pasteurised milk is heated to a temperature of 35-36°C and, following the addition of curds, coagulates after about 20 minutes. The curds are reduced into small pieces and further heated at a maximum temperature of 38°C and, after being quickly squeezed, it is laid in baskets to enable the liquid to drain out; it is then mixed or boiled further and finally placed in brine or salted by hand.

USES:

In general cuisine and as part of dietary regimes; as a light second course or accompanying other foods as a second course; as a snack in various combinations, and also as a topping for pasta or with salads; it is also used as a condiment or as an ingredient of meals after being further matured.