

# PARMIGIANO REGGIANO



ATTENTION TO  
IMITATION!!!

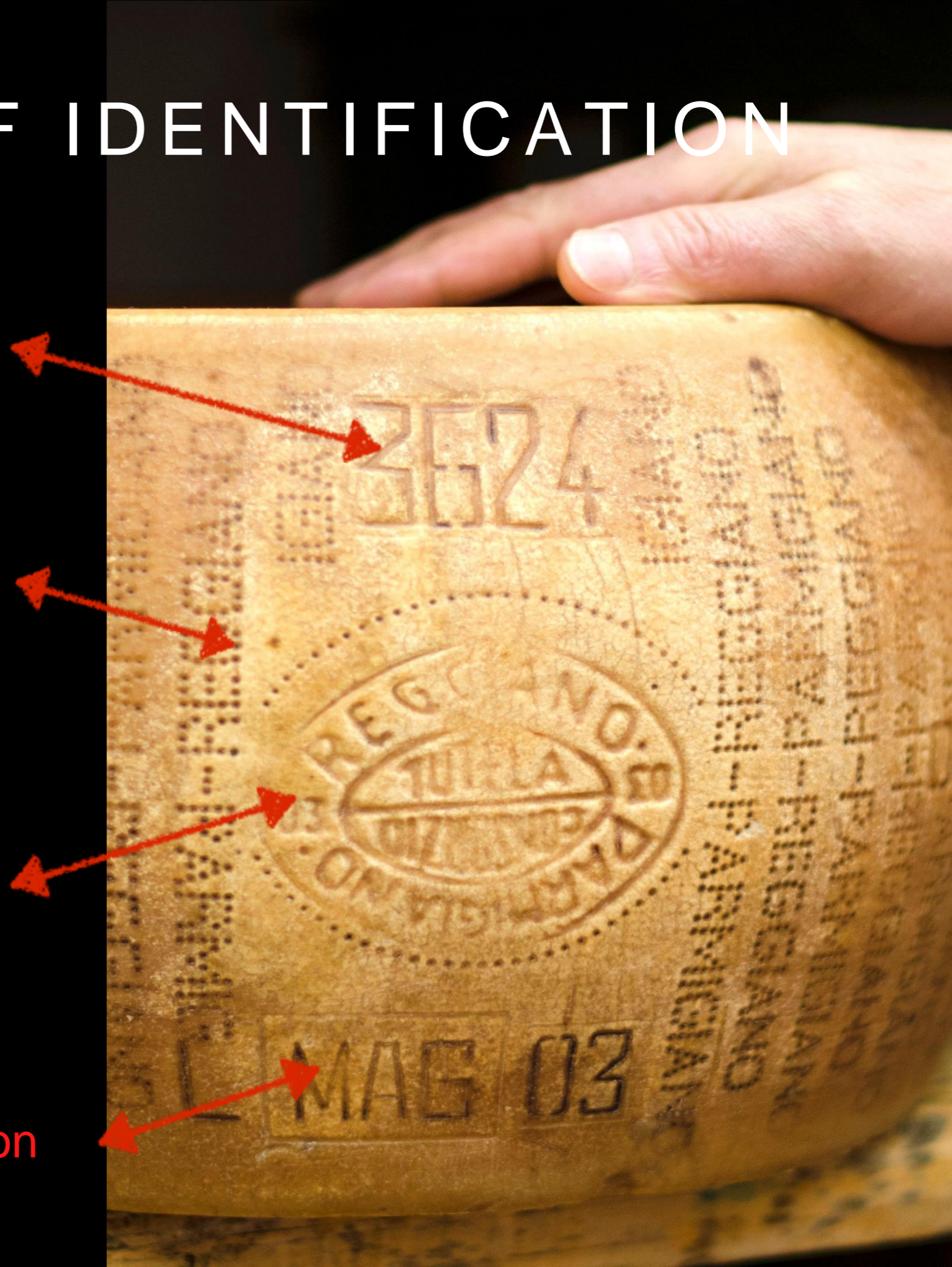


# MARKINGS OF IDENTIFICATION

- **Dairy code:** it is a registration number stamped on each wheel.
- **Pin-dot writing:** it must not be covered by oblique lines.

**The oval trademark:** it bears the inscription “Parmigiano Reggiano Consorzio Tutela”.

**Month and year of its production**



The milk is entirely sourced from fresh fodder cows



The straw colour may vary  
between a pale and a deep yellow



THE AVERAGE  
CHEESE WHEEL  
WEIGHS FROM  
33 TO 40 KGS

IT ASSUMES ITS  
FULL QUALITIES  
AFTER 18/24  
MONTHS

THE INTERNAL  
MASS TENDS TO  
BE MELLOW,  
SOFT AND  
MINUTELY

The scaly internal  
structure forms **long,**  
**thin flakes radiating**  
**from the centre**



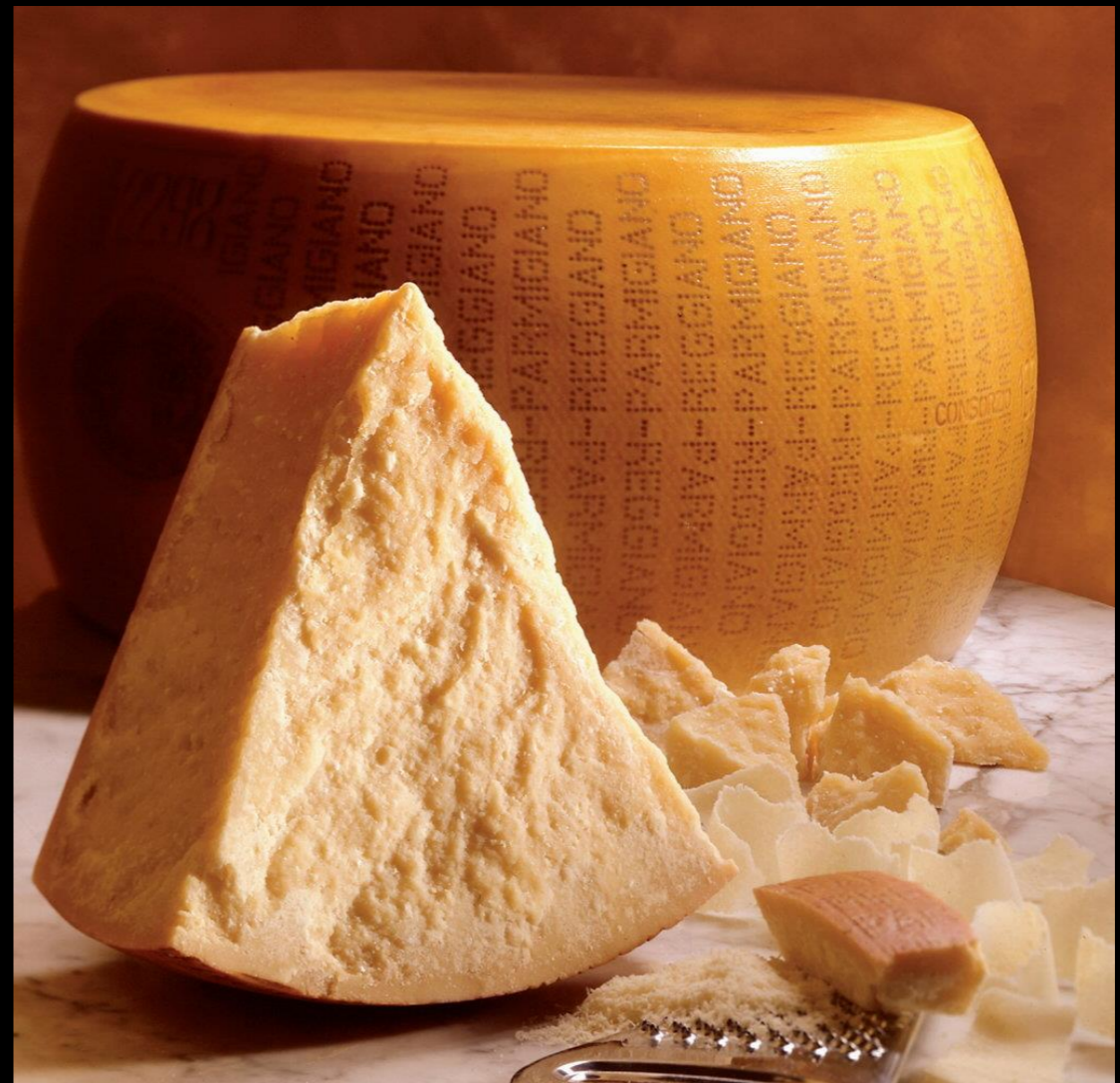
The king of  
all  
cheeses



*Only 3 ingredients*

*A unic cheese:  
ideal for everybody*

*Raw cow's milk  
Calf rennet  
Salt*



# Production characteristics

It is a PDO cheese  
so it must be  
produced according  
to specific rules



# NUTRITIONAL VALUE

## The Most Important:

Protein: 32,4 g

Fat: 29,7 g

- Energy: 402 kcal

Calcium: 1155 mg

Moisture	g	31,4
Protein	g	32,4
Energy	kcal	402
Fat	g	29,7
Saturates fat	g	19,6
Mono-unsaturates fat	g	9,3
Polyunsaturates fat	g	0,8
Carbohydrates	g	0
of which sugars	g	0
Lactose	mg	<1
Fibre	g	0
Salt <sup>3</sup>	g	1,6
Lactic acid	g	1,6
Calcium	mg	1155
Phosphorus	mg	691
Sodium	mg	650
Potassium	mg	100
Magnesium	mg	43
Iron	mg	0,2
Zinc	mg	4
Cholesterol	mg	83
Vitamin A	µg	430
Thiamin (Vit. B1)	mg	0,03
Riboflavin (Vit. B2)	mg	0,35
Vitamin B6	mg	0,06
Vitamin B12	µg	1,7
Vitamin C	mg	0
Niacin (Vit. PP/B3)	mg	0,06
Vitamin E	mg	0,55
Vitamin K	µg	1,6

\*\*particularly suggested even for **lactose intolerant people** that can digest very well the minimum, almost imperceptible content of lactose in this cheese.

# TASTE

- Sweet in fresh products
- Bitter it is weak and with a grassy sensation
- Salty it increases with aging

## Its 5 Senses:

- **Sight** recognizes the color (of the rind and paste).
- **Touch** feels the texture (its oiliness, how the cheese responds to pressure or crumbling)
- **Smell** enjoys the aromas, and **Taste** savors the flavors.  
Even **Hearing** is involved, in the sound of the crystals being crushed when chewing the cheese.
- **Taste** inimitable and unmistakable delicate, characteristic flavour and fragrance

- Aftertaste flavours after swallowed
- Persistence duration of sensation and perception



# The students of **ISTITUTO TECNICO AGRARIO “SERENI”:**

Alessandrini Massimo

Basilici Matteo

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Bonomi Christian

De Feo Marika

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