

PDO Fourme d'Ambert¹

M i l d c r e a t i v i t y



STEP *by* **STEP...**

PDO
**FOURME
D'AMBERT**

Mild creativity



Fourme **d'AMBERT**
an exciting history

A bit of history....

According to legend, Fourme d'Ambert was already being made at the time of the Druids who used it in their worship at Pierre-sur-Haute, the highest point of the Massif du Forez, in Auvergne. Later, in the 18th century, Fourme d'Ambert was used as payment in exchange for the use of jasseries, the thatched summer farms that dot the Monts du Forez.

Starting in the 20th century, dairies began making Fourme d'Ambert and the production techniques were improved to guarantee better quality.

Did you know?

Creating the blue veins (using *Penicillium Roqueforti* spores) is an art. When making Fourme d'Ambert, the cheese maker coats the grains of curd to help openings form in the pâte. The cheese maker then punches holes from end to end through the cheese to provide the necessary oxygen. After that, at least 28 days of ripening does the rest...



All the fragrances of a land...

Fourme d'Ambert is a blue cheese. It is produced in Auvergne, in the Puy-de-Dôme mountain region, five Cantal cantons and eight Loire communes, at an altitude of between 600 and 1 600 m. The land's richness and biodiversity give the cheese its subtle and delicate fragrance.

After being labelled AOC* in 1972, Fourme d'Ambert now bears the PDO** label. It is made using the milk of cows fed a grass-based diet (exclusively from the appellation area).

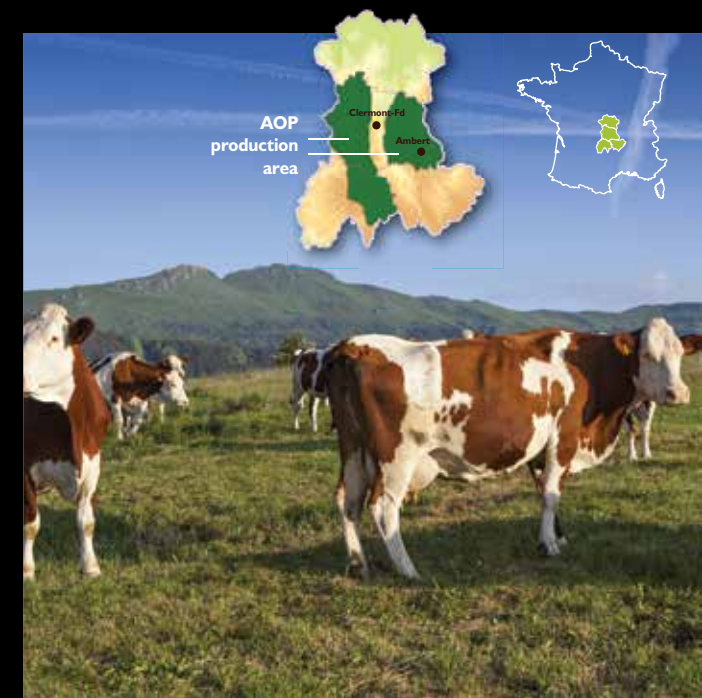
Specifications define the production conditions, the animals' feed and the ripening, and are monitored by independent inspectors. In particular, the cows must graze outdoors for at least 150 days each year! During the winter, their feed comes exclusively from the appellation area. Absolutely no GMOs or palm oil may be fed to the cows.

* Appellation d'Origine Contrôlée - ** Appellation d'Origine Protégée.

A few figures...

It takes about 20 litres of raw or thermised milk to make a single 2 kg Fourme d'Ambert which measures 19 cm high and 13 cm in diameter. Close to 5 300 tonnes of Fourme are produced each year, making it one of the ten leading French PDO cheeses.

- 1 100 milk producers
- 4 farm producers
- 7 dairies
- at least 28 days of ripening
- 27% butter fat per 100 g of finished product



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The **ADVICES**
from my dairyman-cheese maker

Choosing a Fourme d'Ambert AOP

Fourme d'Ambert is sold in a half fourme, which you can present to your guests on a cheese tray with a few pears for tasting. You can also purchase it in slices, or even whole, standing proudly in its light greyish-blue robe.

Its heart must reveal an ivory-coloured pâte with well-developed and quite regular veins. The Fourme d'Ambert must be flexible to the touch and have a mild woody aroma.

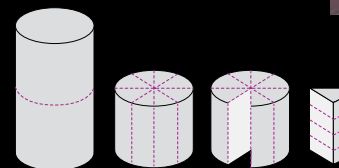
Storing Fourme d'Ambert

Fourme d'Ambert PDO can be stored for a few days in its wrapper. If you purchase it a bit young, you can also let it ripen for several days or even weeks in the bottom part of your refrigerator. To best appreciate its fragrance, remove it from the refrigerator and let it rest at room temperature for at least one hour before serving.

Presenting and cutting Fourme d'Ambert

While it can be served standing (whole or cut in half), Fourme d'Ambert is generally cut and sold in slices.

So, to serve, simply slice it in portions, like a Camembert.



Enjoying Fourme d'Ambert

With its delicate flavour, fragrant aroma with woody notes and a full-bodied mild taste, Fourme d'Ambert is unlike any other blue cheese. And it is this mildness that makes it so delicious at key moments of any meal. Its natural place is on a beautiful cheese tray, but it can also be enjoyed in many sweet or savoury dishes.

Food and wine pairings

- **Bread:** its perfect mate is an artisanal French baguette or French country bread, rye bread or lightly toasted gingerbread.
- **Wine:** white wines from its terroir (Côtes d'Auvergne) with a refreshing mineral quality are delicious with Fourme d'Ambert, although sweeter wines like a Coteaux du Layon or a Muscat de Frontignan also reveal all of its delectable aromas.
- **Fruit:** try serving it with dried fruits or nuts (raisins, walnuts, hazelnuts, etc.), fresh fruits (figs, raspberries, cherries or even bananas!) or mango chutneys.

Cheese tray suggestion

For a complete and harmonious cheese tray, serve Fourme d'Ambert with other AOP cheeses from the Auvergne region: Saint-Nectaire, Cantal, Salers or a bolder-flavoured Bleu d'Auvergne. Now that's what we call a regional tray! There are so many possibilities for thematic cheese trays: ask your dairyman-cheese maker for advice, or let your imagination run wild!



Focus

How do you **SMOOTH**

Fourme d'Ambert?

Adapted to the ancestral way of cutting Fourme, the LE THIERS® knife created by Chambriard elegantly and soberly combines knife-making know-how with the nobility of this blue cheese, representing the perfect marriage of beauty and flavour.

This LE THIERS® knife smooths the Fourme d'Ambert and cuts it easily.

Scan the code below to watch the demonstration video or visit internet de la Fourme : www.fourme-ambert.com



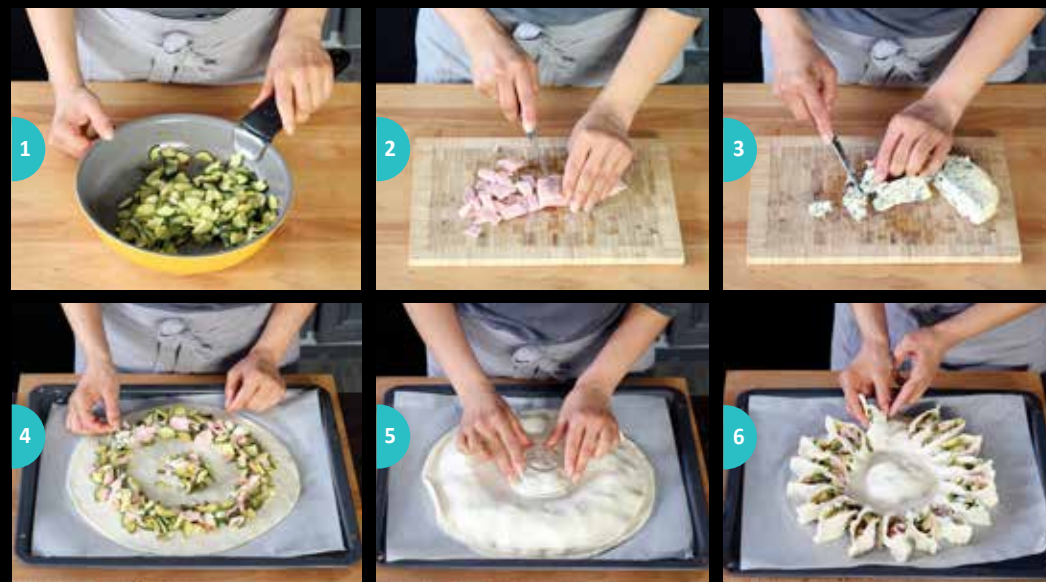
SUNNY PIZZA

with courgettes, ham and PDO Fourme d'Ambert



- 80 g Fourme d'Ambert
- 2 pizza crusts
- 2 courgettes
- 3 slices ham
- 3 Tbsp olive oil
- Salt and pepper

Preheat the oven to 200 C. Dice the courgettes then brown in a frying pan with the olive oil, until tender. Salt and pepper lightly. Dice the ham. Dice the Fourme d'Ambert. Add the ham and Fourme d'Ambert to the courgettes. Combine. Lay one pizza crust on a baking sheet lined with oven paper. Scoop three tablespoons of the topping onto the middle of the pizza crust. Add the rest around it to form a crown. Cover with the other pizza crust. Set a small bowl or glass upside down on the filling in the middle of the crust and press lightly to leave a mark and seal the dough. Cut around the circle of dough. Press the edges with the tines of a fork to seal them. With a sharp knife, cut 3-cm wide strips all around the pizza, starting 1 cm from the mark you made with the bowl or glass. Flip up each strip of dough to reveal the topping. Remove the bowl or glass from the centre of the pizza, and then pierce the outline with the fork. Bake for 20 minutes at 200 C. Enjoy hot or warm...



CROQUE-MONSIEUR

with PDO Fourme d'Ambert



2

- 200 g Fourme d'Ambert
- 4 slices sandwich bread
- 100 g baby spinach
- 1 jar sun-dried tomatoes
- 4 slices Serrano ham
- 50 g butter

Lay the bread slices on a cutting board. Lay thin slices of Fourme d'Ambert on one slice. Add the sun-dried tomatoes, ham and baby spinach. Lay the other slice of bread on top, press and prepare the other croque-monsieur.

Melt butter in a frying pan and brown the croque-monsieurs on one side, pressing occasionally during cooking. Flip them over and brown the other side, until the cheese has melted and the bread is golden brown.



LOLLIES WITH CUCUMBER

smoked salmon and PDO Fourme d'Ambert



6

- 50 g Fourme d'Ambert
- 1 cucumber
- 2 slices of smoked salmon, 10 x 15 cm
- 50 g light double cream
- 1 Tbsp snipped chives
- Freshly ground pepper

Chop the Fourme d'Ambert into a large bowl. Add the double cream and the pepper, and combine. Snip the chives into the mixture. Scoop the mixture into a pastry bag and refrigerate. Lay a rectangle of plastic wrap on the counter, and lay a slice of smoked salmon on top. Using the pastry bag, squeeze a ribbon of the cheese mixture onto the salmon. Roll up tightly, using the plastic wrap to help you. Squeeze the ends of the plastic wrap closed and refrigerate the roll for at least an hour and a half. Peel the cucumber and slice it into 7-cm lengths. Remove the seeds and hollow out the cucumber with an apple corer. Remove the salmon roll from the refrigerator. Remove the plastic film and lay the mixture inside the hollowed out cucumber. Cut off any excess. Cut the cucumber-salmon-Fourme d'Ambert rolls into 1-cm slices. Insert lolly sticks and serve...



TAPAS

Potatoes and PDO Fourme d'Ambert



16

- Pour 16 bouchons :
- 130 g Fourme d'Ambert
 - 8 long, firm potatoes
 - 4 sun-dried tomatoes
 - 4 tsp double cream
 - Olive oil

Cut off the ends of the potatoes then cut in half. Hollow out each half with a melon baller. Remove the potato balls. Keep them for soup or cook them and serve them on skewers for cocktails. Dab the potatoes with olive oil and lay on an oven sheet. Bake at 200°C for 15 to 20 minutes. Prick the potatoes with the tip of a sharp knife to check that they are cooked through. Remove the crust from the Fourme d'Ambert. Dice the Fourme d'Ambert and the sun-dried tomatoes. Place the diced Fourme d'Ambert and $\frac{2}{3}$ of the tomatoes in a soup bowl and mash with a fork. Add the cream and mix well. Remove the baked potatoes from the oven sheet and cool. Fill each hollowed potato with the Fourme d'Ambert mixture. Top with the remaining tomatoes. Enjoy at room temperature. These can be made ahead of time and refrigerated. Remove from the refrigerator 30 minutes before serving.

TAQUILOS

chicken and PDO Fourme d'Ambert



12

Pour 12 taquitos :

- 200 g Fourme d'Ambert
- 12 corn tortillas
- 200 g cream cheese
- 250 g chicken breast
- 1 onion, chopped
- 2 cloves of garlic, chopped
- 1 Tbsp coriander, minced
- 1 tsp of esepette pepper
- Olive oil
- 20 g melted butter
- Salt and pepper

Pre-heat oven to 180 C. Slice the chicken breasts into thin strips and place in a large bowl. Peel and chop the garlic and onion. Pour the chopped garlic and onion into the bowl with the chicken. Add the chopped coriander, salt and pepper and add a dash of esepette pepper. Combine with your hand so that the chicken absorbs all of the flavours. Heat the olive oil in a frying pan and pour the chicken mixture into it. Brown for 10 to 15 minutes, until the chicken is cooked through. Cool. Add the cream cheese and combine. Fill each tortilla with a tablespoon of the chicken filling. Top with a few slices of Fourme d'Ambert. Roll up tightly. Continue with the other tortillas until all of the ingredients have been used up. Lay the tortillas on an oven-proof dish and brush with melted butter. Bake for 15 - 20 minutes at 180 C. Enjoy hot.



SAVOURY MADELEINES

with PDO Fourme d'Ambert



4

Pour environ 15 madeleines :

- 80 g Fourme d'Ambert
- 2 eggs
- 110 g flour
- 1 tsp baking powder
- 70 g butter
- 1 Tbsp olive oil
- 5 Tbsp milk
- Salt and pepper

Preheat oven to 200°C. Melt the butter and set aside. Break the eggs into a large bowl, then whisk gently. Chop the Fourme d'Ambert and add to the eggs. Combine. Add the flour, a pinch of salt and a dash of pepper. Add the melted butter, a drizzle of olive oil and the milk. Mix well with the whisk. Pour the batter into silicone madeleine moulds. Bake for 10 to 12 minutes at 200°C. Cool on a rack...



PDO Fourme d'Ambert

BONBONS



4

- 100 g de Fourme d'Ambert
- 1 pastry sheet
- 2 apples
- 20 g butter
- 1 Tbsp honey

Preheat the oven to 180°C. Line an oven sheet with oven paper. Peel, core and dice the apples. Melt the butter in a frying pan. Add the diced apples and honey, and brown. Set aside to cool. Slice the cheese. Cut the pastry sheet into four 5.5 cm squares, and then cut each square diagonally into two triangles. Drop a few apple pieces at the wide tip of each triangle, and then lay a strip of cheese on the apples. Roll up to form a bonbon. Close each end of the bonbon with kitchen twine. Continue until all of the ingredients have been used up. Lay the bonbons on the oven paper. Bake for 10 minutes.



PDO

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Mild creativity

The creamy and delicate fragrance of this mildest of blue cheeses enhances all of its flavours.

Its subtle nature will add a delicate touch to your cheese tray, and its softness will spur you to new culinary adventures, from cocktails to dessert!

Check out the recipes created by a few chefs who have paired their creativity with PDO Fourme d'Ambert in this booklet.



Discover all of our recipes at
www.fourme-ambert.com



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