

Caciocavallo



Caciocavallo, which means "cheese on horseback", gets its name from the manner in which the cheese is always tied together in a rope and dangled over a wooden board to drain and age. An Italian type of pasta filata cheese made out of sheep's or cow's milk, it is produced throughout Southern Italy and the Balkans. The history of Caciocavallo goes back to 500 BC when Hippocrates first mentioned the cleverness of the Greeks in making it. The Caciocavallo is, therefore, a semi-hard cheese made of a spun paste produced with cow's milk. Its rind is thin, smooth, yellow. Depending on the seasoning, its aromatic characteristics can vary from sweet to spicy.