



Fun Facts about Parmigiano Reggiano

Around the world, used by chefs and food lovers alike, Parmigiano Reggiano is considered the King of Cheese! For eight centuries, this delectable cheese has gained its superstar status thanks to the meticulous process that goes into making every individual wheel of Parmigiano Reggiano. Each wheel is aged for a year, minimum and goes through a thorough inspection from the Consortium before it can get an official seal of approval. Below are some fun and interesting facts about the King of Cheese!

- Authentic Parmigiano Reggiano can only be made in five locations in Italy:
 - You can find Parmigiano Reggiano in the provinces of **Parma, Reggio-Emilia, Modena, Mantua (south of Po river) and Bologna (west of Reno river)**
- In the EU the term/title 'Parmigiano Reggiano' is legally protected by the PDO – Protected Designation of Origin since 1996
- After a judgment of the European Court of Justice in 2008, the term 'parmesan' is also legally protected by the PDO – Protected Designation of Origin. Within the EU borders, only the Parmigiano Reggiano can be called and sold under the denomination 'parmesan'
- Genuine Parmigiano Reggiano contains an embossed rind with dotted letters that has the name of the cheese, date of production and seal of approval from the Consortium – the rind is edible and contains a lot of flavour. It has been deemed a **'flavour bomb' by Rachael Ray.**
- Parmigiano Reggiano cheese gets more flavourful with age:
 - 18-month maturation tends to be mild and sweet
 - 24-month maturation develops a grainier and savoury flavor
 - 36-month maturation has a strong salty and nutty flavor
- Did you know, not only is Parmigiano Reggiano delicious, it's also nutritious. Every 30 grams of parmesan contains up to 50 per cent of your daily calcium intake. The cheese is also an excellent source of vitamin A and D, along with iron and potassium.
- Although it's a dairy product, parmesan can be consumed by people who are lactose intolerant.
- Parmigiano Reggiano is the cheese of choice in space, chosen as exceptionally good food for astronauts by both the U.S. and Russian space programs.



- It takes 550 litres of milk to make one wheel of Parmigiano Reggiano and on average, a wheel of cheese weighs 40kg or 85lbs.
- Parmigiano Reggiano contains only three ingredients:
 - Milk – raw, unpasteurized milk produced only in the Parmigiano Reggiano area of origin and is delivered within 2 hours from the end of the milking session
 - Salt
 - Rennet – a natural enzyme from calf intestine
- Similar to Champagne, in order to be considered true champagne, the beverage must come from the region of Champagne in France. Otherwise, it's only sparkling wine.