
Halloumi

HALLOUMI CHEESE OF CYPRUS

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Halloumi is the traditional Cyprus cheese well known worldwide for its unique taste. It is distinguished for its quality and taste. Its the only kind of cheese which can enjoyed in such a variety of ways.

Halloumi Cheese can be served fresh as it comes, fried, grilled, grated on pasta or with a big variety of fresh fruits.

It is sold vacuum-packed in a little of its own whey to keep it moist. Halloumi keeps well; it can be refrigerated, or even frozen, for up to one year. After opening, re-wrap any remaining Halloumi in cling-film to prevent it from drying out and return to the fridge.

Halloumi is not very high in fat and it is an excellent source of protein. Halloumi is very rich in Calcium that is essential for healthy teeth and bones.

Recently, the United States Trademark Trial and Appeal Board struck down a challenge from Denmark regarding Halloumi's name and ruled in favor of Cyprus. Halloumi is now officially recognized as a distinctive cheese indigenous to Cyprus.

Halloumi Cheese has been produced in Cyprus for centuries. Traditionally it is made by a group of women in the village, from a mixture of sheep's and goats' milks. Every few days, once sufficient milk has been collected, it is heated in a large cauldron, and then rennet is added to start the curdling process. Once the curds are set into a soft cheese they are cut and removed from the whey and pressed. The halloumi is then re-cooked, which results in its firm, almost rubbery texture. Whilst still warm the cheeses are sprinkled with a mixture of salt and dried mint and folded and stored in brine. This folding process gives the cheese its distinctive shape.

Village Halloumi is still produced all around the island, stored either in traditional earthenware pots or, increasingly, in the refrigerator. When ordering a coffee or a beer at a village kafenion (the ubiquitous coffee shop of the island), it is no surprise to be offered a plate of homemade halloumi as a taster, probably with some fresh cucumbers or tomatoes. Fresh halloumi is also excellent with watermelon or figs, or indeed with any seasonal fruit.

Although halloumi lovers regard this as probably the best way to enjoy the cheese, many people prefer it cooked. Halloumi claims to be the only cheese in the world that can be eaten and enjoyed either raw or cooked in any possible way, fried, grilled, baked or boiled. Chunky slices can be grilled either under a stove grill or on the barbecue, or they can be fried lightly in a little oil to a scrunchy crispness. Served with sausages, or even atop a serving of rather British beans on toast, cooked halloumi has a lovely nutty flavor.

The versatility of halloumi is such that it can be used in pies and pasties, it can be cooked with chicken or with fish, or grated and served with pasta. It is particularly good in ravioli, a popular dish in Cyprus, probably dating back to the 13th or 14th century. If halloumi cheese is simmered in water for about 5 minutes, until it gets soft, it loses some of its salt and fat content, a healthy option and yet another flavor surprise. For more Halloumi Recipes [click here](#).

Halloumi is excellent with beer or wine and can be served at any meal of the day. The cheeses also have an excellent shelf life - lasting for up to 2 months at 40°F (4°C) or a year frozen at 6°F (-14°C). This versatility of halloumi is likely to assure the increase in its popularity throughout the world.