



Pecorino Romano D.O.P. Cheese

(Source: Consortium Pecorino Romano Cheese)

Pecorino Romano is produced exclusively in Sardinia, Latium and in the province of Grosseto in Tuscany.

While taking advantage of the innovations made available by modern dairy techniques, Pecorino Romano is still made naturally in the time-honoured way. After the fresh sheep's milk has been delivered and coagulated, the cylindrical forms of cheese are subjected to a constant temperature and level of humidity for the maturing process. Pecorino Romano can be sold as a table cheese after five months, while it can be sold as a grating cheese after eight months. Each step of the production cycle is overseen by the Consortium for the Safeguarding of Pecorino Romano cheese, a producers' consortium appointed by the Italian Government to ensure that all D.O.P. norms are fully observed. The Consortium has drawn up its own rigorous quality standards, and cheese can only be sold as Pecorino Romano and obtain the Consortium's seal of approval when these standards are attained.

Thanks to its excellent flavour and peculiar properties that obviate the need for special transportation and conservation operations, Pecorino Romano is particularly suitable for exporting. A considerable share of production is indeed set aside for North American markets. The way Pecorino Romano is made means that from an organoleptic point of view its texture, smell and flavour remain practically unaltered. This is a very important point, as it holds good for cheeses that have been opened, sliced and portioned. Kept in a refrigerator and wrapped in aluminium foil, Pecorino Romano preserves its properties for many days, so that it can be eaten a little at a time.

With its characteristic aroma, the intensity of which depending on how long it has been matured, and its typically strong flavour, Pecorino Romano is welcome sight on dining tables in Italy and all over the world, a symbol of Italian genuineness and unique flavours.

Nutritional Values

Pecorino Romano is a delicious item of our modern diet, being poor in fats but rich in energy and proteins. Of 100 grams of Pecorino, 31% is made up of fats, 25% of proteins and 4% of precious minerals such as calcium, magnesium and phosphorous. It also provides vitamins A, B, C, D and E, especially important for children, the elderly and anyone actively playing sports. Thanks to its nutritional qualities, Pecorino Romano is a highly valued element of the Mediterranean diet, adding its particular flavour to many traditional dishes from central and Southern Italy, such as "Spaghetti alla Carbonara", "Bucatini alla Amatriciana", "Pasta Cacio e Pepe" and "Trippa alla Romana".