

Fat Cheese Project

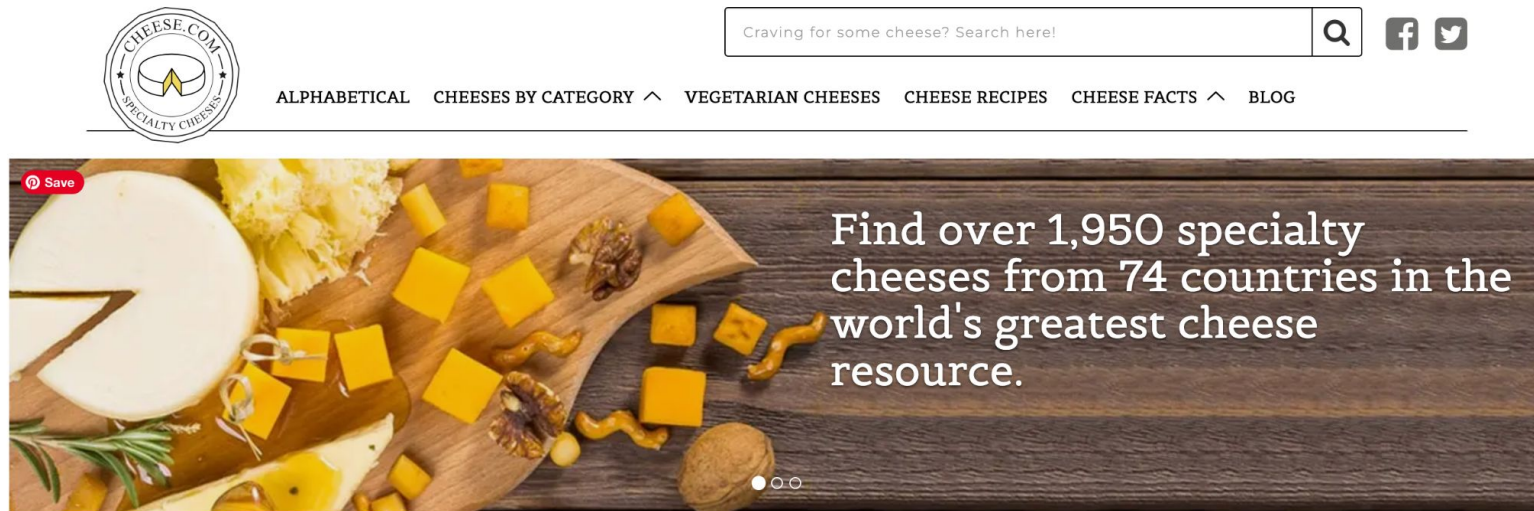
Dom Fitzgerald



Our big question(s)

Is there a relationship between fat content and cheese type? What about texture, flavor, or aroma?

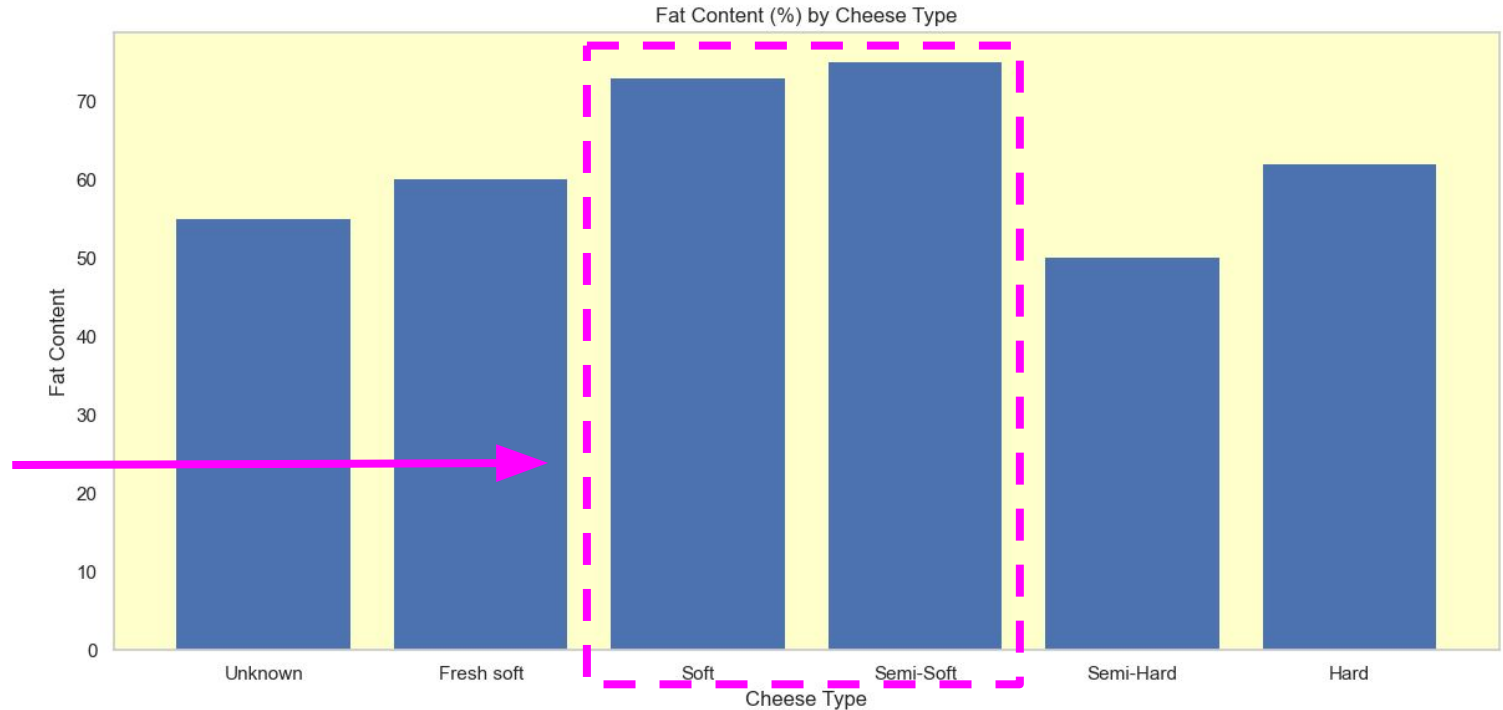
Our dataset



cheese.com was scraped for 1187 cheeses from around the world.
248 had fat content listed so these were used in our analysis.

Fat content & cheese type

Softer
cheeses
seem to
have
higher
fat
content.



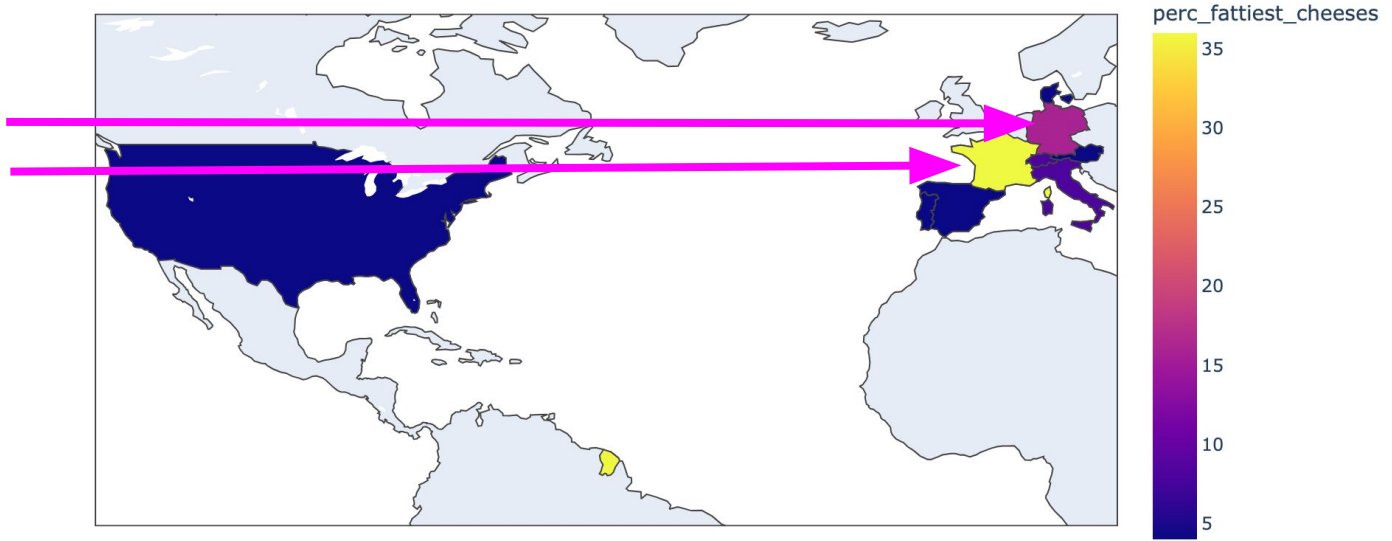
Fat content & cheese type

- This is less so with **fresh** soft cheeses which are on par with hard cheeses.
- My cheesearch suggests soft cheeses are often made with a higher fat content, it gives them the creaminess and unctuous texture.
- Hard cheeses have less and are more crumbly and sharp as a result.



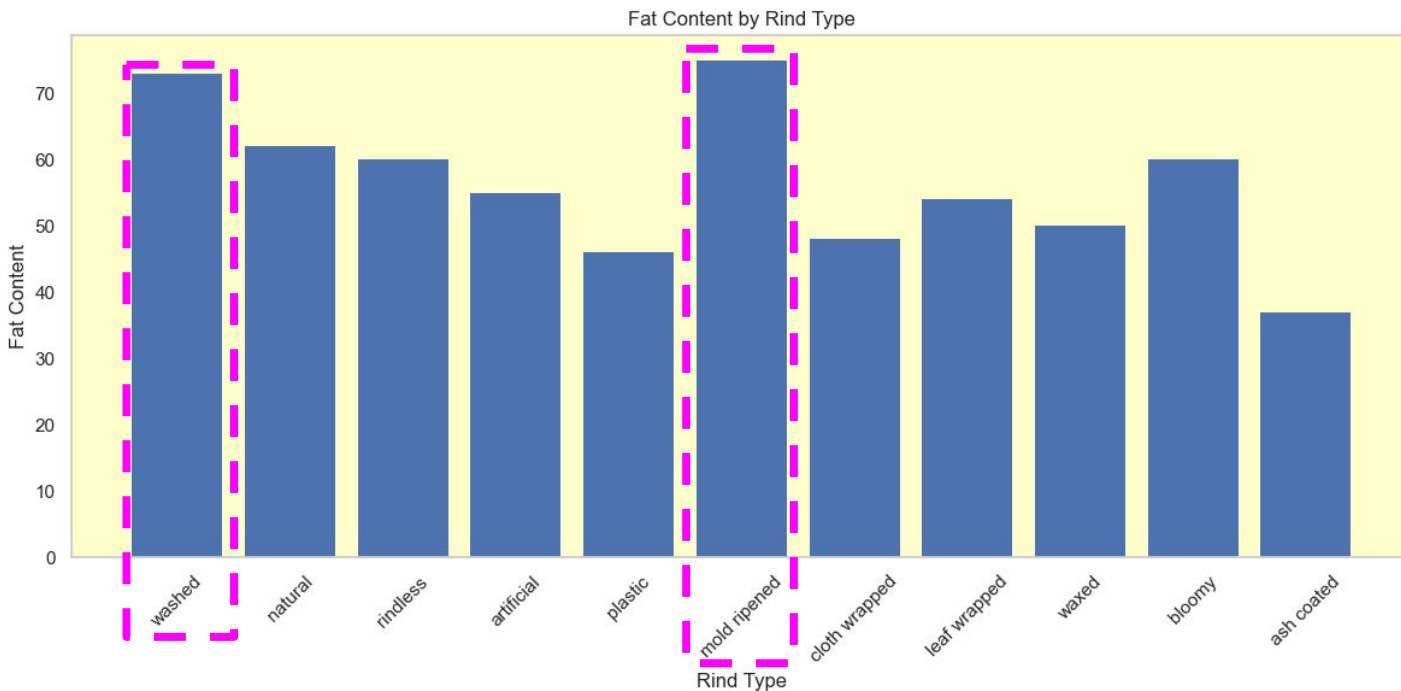
Fat content & country

France and Germany overindex on the fattiest cheeses, i.e. they have a higher proportion of the highest fat content cheeses relative to their total proportion of cheese.



Fat content & rind type

Washed
and mold
ripened
rind
cheeses
have a
higher fat
content



Fat content & rind type

- Washed and mold-ripened rinds are typically soft cheeses.
- It's likely that this fat content result is a correlation with soft cheeses, rather than rind type.



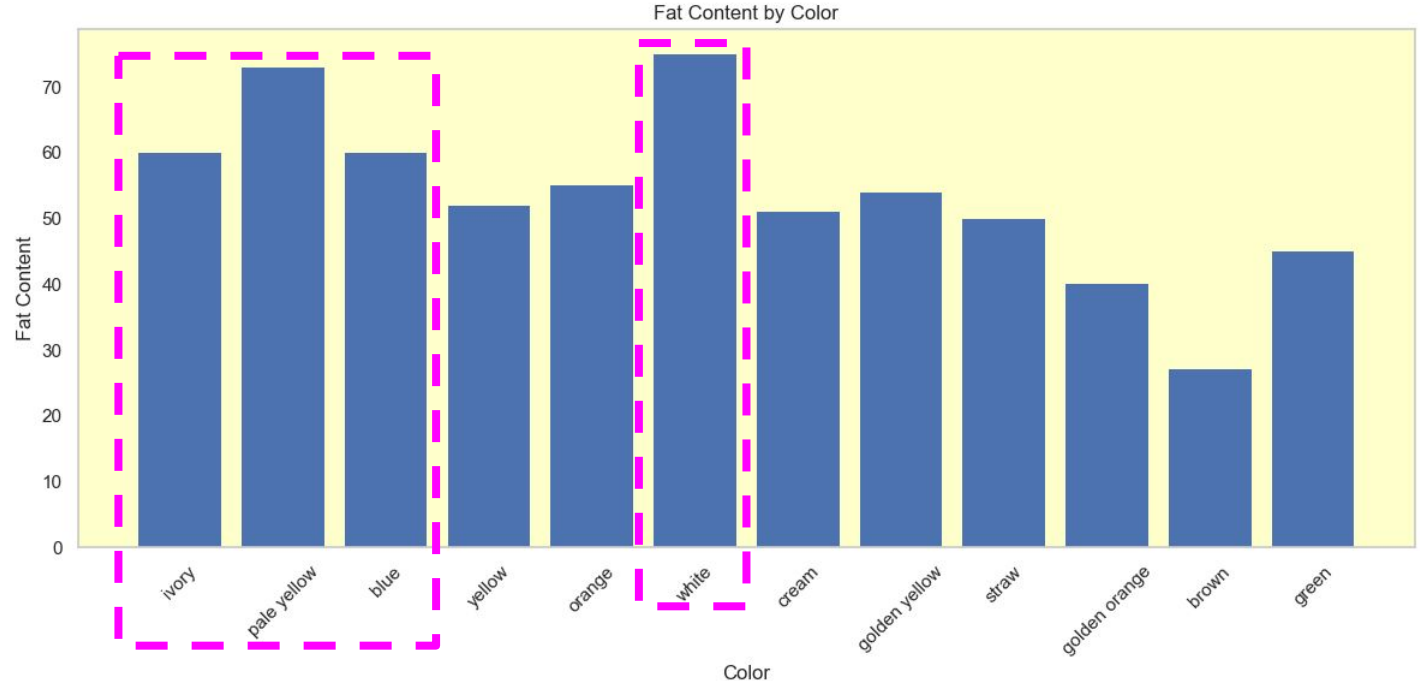
Washed



Mold-ripened

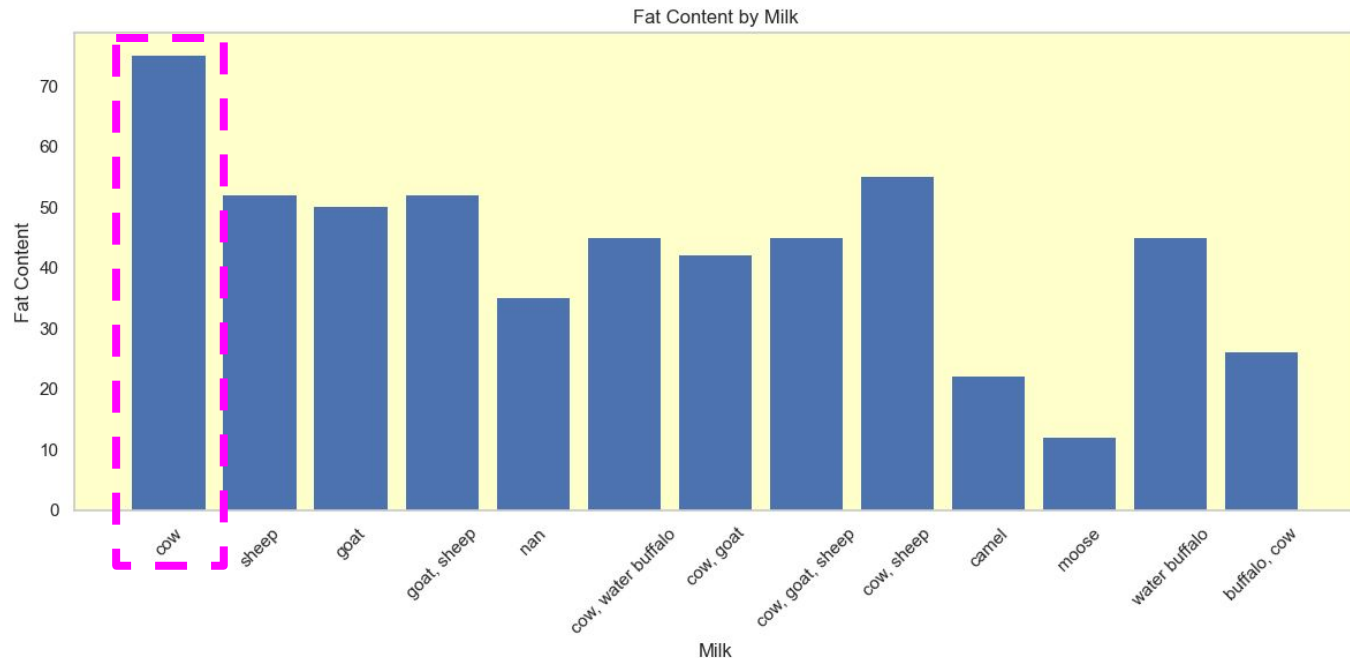
Fat content & colour

Cheese that is a paler colour like white, pale yellow and ivory appears to have a higher fat content. Blue cheese (which is typically pale around the blue mould sections) also has a higher fat content.



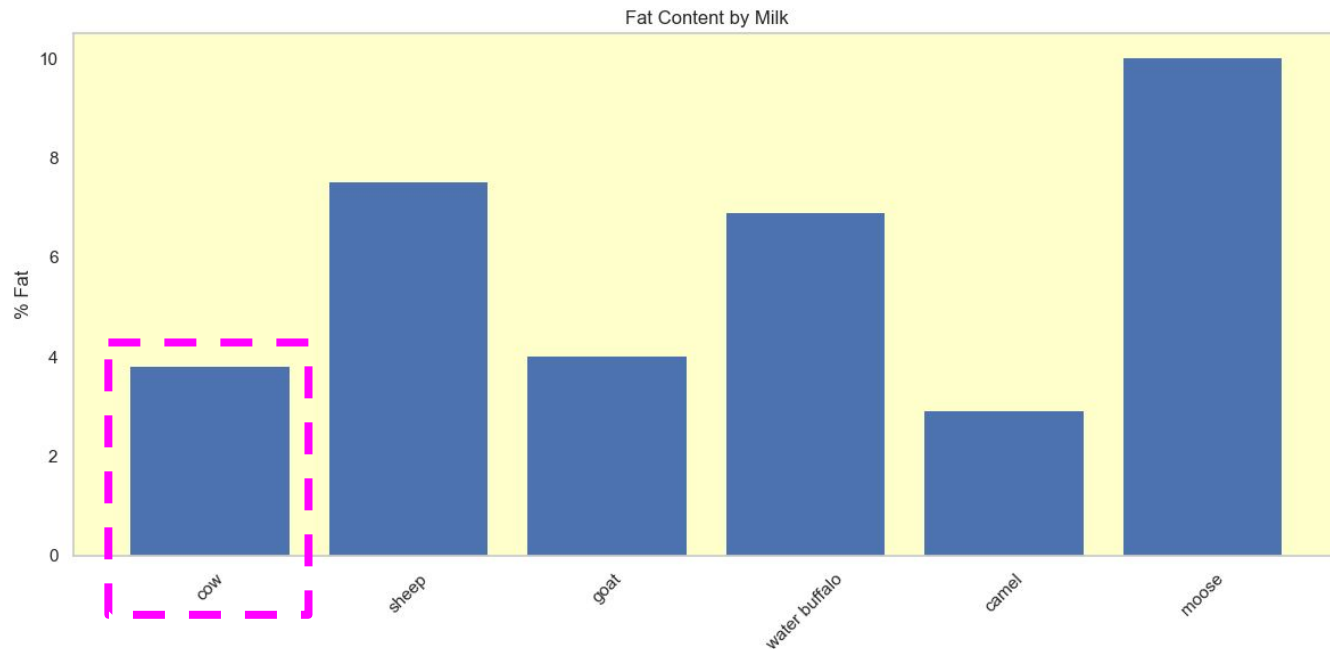
Fat content & milk type

Solely cow's milk cheeses have the highest fat content by far.



Fat content by dairy animal

This doesn't play out when looking at fat content in raw milk. Cow milk has the 2nd lowest fat content.



Fat content by milk type

- It's likely that:
 - The breed of animals used to make the milk for the various cheeses are quite particular in their fat content.
 - The cheese-making techniques used for different cheeses are what contribute to the final fat content.



Special breeds



Specific techniques

Fat content by aroma, texture and flavour

- Relationships with aroma, texture and flavour were explored.
- The descriptions were so long, diverse and subjective as to be unwieldy.
- There could be further work done in this area, splitting out the descriptors into single columns and analysing them.

‘buttery, chalky, dense, smooth, soft-ripened’

Texture example

‘acidic, buttery, creamy, fruity, mushroomy’

Flavour example

Conclusion

- Fat content seems best aligned with what type of cheese is in question, e.g. soft, semi-soft etc.
- Other attributes that suggest higher fat content are:
 - Washed and mold-ripened rinds
 - Cheeses from France
 - Paler coloured cheese
 - Cheese made from cow's milk