**Header: Livarot is a traditional French soft, washed rind cheese made in Normandy. Quite a strong cheese with pungent & spicy flavours.**

**FC541 Livarot Saint Hilaire AOP 250g**

Also known as "The Colonel" because the cheese is bound with strips of rush or paper, reminiscent of the stripes of a military officer of that rank. This AOP cheese is one of Normandy’s oldest cheeses dating back to at least the 13th century.   It has a strong flavour, heavy mouth feel and spicy finish.   Normally matured for six to eight weeks, it can be aged for longer to achieve stronger flavours. Its rind must be smooth and shiny without holes. Depending on its age, its colour varies between auburn and dark brown.

Maker Info:

For over a century, the Gillot Creamery has been famous for making consistent and delicious PDO camembert using milk from local farms. The Gillot Creamery was founded in 1912 on the site it had occupied for over a century, in the heart of the hedged farmland of the Orne. Six successive families took charge of it to keep the real tradition of Norman cheese alive by moulding the cheese by hand with a ladle. They believe this technique to be at the heart of the success of their cheese and the creamery.

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| Nutrition Information | Quantity per 100g/100ml |
| Energy KJ | 1147.0 |
| Kcal | 274.0 |
| Protein (g) | 23.9 |
| Carbohydrate (g) | 0.6 |
| (of which sugars) (g) | - |
| Fat (g) | 19.5 |
| of which saturates (g) | - |
| (of which polyunsaturated) (g) | - |
| (of which monounsaturated) (g) | - |
| Fibre (g) | < 0,1 |
| Sodium (g) | 690 mg |
| Equivalent as salt (g) | 1.7 |

Allergen Information: Contains Milk

Milk Type: Cow

Cheese Type: Soft washed rind

Pasteurised/Unpasteurised: Unpasteurised

Suitable for Vegetarians: No

Type of Rind: Washed rind

Country of Origin: France

Region: Normandy

Producer: Fromagerie Gillot