

# The Brida Journal

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Week 08/2021

**Ideas and Conversations, for and by learners of English.**

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## More Cheese

*Julia from Mannheim asked Emilie in England some probing questions.*

**How do I recognize what a quality cheese looks like? Smell, colour?**

That's a difficult question as each cheese has its own taste profile so you will look for different smell, flavour, appearance and texture characteristics for each cheese. But for all cheeses, you want to avoid the same default such as unwanted moulds or yeasts which can give strange colours (green, blue, bright yellow or black). You don't want the cheese to be too salty or bitter and you don't want an aroma such as ammonia. A high-quality cheese will allow you to find a delicate balance within its aroma and flavour and brings you the sensation that you want more.

**Are there cheese tastings? If so, what do you eat and drink with the cheese to enhance it?**

Yes, there are lots of cheese tastings. If you do a cheese tasting just to identify the quality or taste profile of several kinds of cheese, you will only drink water. As the objective is to clear your mouth from any remaining flavour before tasting another cheese, you will as well eat a piece of apple or grape. Having said that, if you do a cheese tasting for the pleasure, most of the time, it will be organised as a cheese and wine evening. In this case, you can almost find a different wine for each cheese and of course, don't forget the biscuits or the bread.

**How many different types of cheese are there – is there some kind of cheese register?**

Keeping in mind that only France itself is called the country of 1,000 cheeses, there are a lot of different cheeses in the world and new ones are developed every year. I am not sure that there is a register which will be a full list of existing cheeses, but you can find lots of books giving you the list of the most well-known cheeses, the PDO cheeses (Protected Designation of Origin) or a list of cheeses by big categories (hard cheeses / soft cheeses / fresh cheeses/cow's milk cheeses/sheep's milk cheeses/goat's milk cheeses/ buffalo's milk cheeses...)

### **Which nationality prefers which cheese? (Which French region prefers which cheese?)**

I can mainly talk about France and the United Kingdom. In France, you can almost identify the preferred cheeses by looking at which cheeses are manufactured in the area. Normandy, Brittany, and North are keen on soft cheeses, Mountain areas, you will find more hard cheeses and in the Pyrenees, most hard cheeses made from sheep's milk. In the centre & west of France, they love goat's milk cheeses and in Bourgogne, you will find a lot of cheeses which have been infused with alcohol. In the UK, people are quite adventurous and because the main cheese here is the cheddar, they will be happy to try a lot of different cheese wherever you go in the country.

### **How do you find a good cheese producer?**

When we look for a new partner/cheese manufacturer, we look for a family company that has a passion for its products and which will not just sell cheeses but also, love, history and quality. We also want to work with companies that work closely with farmers.

### **Cow, Sheep and Goat are there other animals?**

These are the 3 main species, but you can also make cheese with buffalo's milk (Mozzarella)

### **Can you make synthetic cheese – not from animal milk? (What do Vegans do when it comes to cheese?)**

You find on the market more and more vegan “cheeses” mainly, they are manufactured to try to be close in taste to cheeses such as cheddar, mozzarella, parmesan or feta. They are plant-based products made mainly using coconut oil, modified potato starch, oat fibre, maize starch.

### **What is the most exotic / most expensive cheese, if it exists?**

In France, I will say that it is a mountain hard cheese called Beaufort.

### **What is the optimum temperature for cheese? Do different cheeses have different optimum temperatures?**

The optimum temperature for cheese is important during the maturation stage of the production process. It can go from 10 degrees to 20 degrees depending on the cheese and sometimes changes during the maturation process. After that, when cheeses are packed, they are all stored at refrigerated temperature. For a soft and hard cheese, we also recommend taking them out of the fridge between 30 minutes to 1 hour before eating them to enhance their flavours.

### **When was cheese first produced? What is the history of cheese?**

From my knowledge, no one really knows who made the first cheese, but some historian found traces of cheese beginning more than 7,000 years ago. Having said that, all traditional cheeses, especially those which have a Protective Designation of Origin have their own history.

### **What is it that makes cheese “stink”?**

Most of the time, it comes from the type of starter cultures (yeast and moulds) used in the milk which helps to develop a specific aroma and flavour. It can be also linked to specific steps during the production process such as rind washing.

**Can you really tell the difference in cheese if the animal eats good grass or excellent grass, or is it from Normandy, Bourgogne, or Bretagne?**

Telling the difference linked to the type of food given to the cows is possible but especially between cows eating outside fresh grass and cows being inside eating fermented food. You can also see the difference between winter milk and summer milk because the grass is richer during summer and contains flowers. You will also have differences between mountain milk and valley one. After this, it becomes difficult to make difference between French areas for example but more because you cannot compare similar cheeses to anything else. You could do the difference between some Normandy butter and British ones.

**What does it require to become a cheese producer? What is the training required?**

You have some great schools to become a cheesemaker, but I will say that the best way to become a good cheesemaker is, on top of patience and passion, spending time with someone who manufactures cheeses for a long time. There is nothing better than learning from someone who has the experience and the knowledge and can show you how the milk can react differently according to the season, the weather or other small parameters.

**How do you make cheese? What are the steps?**

Each type of cheeses has its own production process but the main steps are: receive the milk on site, adjust the quantity of fat if needed, pasteurise the milk if needed, add some starter cultures and then leave the time for the starter to do their action during the fermentation. You will then add some rennet or coagulant in order to obtain some curd and get rid of the whey. When the curd has the right consistency, you will do the moulding. Some cheeses can then be pressed. The following step will be the draining and the acidification of the cheese before the salting (dry salting or in brine). After this, the cheese will mature before being sometimes cut and packed to be ready to be dispatched.

**How can you learn about cheese?**

The best way to learn about cheese is going to visit some sites when you are on holiday but otherwise, you have lots of books giving the stories and characteristics of the main cheeses or even the internet.

# Education – When I went to school.

*Carolina, who lives in Wissembourg, went to school in Lisbon.*

I went to a school in the suburbs of Lisbon from 1997 to 2010. We usually had classes Monday to Friday, from 8.30 am to 5 pm with 2 afternoons free. Always Wednesday, the other one changed every term. There were about 30 of us in a class.

In the beginning, when we were between 6 and 10 years old, we had Portuguese, History, Social Studies, Maths, Geography, Music and Sports.

Then, when we were older, up to about aged 15 we learned Portuguese, History, English, French, Art, and Sports.

Then in the final three years, things changed. I could choose from different options. I chose the Science and Technology path, (Maths, Biology, Chemistry, Physics, Geology, Portuguese). For me it was easy, I liked maths. The other options were not for me. I was not great at Maths, but even worse at humanities. And for the future, it was better to go this way.

For the core subjects, you had 2 lessons per week of 90 minutes each. The other subjects: only 45 minutes. For the most important core subjects, we had 3 units.

My best friend chose languages. So, I was alone in my group. I did not see her that often, we did not have the same interests either. But we are still in contact today.

Until the last 3 years, the teaching was very theocratical. There were PowerPoint presentations, we had to ask and answer questions and do group tasks. It was interactive, with a lot of dialogue and a lot of homework. In the beginning, on the weekends, we had so much homework, that I met my friends in the library. We studied and researched together. We had more contact and not everyone was at home with Google.

In the last 3 years, we had more practice. We had a lab, a lot of biology and chemistry lesson. We did experiments, calculated something, made a result, a report. In physics, we did a lot outside, simple experiments. We experienced physics. It was fun. We could see the results. We prepared PowerPoint presentations.

For Portuguese, we read Portuguese literature. But because it was not my thing, I always looked for summaries from other students. One book did capture my attention. It was *The City of the Blind*, written by José Saramago. I read it when I was 15 but did not quite understand it. It's good, very deep, I wanted to read it.

I had average marks. It was enough to get through. Grading was from 1 to 20 with 20 being the highest score. You needed a 10 in all subjects. I had 10 in maths and sports. It was the minimum to get through. I did not have much motivation because my learning environment was difficult. I

did not want to go home. My teachers just said I had to concentrate more, work harder. Others tried to motivate me, but I did not understand their message.

Today it is ok. I graduated and then I studied. My grades were average, so I did not have much choice of subjects to study. Then I decided to take a gap year. I had time for myself. I became more motivated, and caught up on everything, repeated my A-levels. I studied on my own, at home. I had an average score of 18 points. I did not do many subjects, focused on science which improved.

I did not have a learning environment that suited me. For me, inner peace, the balance was important. The education system and the gap year allowed me to do this. But it cost money. However, I did more in the gap year than in school, including getting my driving license.

Teaching materials? Some teachers used PowerPoint, but often it was a normal textbook and a board. We had notebooks and writing stuff. Nothing special. For science, the school provided the material.

For me, School is not there to prepare for life. You learn to think, to solve problems. I did not have that expectation. From my studies I only need 20%; the rest is just learning to think, to apply knowledge. The school has to teach us how to learn and show what tools are available.

My favourite teacher was a Russian woman who taught calculus and algebra. She was cold, militaristic, polite, and extremely disciplined. She was difficult but the subject was important. It was the basis for the future. It was clear to me that she wanted the best for us. She tried to do the best she knew. She challenged me. I love challenges. What is the motivation? What does the person want to do for me? Do I care? If you do not understand it, want it, then resistance comes, then everything is bad.

I cannot say much about schools today. I have too little contact. But with the children of today, I have the impression that they are more at the computer or mobile phones. Adults are to blame for that. Children have more difficulties with social contacts. It is just an observation.

I liked going to school. I was not at home. I had my fun. It was safe there.

As a child, I would love to go back to school. It is an important part of our education, you can learn. For me it was clear, I had many opportunities, I could look for my way, I had my friends.

To stop learning? Never! How can you ever stop learning? Everybody does what they want. If you put many people in a room, we only know 4% of the total knowledge. 96% of the knowledge we do not have; we do not have to have all the answers or find solutions. That is why you always learn something new. It can be something simple.



## Low Carb Kohlrabi Spinach Lasagne

Ingredients (for 2)	Method
<p>375 g spinach, frozen or fresh            ½ kg kohlrabi            2 tomatoes            1 onion            1 clove garlic            1 ½ tbsp butter            1 ½ tbsp flour            250 ml milk            125 ml water            75 g cheese, grated, e.g. Edam cheese            1 tbsp sunflower seeds            Salt and pepper            Nutmeg            Oil            Fat for the baking form</p> <p>Preparation time approx. 35 minutes            Cooking time approx. 1 hour            Total time approx. 1 hour 35 minutes</p>	<p>Sort the fresh spinach, rinse well and drain. Defrost frozen spinach and also drain well.</p> <p>Peel and wash the kohlrabi, cut into thin slices and boil in salted water for 2 - 3 minutes.</p> <p>Meanwhile, roast the sunflower seeds in a pan without fat until golden brown.</p> <p>Peel the onions and garlic and chop finely. Heat a little oil in a saucepan and sauté half the onions and garlic until translucent. Add the spinach and sauté until it has collapsed. Season well with salt, pepper, and nutmeg.</p> <p>Heat the butter in a saucepan and sauté the rest of the onions and garlic. Add the flour and sauté. Stir in the milk and water, bring to the boil and simmer for about 3 minutes. Season with salt, pepper, and nutmeg.</p> <p>Wash the tomatoes, remove the stalk, and slice the tomatoes.</p> <p>Grease a casserole dish of approx. 20 x 30 cm and layer the sauce, kohlrabi, spinach, and tomatoes alternately in it. Finish with the tomatoes and sauce and sprinkle the grated cheese on top.</p> <p>Bake in a preheated oven at 175 °C convection oven for 40 minutes.</p> <p>Sprinkle with sunflower seeds and serve.</p>



# Gun Training

Have you just bought your first handgun and looking for training and education in a safe, inclusive, non-intimidating environment? Never shot a gun but want to learn?

The Intro to Gun Safety & Pistol Shooting Class is for you.

I'm here to provide an open and safe space to learn to handle and use a firearm safely and responsibly.

This is a completely private course for one person or a couple. You will have personal attention and instruction.

Class is taught by a woman, minority, French Gun Club Certified Instructor and

### **Topics Include:**

- ~ Firearms Safety
- ~ Different Types of Pistols & Nomenclature
- ~ Ammunition Information
- ~ Shooting Fundamentals – Grip, Stance, Sight Alignment, Trigger Control
- ~ Common Malfunctions & Clearing Them
- ~ Range Etiquette
- ~ Basic Cleaning, Maintenance & Storage

The class takes place over 2 sessions - 1 classroom session and 1 range session.

### **Course fee includes:**

- ~ Training handguns for use (.22lr calibre)
- ~ Ammunition (.22lr calibre)
- ~ Target
- ~ Range fees
- ~ Eye & ear protection
- ~ Handbook

### **Cost:**

€200 for One Person €350 for Two People

Please contact me if you have any questions! I look forward to hearing from you.



## Our special offers for this week. Meat and Poultry Week

Buttermilk mini Chicken tenders. 300 g €4.00	Farmer's Minute Steak Extra lean 250 g, €5.00	Organic Pork Meatballs 350 g €3.80
Crispy Breaded Chicken tenders 300 g €4.00	Unsmoked Dry Cured back bacon 200 g. €2.75	Free range loin of pork Typically 1 kg, €11.70
12 Pork Chipolatas 375 g €3.20	6 Pork Sausages 400 g. €3.20	2 Ribeye Steaks Typically 400 g €8.60
Irish organic extra lean mince 400 g €4.99	4 Lamb cutlets Typically 390 g. €7.50	Free Range Pork Fillet Typically 450 g, €5.50
Aberdeen Angus Burgers 450 g €4.00	4 Lamb Shish Kebabs €4.00	Pork crackling leg joint Typically 1.25 kg, €9.45

**Offers while stocks last. Valid from Feb 22. to Feb. 27**



**Stay at home cocktails**

Come on. I dare you. Ask for any cocktail you can think of. I'll have it ready as fast as you can say Party Time. And it will be delicious.

Care for a Whiskey Sour? You've got it. Daiquiri? Coming right up. Sangria, Pina Colada, Margarita, take your pick of fabulous drinks that make a party for two or two hundred sheer heaven.

And get this. The dry mixes are pre-measured. Every box holds twelve foil-wrapped packets that stay fresh forever to give you twelve great drinks whenever you want them.

Stay home tonight. It could be your best night out. With Party Time.

**Party Time Cocktail Mixes**  
Home was never like this before.

### Stay at home cocktails.

Common on, I dare you. Ask for any cocktail you can think of. I'll have it ready as fast as you can say party time.

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### Try Our New Protein Performance Frozen Skinny Vanilla Latte

Protein 19 g

Sugar 8 g

Calories 237 g

Per 16 oz Drink

Try Our New  
**PROTEIN PERFORMANCE**  
Frozen Skinny  
Vanilla Latte

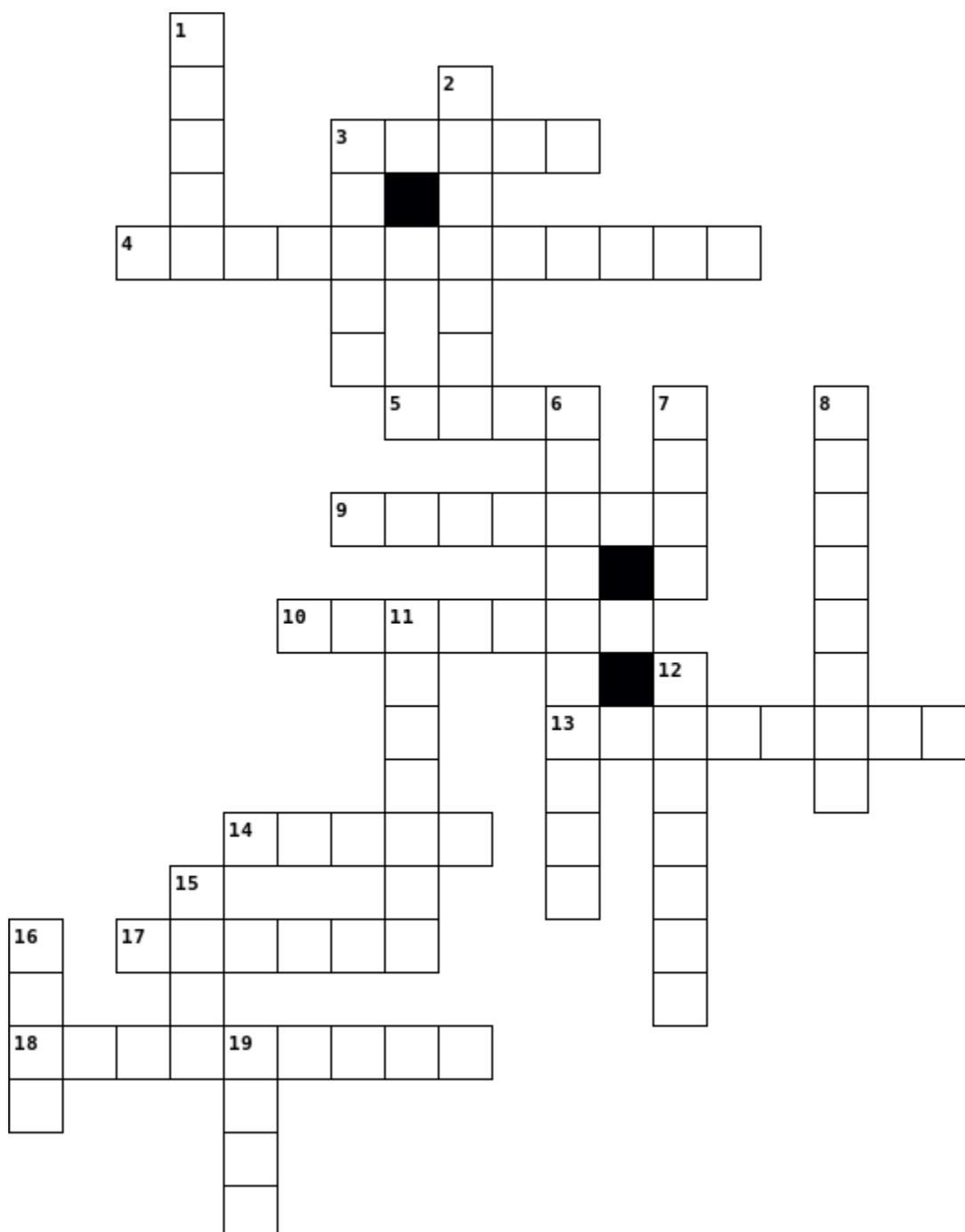
Protein 19 g

Sugar 8 g

Calories 237 g

PER 16 OZ DRINK

# The Crossword



**Across**

3. What your nose allows you to do.
4. The beginning of a programme or text.
5. To remove the skin from something.
9. A discipline of Mathematics.
10. Humanity's story since the beginning of time.
13. A process to learn a new skill.
14. The sheet of paper on which musical notes are written.
17. Subjects to discuss or learn.
18. Artificial materials.

**Down**

1. Acquiring knowledge and experience.
2. Necessary.
3. A collection of points showing success.
6. A room to conduct scientific experiments in.
7. To package something for protection.
8. Mixture of alcoholic drinks.
11. The districts outside of the town centre.
12. Popular Italian dish baked in an oven.
15. The price of something.
16. To clean with soap and water.
19. To make something much warmer.

## Solution 07.21

**Across**

4. volcano
6. picturesque
7. play
9. continue
10. lantern
11. Black ice
12. donate
14. letter
16. blow
17. learn.
18. casino.

**Down**

1. theoretical.
2. furniture.
3. envelope.
5. muse.
7. philosopher.
8. unpack.
11. Beatles.
13. garage.
15. Thursday.

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**The Brida Journal** is an educational tool with the purpose of helping learners to improve their knowledge of English. Educators wishing to participate in the programme should contact me via email.

### Third Party Inspirational Sources

classifieds: [gumtree.ie](http://gumtree.ie) or [gumtree.co.uk](http://gumtree.co.uk),  
the supermarket: various supermarket websites in the United Kingdom