

# The traditional Greek cheese “feta”



# **Characteristics of feta**

**.Feta is a type of cheese whose roots are found thousands of years ago in ancient Greece.**

**.It is made exclusively from sheep's milk or goat's milk. The taste of feta is salty and is stored in brine or sour milk for about 3 months. Feta is white in color and is usually stored in large square pieces. The fat in feta ranges from 30% to 60%, with the average being around 45%.**

# **PDO product**

**.Feta has Protected Designation of Origin (PDO) status in the European Union and should come only from specific regions of Greece and from specific breeds of sheep and goats. The name “feta“ can no longer be used in cheeses of similar composition, manufactured outside and within Greece and in a process other than traditional.**

# History of feta

- **Searching for the origin of feta in ancient Greece, we note that we have the first references from Homer in the Odyssey and more specifically in the myth of the Polyphemus Cyclops. According to the legend, Polyphemus was the first maker of feta cheese. Shearing milk from sheep every day on sheep's sheets, to his great surprise, found that after a few days the milk became solid, edible and easily stored.**

# Etymology

**It is believed that the Byzantine name of feta was "recent". The name "feta" is of Italian origin and comes from a 17th-century reference to this kind of sliced cheese to be put into barrels.**

# References

[https://ec.europa.eu/info/food-farming-fisheries/food-safety-and-quality/certification/quality-labels/eu-quality-food-and-drink/feta\\_en](https://ec.europa.eu/info/food-farming-fisheries/food-safety-and-quality/certification/quality-labels/eu-quality-food-and-drink/feta_en)

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