

Have you ever heard of a



CHEEESE WITH LARVAS INSIDE



WELL... IF YOU NEVER HAVE,
KEEP READING AND GET TO KNOW
CASU MARZU, A UNIQUE CHEESE OF
ITS KIND.

Originated and made strictly in the Italian southwestern big island Sardegna, Casu Marzu - literally rotten cheese - is a traditional cheese, whose preparation process, happened by a mistake made by a shepherd, makes the product completely unique and interesting.

So what does it make Casu Marzu so special?

NOMENCLATURE

CASU MARTZU

CASU FRAZIGU

CASU FRATITU

CASU 'ATU

FORMAGGIO CHE SI MUOVE - MOVING CHEESE

FORMAGGIO CON I VERMI - CHEESE WITH 'WORMS'



PIOPHILA CASEI

PHASE 1 - EGG DEPOSIT

Everything begins with a nice wheel of Pecorino cheese. The producer will now allow a *PIOPHILA CASEI* a fly of the cheese - to deposit its eggs inside the crust of the Pecorino.

Now the real process will start and, therefore, the formation of Casu Marzu. The eggs will turn into larvae and they will start to 'work' the paste of the cheese, by transforming it into a soft and creamy paste.

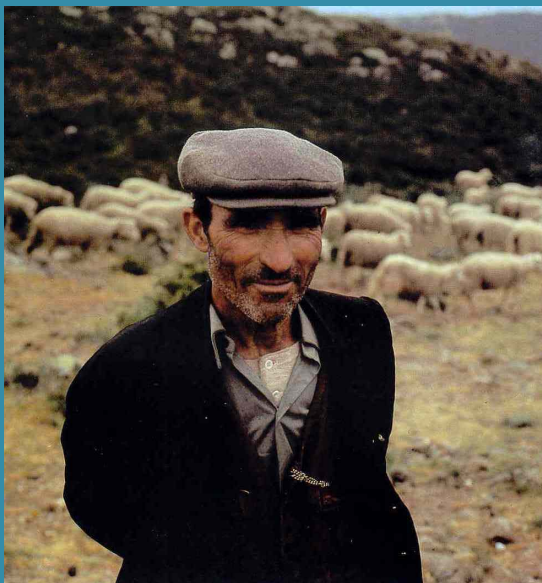
PHASE 2 - SEASONING

The maturation period goes from 3 to 6 months during the season March - September

PHASE 3 - OPENING AND CONSUME

Once the wheel is ready and the larvas' number decreased, it is opened by removing the top - su tapu. The inside will appear as an omogenous yellowish paste and, to the palate, will present a strong and pungent taste,very particular.

CURIOSITIES AND MORE



This 'recipe' was found out by mistake. A shepherd left a cheese wheel for days to the domain of the flies. After a huge colony of larvas appropriated the cheese and the days were passing out, it started to rot. The hungry shepherd, however, attracted by an inviting and strong smell, tasted the rotten cheese and surprisingly fell in love with it so much that he started an entire production.

In 2009, the Guinness world record assigned to Casu Murtzu the primacy of most dangerous cheese in the world.

Nevertheless, it has never been registered a proof of sickness.

The cheese with the worms, by the course of the years, became famous worldwide and it is more and more found in gourmet cuisines.

It is nowadays hard to find around, since the enormous demand.

However, it's easier if you know a local farmer and cheese producer that produce it in a traditional and 'dirty' method.

The larvae are also famous to be jumpers. In fact, when they feel threatened, during the opening of the cheese for example, they start to jump in the air, even several centimeters away

After being illegal for years, it enrolled in the **PAT** list, an Italian list that certifies its the ingredients and the preparation and seasoning's phases since 25 years. For this reason it can be still commercially produced, swinging between legality and illegality. Afterwards, it has been demanded to the European Union the DOP Mark to protect the original denomination "**CASU MARZU**"



One summer, I personally had the chance to tested Casu Marzu in a farm owned by a real Sardinian shepherd. And still after years, I still recall the unique experience in trying this traditonal and special cheese, enriched even by the surrounding, a sheepfold. I wish to everyone to have the opportunity to try it and generally, never stop to the first impressions... that might be completely wrong, like in this case.



realized by

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