



## 3 PECORINI

### **3Pecorini: Extraordinary Cheeses Call for Extraordinary Winter Recipes**

**New York, NY, February 2020** – 3Pecorini encapsulates these three different yet equally tasty cheeses: **Pecorino Romano PDO, Pecorino Sardo PDO and Fiore Sardo PDO**. With the PDO seal of guarantee and quality, Pecorini cheeses will melt your foodie’s hearts this winter.

#### **Three Things to Know About 3Pecorini Cheeses**

- **Their quality is certified:** Produced almost exclusively in Sardinia\*, **Pecorino Romano, Pecorino Sardo and Fiore Sardo** have been protected by the European PDO status since **1996**, certifying their highest quality and guaranteeing their territory of origin.  
*\*Pecorino Romano production is limited to the regions of Sardinia, Lazio, and the province of Grosseto in Tuscany.*
- **Their recipe is 2,000 years old:** True to tradition, the production process of these Pecorino cheeses is the same as it was 2,000 years ago. Sardinian cheesemakers proudly carry on the traditional production process and respect the legacy of this ancestral knowledge developed by peasants.
- **They come from truly unique sheep:** Behind each singular Pecorino cheese is a unique Sardinian sheep with ancient origins. Just as their predecessors did hundreds of years ago, the sheep still roam the island’s wild pastures. This respectful way of farming gives its milk a high qualitative value and an undisputable fresh taste.

#### **Three Winter Recipes for Every Cheese Lover**

##### Pecorino Sardo Maturo PDO, Ricotta and Broccoli Quiche



##### **Ingredients (servings 6)**

1 package short-crust pastry  
filling:  
7oz ricotta  
4.2oz Pecorino Sardo Maturo PDO  
10.5oz of blanched broccoli florets  
4 eggs  
3oz milk  
salt, pepper

##### **Directions**

Preparation time 25 minutes  
Cooking time  
9-inch diameter pan

In a bowl, mix eggs, salt, pepper, milk and ricotta. Beat until well-blended, then add the grated Pecorino Sardo Maturo cheese. Add broccoli florets.





## 3 PECORINI

Roll out the shortcrust pastry and line the greased and floured pan. Add filling, smooth, roll up dough at edge and bake at 350°F for 30 minutes, then cook in a convection oven with heat from below only for 5-6 more minutes.

### Spaghetti with Basil, Almonds and Pecorino Romano PDO pesto



#### **Ingredients (servings 4)**

10oz spaghetti  
3oz grated Pecorino Romano PDO  
2oz almonds  
2 bunches of basil  
1 small garlic clove  
extra virgin olive oil  
salt  
in addition:  
chopped almonds  
grated Pecorino Romano PDO

#### **Directions**

Preparation time 20 minutes  
Cooking time as desired

Pesto: in a mortar (or in a blender) pound the basil leaves that have been washed and well dried with a pinch of salt, garlic and almonds. Gradually add the olive oil. When the mixture appears homogeneous, add the grated Pecorino Romano cheese. Bring salted water to a boil and add the pasta. Cook until “*al dente*”, then add to pan with the pesto and a little pasta cooking water. Divide the pasta on plates and top with some chopped almonds and a sprinkling of Pecorino Romano.

### Fiore Sardo PDO Fondue



#### **Ingredients (servings 4)**

10oz grated Fiore Sardo PDO  
5oz fresh cream  
3.5oz milk  
nutmeg, black pepper  
2 egg yolks  
toast for serving

#### **Directions**

Preparation time 20 minutes  
Cooking time as desired

Place grated Fiore Sardo cheese to soak for 4 hours in the milk with 3.5oz of the cream. Transfer the mixture into a saucepan with the remaining cream, then melt cheese over moderate heat, stirring constantly. As soon as the fondue is



## 3 PECORINI

smooth, remove from heat, add egg yolks and pour into a fondue pot. Flavour with nutmeg and a pinch of pepper and serve with croutons.

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### **About 3 Pecorini**

The *3 Pecorini* US campaign aims to promote 100% Italian sheep milk cheeses that have been produced for centuries. The *3 Pecorini* includes Pecorino Romano, Pecorino Sardo and Fiore Sardo, cheeses with a Protected Designation of Origin (PDO) label that certifies their highest quality and guarantee their territory of origin. The campaign, which aims to protect, promote and enhance Pecorino cheese abroad, is funded and supported by the region of Sardinia and three Consortiums: Consortium for the protection of Pecorino Romano PDO, Consortium for the protection of Pecorino Sardo PDO, Consortium for the protection of Fiore Sardo PDO.

**For more information, please visit:**

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