



# Le Mi-Carême

The Mi-Carême is a delicious soft cheese from the Brie family. It has a slightly orange mixed rind coming from the fact that it starts out as a bloomy rind cheese, and after a couple of days the washed rind process begins. The Mi-Carême's unique taste reminds cheeses made with non-pasteurized milk.

Mid-Lent (Mi-Carême) is a traditional celebration which is eagerly looking forward on the island.

Every winter, the inhabitants of the island make magnificent costumes, which will be revealed in March during the week of celebration. This very old French tradition is wonderfully kept by our people. Indeed, Isle-aux-Grues is one of the few places that still celebrate it.

## CHARACTERISTICS

### PRODUCT ET COMPOSITION:

Artisanal made  
Soft cheese, mixed rind  
Non-pasteurized cheese  
The ripening process lasts 60 days  
Made from non-pasteurized milk, bacterial culture, salt, rennet, calcium chloride, penicillium candidum

### PHYSICOCHEMICAL PROPERTIES :

Fat : min : 29%  
Moisture : max : 48%

### MICROBIOLOGICAL PROPERTIES :

Salmonella :	None
Listeria monocytogenes :	None
Escherichia coli :	<1000 / g
Staphylococcus aureus :	<1000 / g

### PACKAGING SPECIFICATIONS :

Two-layer, white, opaque wrapping paper  
Sticky label with a reproduction of a painting representing a traditional costume of Mid-Lent celebration (Mi-Carême).

**NUTRITION FACTS : →**

**ORGANOLEPTIC PROPERTIES**

Colour : Slightly orange  
Texture : velvety  
Flavour : hazelnut and mushroom

**TRANSPORTATION :**

Carton boxes (4 wheels per box maximum)  
Refrigerated truck. Temperature controlled between  
0°C and 4 °C

Valeur nutritive	
Nutrition Facts	
par cube de 3 cm (30g)	
Per 3 cm bloc (30g)	
Teneur Amount	% valeur quotidienne % Daily Value
Calories / Calories 100	
Lipides / Fat 8 g	13%
saturés / Saturated 6 g	29%
+ trans / Trans 0.1 g	
Cholestérol / Cholesterol 30 mg	11%
Sodium / Sodium 130 mg	5%
Glucides / Carbohydrate 1 g	0%
Fibres / Fibre 0 g	0%
Sucres / Sugars 0 g	
Protéines / Protein 6 g	
Vitamine A / Vitamin A	10%
Vitamine C / Vitamin C	0%
Calcium / Calcium	15%
Fer / Iron	0%

**STORAGE :**

Keep refrigerated between 0°C and 4 °C

**SHELF LIFE :**

4 months ½ after its making

**SIZE :**

Wheel of 1.1 kg  
½ wheel of 0.5 kg  
Slice of 0.13 kg → available only at our sales counter

**CONTACT INFORMATION :**

Société coopérative agricole de l'Île-aux-Grues  
210 chemin du Roi  
Île-aux-Grues, Qc  
GOR 1P0  
Tel :418-248-5842 fax :418-248-5843  
www.fromagesileauxgrues.com

info@fromagesileauxgrues.com

Available everywhere in Quebec in specialized shops.