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Restaurant Guide

Understanding, storing, and serving
Goot Essa cave-aged cheeses for
optimal guest experiences.



CAVE-AGED FLAVOR, HANDCRAFTED CARE. | 800-490-4387



Restaurant Guide

Handcrafted, **cave-aged** cheeses rooted in Amish tradition and *full of flavor*.

Free shipping via UPS on orders over \$250.



To order:

Text: 814-201-6102

Call: 800-490-4387

Email: sales@gootessacheese.com



“Very simply, the cheese is ridiculously good!”

-Jason Murray,
Owner & Winemaker,
Arterra Wines

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ABOUT THE ANIMALS, ABOUT THE CAVES

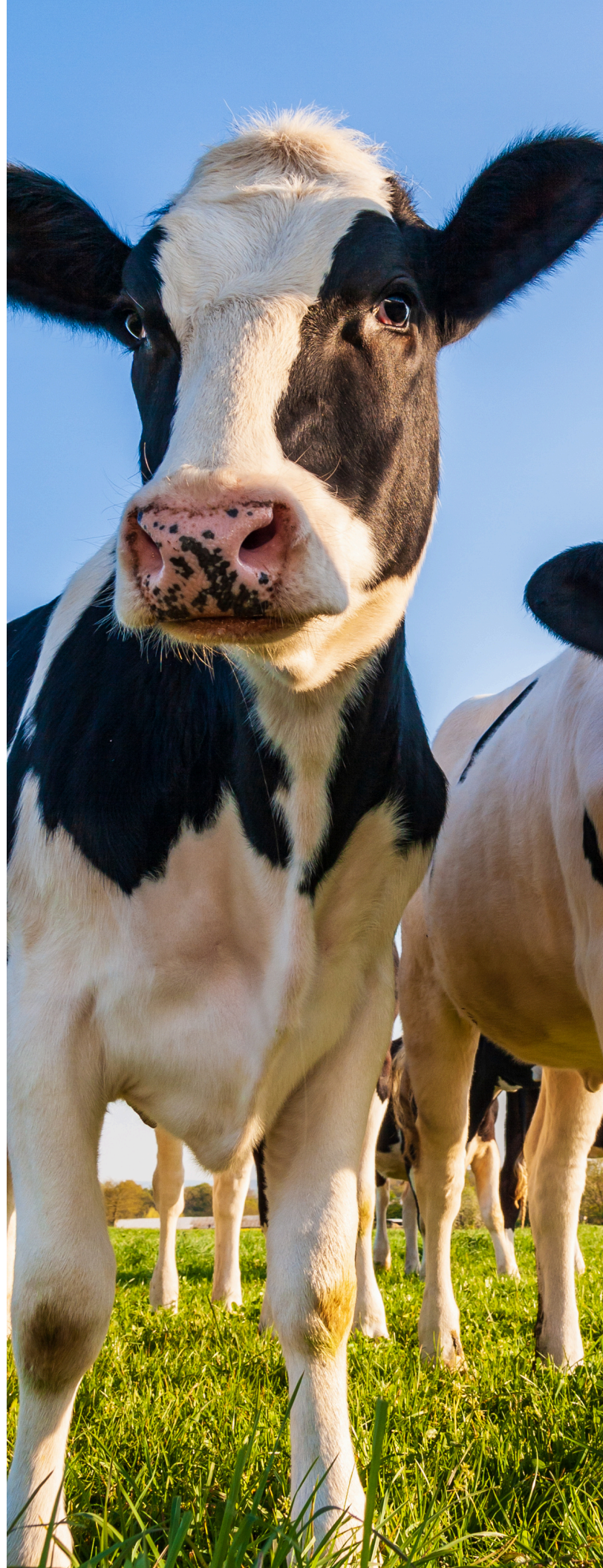
The big three cheeses: Cow, Sheep, and Goat, and the differences between.



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THE GOOT ESSA STORY

Where the cheese story begins.



Craft Exceptional Plates with Goot Essa Cheese



At Goot Essa, we believe great food tells a story — one that starts on the farm and ends with a memorable guest experience. Our cave-aged, handcrafted cheeses are made in small batches using traditional European methods and milk from grass-fed cow, goat, and sheep raised on our family farms in the Allegheny Mountains. The result is a product that reflects true terroir and delivers deep, expressive flavor.

Chefs turn to Goot Essa for cheeses that elevate a menu, tell a compelling story, and spark guest curiosity. We make it easy: we ship directly to you, provide pairing and plating guidance, and are just a phone call away.

When you serve Goot Essa, you're supporting a **multi-generational family farm** and a mission to preserve a way of life rooted in stewardship, community, and care. Let's make your menu unforgettable.

Our cheeses reflect true terroir and deliver deep, expressive flavor.

Der Alpen *"The Alpine"*

Style | Gruyère Style; Aged Alpine-style Comté.

Milk | Cow

Texture | Firm and smooth

Flavor | A beautifully balanced mix of sweet cream, salt, and toasted nuttiness.

Aged | 18 months

Shelf Life | 4 months

Suggested Use | Excellent shaved over roasted vegetables, folded into risotto, or as a bold addition to a cheese course. Pairs well with smoked and grilled meats.

Wine & Beverage | Chilled red like a grenache or light pinot noir, Red Zinfandel, Barbera, Ruby Port | Amber ales or bocks.

HARD CHEESE



Felsa Yehr *"Rock Aged"*

Style | Manchego-inspired; earthy and old-world.

Milk | Sheep

Texture | Firm but surprisingly smooth

Flavor | A complex mix of earth, grass, and subtle grape skin. Clean smooth finish.

Aged | 18 months

Shelf Life | 4 months

Suggested Use | A standout in charcuterie, or grated over grilled lamb chops. Pairs well with figs and apples and cured meats. Melts well.

Wine & Beverage | Tempranillo, Cabernet, Dry Sparkling, funky natural wines | Farmhouse ales or Saisons.



Alt Medisher *"Old Fashioned Goat"*

Style | Aged Goat Gouda

Milk | Goat

Texture | Firm, full-bodied.

Flavor | Lush salted butter, tangy citrus, hint of mushroom. Buttery with a punch finish.

Aged | 10 months

Shelf Life | 4 months

Suggested Use | Adds complexity to warm grain bowls, savory tarts, or paired with nuts on a dessert plate. Pairs well with spicy mustards, stone fruit, and spice-forward meats and veg.

Wine & Beverage | Wide range of whites and reds | Pilsners, Belgian Tripel or wheat beers.



Butta Schaf *"Butter Sheep"*

Style | A mellow, pecorino-style cheese

Milk | Sheep

Texture | Hard texture, full-bodied with smooth creamy paste

Flavor | Rich buttery notes. Balanced tang with earthy, slightly nutty (acorn) sweetness.

Aged | 10 months

Shelf Life | 3 months

Suggested Use | Great shaved over pasta, or served with cured meats and flatbread. Melts well into stretchy cheese. Pairs with savory and sweet including chocolate and fruit.

Wine & Beverage | Wide range semi-dry white and full-bodied reds | Kolsch or session IPAs, amber, rye and brown ales.



Emanuel Vom Tal *"Emanuel from Over the Valley"*

SOFT CHEESE

Style | Classic Bloomy Rind, Brie Style

Milk | Sheep

Texture | A creamy center surrounded by a semi-soft rind

Flavor | Mild but rich salted butter cream, tangy finish with hints of grass; supple, edible rind of slight mushroom

Aged | 60 days

Shelf Life | 4 weeks

Suggested Use | Adds dimension to salads, great on bread on cheese plate. Pairs well with pears, figs, fresh grapes, and almonds. A great dessert cheese.

Wine & Beverage | Wide range of whites, from sparkling to semi-sweet Riesling; light bodied reds. | Saisons, porters and pilsners.



Marn Vom Berge *"Mary from Over the Mountain"*

Style | French Style Brie with bloomy rind

Milk | Goat

Texture | Semi-soft ash rind surrounded by creamy center

Flavor | A salted butter-quality, tangy cream with a mild earthy finish of light mushroom

Aged | 60 days

Shelf Life | 4 weeks

Suggested Use | Baked en croûte, spread on pizza, beet or roasted root salads. Pairs well with sweet and tangy jams, compotes, cherries, and mushrooms.

Wine & Beverage | Wide range of whites, from sparkling to semi-sweet Riesling; light bodied reds. | Saisons, porters and pilsners.



Cheese, the Amish Way

Amish communities, including John and Anna Mary Esh, speak **Pennsylvania Dutch**—a blend of German, Swiss, and English that reflects their deep European roots and centuries of American life. Goot Essa, meaning **"Good Eats,"** shares this heritage in its cheese naming. Wondering who **Mary of Marn Vom Berge** is? She's our shepherd's daughter... who lives over the mountain.



Der Weichen Gehl *"The Soft Yellow"*

Style | Classic Camembert Style.

Milk | Cow

Texture | Supple and creamy. Soft and rich.

Flavor | Mild yet exceptionally buttery; lingering notes of creamy/lactic tang. Nutty rind, and balanced flavor.

Aged | 60 days

Shelf Life | 4 weeks

Suggested Use | Folded into omelettes or crepes, scooped onto flatbreads, or paired with cured meat on a grilled sandwich. Excellent with honey on cheeseboard or dessert. Bakes well.

Wine & Beverage | Crisp dry white wines and light, slightly fruity reds. | Light pilsners and Belgium Wheats.



Old German Weissa “Old German White”

SEMI-SOFT CHEESE

Style | Aged Colby Style;
Washed Curd Cheese

Milk | Cow

Texture | Medium-bodied cheese with a smooth, creaminess

Flavor | Cream and butter with a touch of tang and a long silky finish

Aged | 6-12 months

Shelf Life | 3 months

Suggested Use | Versatile cheese great on sandwiches or as a snacking cheese. Considered the Amish farmstead cheese. Pairs well with sweet, juicy fruits, jams, and jellies.

Wine & Beverage | White Zinfandel or off-dry Chenin Blanc. Any sweet white. | Belgium Wheats or German Pilsners.



Der Edel Bleu “Royal Bleu”

Style | Farmstead
Stilton Style, with Mild
Cheddar Base

Milk | Cow

Texture | Smooth and creamy, but slightly crumbly

Flavor | Full flavored bleu, balanced with a rich cheddar flavor, yet finishes clean

Aged | 8 months

Shelf Life | 2 months

Suggested Use | Crumbled on steak frites, tossed into chicory salads, or melted into cream sauces. The star of a cheese plate.

Wine & Beverage | Range of reds from a young Pinot Noir to a hearty Cabernet Sauvignon or Malbec. | Hearty brews like Belgian ales, stouts, porters.



Der Mutterschaf “The Mother Sheep”

Style | Classic Tomme-Style

Milk | Sheep

Texture | Medium-bodied cheese with a smooth creamy texture

Flavor | Rich and diverse flavor with notes of butter and earth; slightly tangy, citrus finish

Aged | 3-4 months

Shelf Life | 3 months

Suggested Use | Works well alone as appetizer cheese with chewy bread; Pairs well with fresh fruit and peppery salami, chorizo, and prosciutto.

Wine & Beverage | Wide range of white wines and reds with lower tannins. | IPAs, stouts, brown ales, German pilsner and bock beer.



Der Gouda “The Gouda”

Style | Classic Cave-Aged Gouda

Milk | Goat

Texture | Semi-soft with Light Eye Formation

Flavor | A rich Gouda with toasted almond and subtle goat notes—a very clean finish

Aged | 3-5 months

Shelf Life | 3 months

Suggested Use | Grate into risotto, fold into eggs, or melt in grilled cheese. Pairs well with thyme and sage, heirloom tomatoes, crusty sourdough. Excellent with good coffee.

Wine & Beverage | pairs well with a wide range of dry white wines and full-bodied red wines | Stouts, pale ales, and brown ales



Mountain Valley Sharp Cheddar

TRADITIONAL CHEESE

Style | White Cheddar

Texture | A smooth medium bodied semi-hard

Milk | Cow

Flavor | Rich and creamy with a savory sweetness balanced by a rounded sharpness. Long-lasting true cheddar bite that lingers

Aged | 3 Years

Shelf Life | 4 months

Suggested Use | Brings punchy flavor to grilled cheese, burgers, or breakfast sandwiches. Pairs well with pickled onions, whole grain mustard, and tart apples.

Wine & Beverage | Crisp white wines and dry reds | Cider, stouts, lagers, and pale ales



Mountain Meadow Mild Cheddar

Style | White Cheddar

Milk | Cow

Texture | A smooth light bodied semi-hard white cheddar

Flavor | Silken soft cheddar flavors offering a fresh and young tang

Aged | 1 Year

Shelf Life | 4 months

Suggested Use | Versatile cheese that melts well; great cheese sandwich. Melts smoothly into quesadillas, scrambled eggs, or baked potatoes.

Wine & Beverage | Fruity white and reds | Stouts, lagers and pale ales.



Der Vauden Swiss

Style | Emmental-Style

Milk | Goat

Texture | A smooth medium bodied, Emmental Swiss cheese, holes are small and numerous

Flavor | Mild, buttery with a bit of zip, and beautifully balanced acidity

Aged | 1 Year

Shelf Life | 3 months

Suggested Use | Classic for croque monsieur, deli sandwiches, and French onion soup. Pairs well with Dijon mustard, cured ham, and crusty bread.

Wine & Beverage | Fruity white wines and medium to full bodied fruity reds, skin-contact orange | Light-bodied lager or pale ale



"I just feel like the milk itself is a **completely different flavor profile**. Plus how they're aged from fresh to a mature cheese. It gives it all more interest...like your Gouda or your Felsa Yehr... **it has that little bit of nutty bite to it that brings it more depth.**"

-Chef David Raven, *Caboose Brewing*



Der Smoked Alpen *"The Smoked Alpine"*

Style | Smoked Gruyère Style

Milk | Cow

Texture | Firm smooth cheese with a slight hint of salty crunch

Flavor | Piquant, yet subtle smokey flavor with a salty sweet cream and hints of caramel

Aged | 18 months

Shelf Life | 4 months

Suggested Use | Melts beautifully over grilled red meats, smoked duck breast, or tucked into mushrooms. Pairs well with charred vegetables, rosemary, and hearty mustards.

Wine & Beverage | Wide range of white and red wines | Great with porter, amber ale, rye ale, brown ale, Octoberfest, IPA, wheat ale, and lagers.



Mountain Home Woodsmoked Cheddar



Style | Aged and Smoked White Cheddar

Milk | Cow

Texture | A smooth medium-bodied semi-hard

Flavor | Rich, hickory smoke flavors laced with the well-rounded tang of American cheddar

Aged | 18 months

Shelf Life | 4 months

Suggested Use | Brings campfire depth to cheese boards or grilled sandwiches. Pairs well with spicy pickles, rye crackers. Bold addition to burgers or mac and cheese.

Wine & Beverage | Fruity white wines and full bodied, smokey red wines as well as most hearty pilsners and pale ales.

Garden Pepper Cheddar

Style | White Cheddar

Milk | Cow

Texture | A smooth, medium-bodied, semi-hard washed curd

Flavor | Hot pepper piquancy from fresh jalapeño and cayenne pepper. Mild, soft-creamy finish.

Aged | 12 months

Shelf Life | 3 months

Suggested Use | Melts beautifully into tacos, pizzas, burgers, or buffalo chicken wings. Pairs well with green onions, sesame seed crackers, and sour fruit.

Wine & Beverage | Sweet to demi sec whites such as Riesling and white zinfandel as well as light fruity reds. | Wide range of beer



"I use your cheddar for burgers and mac and cheese, stuff like that, where it can **really get that depth by caramelizing it** a little bit... getting that color and getting it all **nice and melty.**"

-Chef David Raven,
Caboose Brewing



Minced Garlic Cheddar

Style | White cheddar

Milk | Cow

Texture | Smooth medium bodied semi-hard with distinct garlic pieces

Flavor | Rich sharp garlic flavors are forefront, followed with a long, creamy-mild cheddar finish

Aged | 12 months

Shelf Life | 4 months

Suggested Use | Intensifies flavor in fondues, casseroles, or creamy mashed potatoes. Pairs well with sweet and spicy mustard, roasted vegetables. Great snacking cheese.

Wine & Beverage | Unoaked whites and light, fruity reds | Wide range of beers



Savory Oregano Cheddar

Style | White cheddar

Milk | Cow

Texture | Smooth medium bodied semi-hard

Flavor | Fresh oregano flavor balanced with a gentle cheddar bites.

Aged | 12 months

Shelf Life | 3 months

Suggested Use | Perfect in pizzas, baked pastas, or atop heirloom tomato slices. Adds Italian notes to savory tarts and breads. Pairs well with honey.

Wine & Beverage | Dry, fruity white wines and full fleshy fruity reds | Red ale, Belgium-style Saison, Witbier and American pale ale.



Handling Goot Essa Cheeses

Storage Temps & Cutting Care



PRIMARY
FORMAT:

Rectangle Loafs: Colbys & Cheddars

CARE:

Storage Temp | 40–53°F; keep consistent

Cutting | Use a wire or lyre for clean slices

Storage After Opening | Wrap in cheese or parchment paper, then loosely with plastic or foil. Store in food bin or drawer in a dark spot in your cooler.

Shelf Life | Up to 4 months sealed; 3–4 weeks after opening

GOOT ESSA CHEESES:

Old German Weissa | cow
4 oz. and 8 oz. block, 5 lb. loaf

Sharp, Smoked, & Flavored Cheddars | cow
4 or 8 oz. block, 5 lb. loaf

Cheese is a living product that continues to release moisture as it ages. When trapped under plastic, this moisture can lead to mold growth and off-putting gas build up. To prevent this, use a two-layer wrap: a breathable layer like cheese or parchment paper, followed by a loose layer of plastic or foil. This allows the cheese to breathe while preventing it from drying out, maintaining cheese's artisanal integrity.

Store Goot Essa cheeses in a cooler at a consistent 40–53°F with around 75% humidity. More important than exact levels is maintaining stability. Keep cheese in a dark, low-traffic area—away from fans and doors.



PRIMARY FORMAT:

Wheel: Hard & Semi-Soft

CARE:

Storage Temp | 40–53°F; high humidity ideal, around 80%

Cutting | Use a double-handled knife or harp. Cut evenly from center.

Storage After Opening | Wrap in cheese or parchment paper, then with plastic or foil.

Shelf Life | Whole wheel: up to 6 months. Opened wedge: 3–4 weeks. Always "face" cheese to remove exposed surface.

GOOT ESSA CHEESES:

Alt Medisher | goat
4 or 8 oz. wedge, 4 lb. wheel

Der Gouda | goat
4 or 8 oz. wedge, 4 lb. wheel

Butta Schaf | sheep
4 or 8 oz. wedge, 4 lb. wheel

Der Mutterschaf | sheep
4 or 8 oz. wedge, 4 lb. wheel

Der Edel Bleu | cow
4 or 8 oz. wedge, 5 lb. wheel

Felsa Yehr | sheep
4 or 8 oz. wedge, 5 lb. wheel

Der Alpen | cow
4 or 8 oz. wedge, 12 lb. wheel

Der Vauden Swiss | cow
4 or 8 oz. wedge, 12 lb. wheel

Der Smoked Alpen | cow
4 or 8 oz. wedge, 6 lb. half wheel



PRIMARY
FORMAT:

Logs: Soft, Natural-Rind

CARE:

Storage Temp | 35–45°F; stable humidity

Cutting | Use sharp knife or wire. Clean between cuts.

Storage After Opening | Wrap in cheese or waxed paper (not plastic; should breathe.) Store in airtight container. Can add damp towel to container to maintain humidity.

Shelf Life | Soft cheeses continue to ripen once delivered. Sealed, 4 weeks. Opened, 7 days. Refer to our Soft Cheese Ripening Guide to identify ripening stages.

GOOT ESSA CHEESES:

Marn Vom Berg | goat
5.5 oz. log

Emanuel Vom Tal | sheep
5.5 oz. log

Der Weichen Gehl | cow
6 oz. wheel

Your Cheese is **Alive!**

*Your Guide to Soft
Cheese Ripening*



**STORE COOL.
TASTE OFTEN.**

Goot Essa's soft cheeses—like Marn vom Berge and Der Weichen Gehl—continue to ripen after you bring them home. Their flavors, aromas, and textures evolve week by week. This is a **natural part of the beauty of enjoying handcrafted sheep and goat cheeses.**

The Gist:

There are 2-3 weeks per ripening stage

Soft cheese best enjoyed 10-12 weeks of make date, or before 'best-buy' date

Over the Hill

Strong, pungent, **overripe**, & undesirable aroma and flavor. Full cream line or runny texture. No chalkiness.

Mature

Pleasant mushroomy, cave-like smell. **Rich, complex flavor.** Creamline near rind fully developed to $\frac{2}{3}$ of round. Chalky core.

Adolescent

Bright, earthy smell. Moderate flavor development. Chalky center, $\frac{2}{3}$ of way through round. Creamline near rind $\frac{1}{3}$ of round.

Early

Bright, milky smell. Gentle flavor, **very mild.** Chalky all the way through with very little creamline.



The Rind?

Fully edible and deeply delicious.

*Goot Essa's Goat Milk
Marn Vom Berge, Mature*

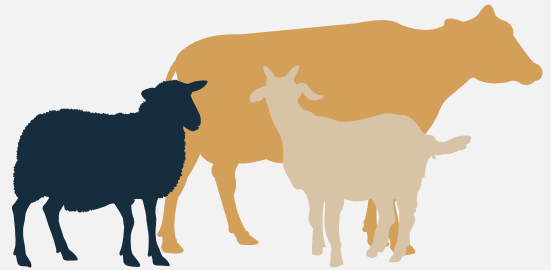
The Big Three Cheeses

Understanding the Central Differences Between Sheep, Goat, & Cow Cheeses



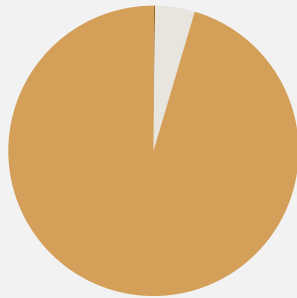
Sheep	Goat	Cow
TASTE		
Nutty , oily, sometimes sweet & slightly barnyard-y	Bright, tangy , often minerally or citrusy	Grassy, creamy , sometimes buttery & earthy
TEXTURE & COLOR		
Ivory color; creamy due to high fat content, soft to firm depending on age	Bright white; often crumbly, but can be dense or creamy depending on moisture	Off-white, sometimes buttery yellow; varies widely from soft & spreadable to dense & firm
MILK FAT CONTENT		
Highest (twice the fat of cow/goat, creamy, rich)	Moderate (rich in medium-chain fatty acids, lower in cholesterol)	Lower (more water, lighter, grassy flavors)
DIGESTIBILITY		
Smaller fat globules, naturally homogenized, easier on digestion	Like sheep, smaller fat globules, naturally homogenized, easier on digestion	Larger fat globules, can be harder to digest for some
BEST USES		
Hard cheeses like Pecorino, Manchego-style	Fresh chèvre, aged logs, semi-firm tommes	Versatile from fresh mozzarella to aged cheddars

Milk Production and Average Yields



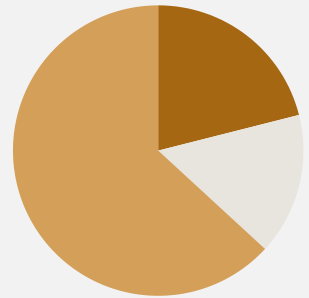
Dairy Animals in U.S. *estimated head*

- Sheep: 17,500
- Goat: 430,000
- Cow: 9.3 million



Goat Essa Cheese Breakdown

- Sheep: 4 varieties
- Goat: 3 varieties
- Cow: 12 varieties



MILK PRODUCTION

- Sheep:** 2 quarts/day (smallest yield, richest composition)
- Goat:** 2-4 quarts/day (highly nutrient-dense)
- Cow:** 8-16 gallons/day (most productive)



AVERAGE CHEESE YIELD (PER GALLON)

- Sheep:** $\frac{3}{4}$ - 1 $\frac{1}{4}$ pound
- Goat:** $\frac{3}{4}$ - 1 $\frac{1}{4}$ pound
- Cow:** $\frac{1}{2}$ - 1 pound



The Goot Essa Cheese Caves

At Goot Essa, aging is a defining part of our process—not just time, but technique. Our caves (we have two!), are carved into the limestone hills of central Pennsylvania, mirror traditional European affinage environments, holding steady at 55°F and 85–90% humidity—ideal for rind formation and microbial development.

Cheeses rest on untreated wooden shelves, which absorb excess moisture and support airflow. These living surfaces retain beneficial molds from past batches, helping build each cheese's signature rind and complex flavor.

Our first cave, built in 2009

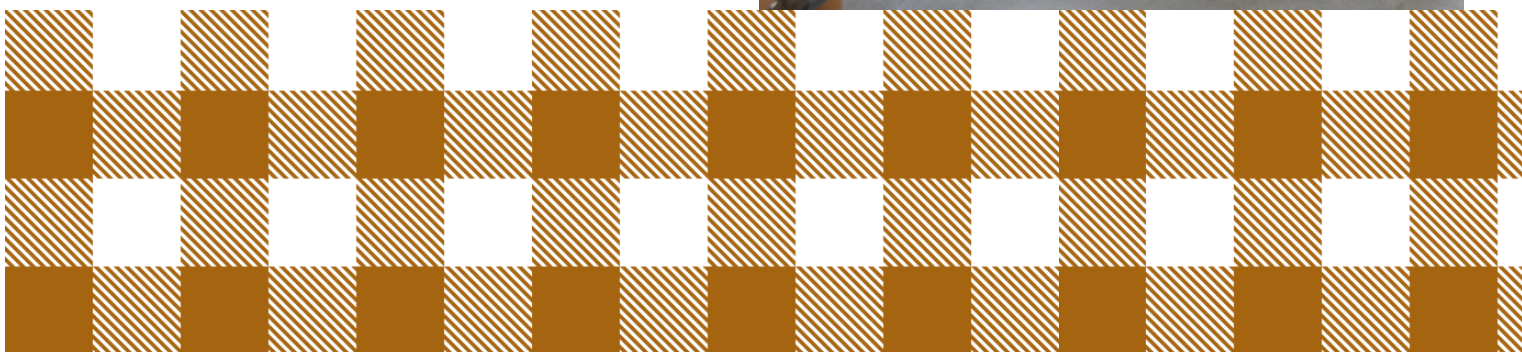


Cave-aging is hands-on: cheeses are turned, brushed, and monitored one by one.

We use multiple cave environments—short, high-humidity aging for soft-rind cheeses like *Der Weichen Gehl* and *Marn Vom Berge*, and longer aging for natural-rind cheeses like *Felsa Yehr* and *Der Alpen*, where the mountain air contributes to their earthy, nutty depth.

For chefs and winery teams, these cheeses offer more than taste—they tell a story of care, place, and tradition.

Serve them to create a memorable experience that lingers well beyond the last bite.



The Goot Essa Story

Goot Essa— meaning “good food” in Pennsylvania Dutch

—began in 2001 as a cooperative of six Amish dairy farms, including ours, with a shared goal of helping our communities thrive. My wife, Anna Mary, and I started making cheese using surplus milk from our Holstein herd, working at first in the basement of our farmhouse. We relied on traditional horse-powered methods, the Amish way—with a strong focus on stewardship, animal care, and community.

"Nothing we do is rushed. We make cheese in small batches, and let nature lead. That's why each wedge has character—you won't get the same flavor from a machine."

-John Esh





As we refined our cheesemaking, we built our first aging cave in 2009, then added more in 2012 and 2015. These caves gave us the ability to carefully age a growing variety of cheeses—soft, semi-soft, hard, blue, and flavored—while staying true to small-batch quality and deep, developed flavors.

"We don't make cheese to keep up with trends. We make it to connect—to the land, to tradition, and to people who care about flavor. If that ends up on a chef's plate in New York or a table in Lancaster, we're honored."

-John Esh

Today, we distribute across all 50 states and are revered by fine dining restaurants and wineries throughout the Mid-Atlantic and New England. For chefs and tasting-room teams, each cheese brings not just taste, but purpose: *every bite supports family farms, preserves Amish heritage, and offers guests an authentic farm-to-table story that elevates any menu or pairing program.*



**GOOT
ESSA**

Promotional Products for Wineries



Poster



Table Tent

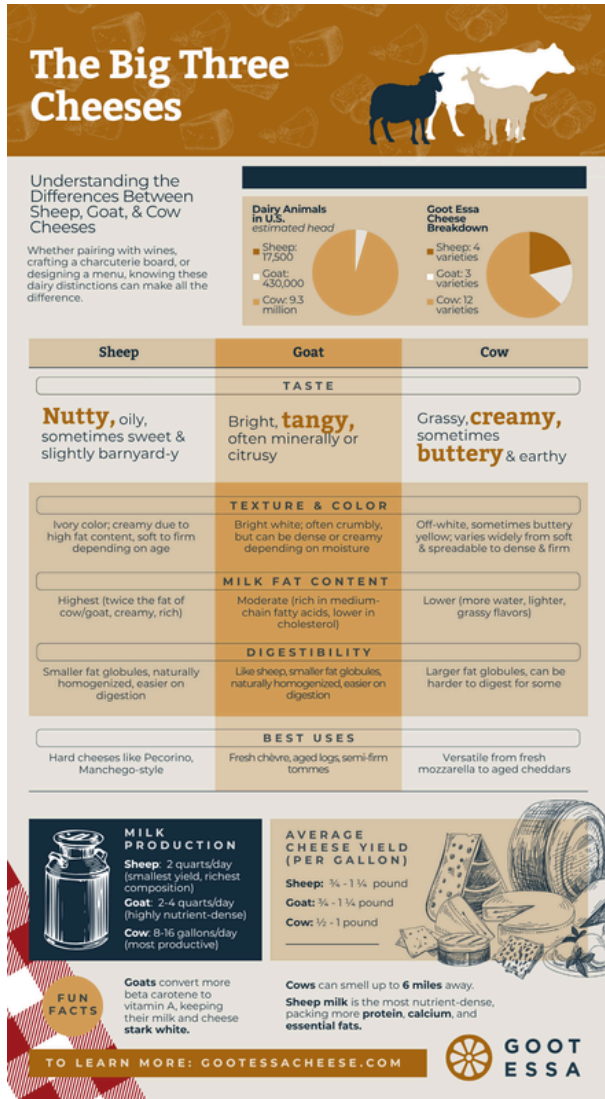
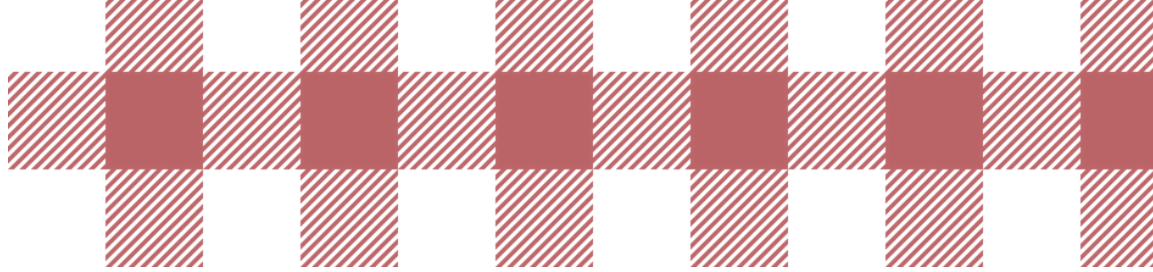


Shelf Talker



Trifold Brochure





The Big 3 Infographic

We also have a variety of photo cards available upon request.



Learn Dutch Postcard



Window Cling

Scan this QR code to view wholesale partner resources or give us a call to request copies. 800-490-4387



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\$10 flat rate shipping on orders less than \$250.



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Goot Essa



John Esh



**GOOT
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