

## Cheese Grating Reference Guide

*A practical conversion sheet for consistent recipe results.*

### Parmesan / Hard Cheeses

#### Fine Grate (small box-grater holes)

- 1 cup = **50–55 g**
- Use for: cooking, sauces, Eggplant Parmesan, coatings
- **This is the most used standard.**

#### Microplane (very fluffy)

- 1 cup = **25–30 g**
- Use for: topping pasta, risotto, soups
- NOT for recipe measurements → too light



### Mozzarella / Cheddar / Soft Cheeses

#### Coarse Shred (large box-grater holes)

- 1 cup = **85–90 g**
- Best for: melting (pizza, lasagna, bakes)

#### Medium Shred (classic shred)

- 1 cup = **70–75 g**
- Best for: omelets, quesadillas, sandwiches

### Which should I use when a recipe just says “grated cheese”?

**Parmesan:** Fine grate only → **50 g = 1 cup**

**Mozzarella:** Coarse shred → **110 g per cup (your standard)**

**Cheddar:** Medium or coarse shred depending on melt desired

### Japan-Specific Notes

- Low-moisture mozzarella blocks grate best — **freeze 20–30 minutes first.**
- Tube Parmesan (粉チーズ) is denser & saltier → adjust sodium downward.
- Parmigiano-Reggiano is expensive but gives superior umami with less quantity.

### Best Practices

- For all recipes → **fine grate Parmesan** by default.
- For soft cheeses → the recipe will specify “coarse shred” or “medium shred.”
- Anytime a recipe needs a different texture (e.g., microplane), it will be noted.