

GRUB STREET

October 23, 2015

GRUB GUIDES

11 Great New Ways to Get Your Cheese Fix in New York

As it turns out, there may be some truth to your claim that you just couldn't stop eating all that cheese, no matter how hard you tried. A new [study](#), published in the U.S. National Library of Medicine, examined why some foods are more addictive than others, and pizza, unsurprisingly, topped the list of dishes people can't stop eating. The reason behind this has a lot to do with cheese, which, like all dairy, contains a protein called casein that releases opiates during digestion. Cheese, in other words, makes you physically happy, which is just about the only excuse you need to go on a burrata bender this weekend. To get you started, here are 11 new cheesy dishes because — let's be honest — there will never be enough.

Bacon, Egg, and Cheese Taco

Where: [Empellón Taqueria](#)

Price: \$12 or \$18

Alex Stupak is not beyond going low-brow with his tortillas — see Empellón Cocina's cheeseburger taco — or reimagining breakfast staples like lox and cream cheese as antojitos. At his West Village restaurant, you will find this brunch-only breakfast taco, fit for New York and made with American cheese.