



England

STILTON HEART OF ENGLAND

Stilton is a PDO cheese produced exclusively in the counties of Derbyshire, Leicestershire and Nottinghamshire. Strangely enough, Stilton cannot be produced in the village of Stilton, which gave the cheese its name because it is located in Cambridgeshire.



Leicestershire
England



1/4 2-Kg wheel (cross-section).

Leicestershire, in the West Midlands, is in the centre of England. It is a relatively flat, very damp area that has always been home to a great many farms and cropland. To the east of the River Soar are the high lands, where there is agriculture and livestock and dairy produce is made.



KNOWN IN ENGLAND AS THE "KING OF CHEESES"

SUITABLE FOR VEGETARIANS BECAUSE IT CONTAINS NO ANIMAL RENNET

History and production

There are two varieties of Stilton, Blue Stilton known in England as "the king of cheeses" and White Stilton, which is often produced with berries and cranberries. The story goes that in 1743 Cooper Thornhill, a contractor from the East Midlands, was the owner of the luxurious Bell Inn.



The Bell Inn, Stilton (1743).

He bought this cheese from a lady who made it in Leicestershire and educated travellers on its taste. This is why it adopted the name of the village of Stilton, where the Bell Inn was located.

The main characteristics of Stilton are its cylindrical shape, an approximate weight of 8 kg, thick mouldy natural rind, creamy paste, easy to crumble and an ivory colour with blue veins. Stilton is traditionally served at Christmas. A hole is made in the centre of the cheese and a spoonful of port is poured in every day for a week. When the festivities arrive, Stilton is enjoyed by the whole family.



Leicestershire

PAIRING

Accompany with: walnut or hazelnuts, chutneys, fresh fruit such as pear or grapes, etc.

Wine: a sweet white wine such as Sauternes, Gewürztraminer, muscatel served cold, port or sherry. Ice wine.

Beer: Pauwel Kwak beer or Kriek cherry beer.

Bread: crackers, rye bread, walnut bread.



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Use

Stilton cheese is a great classic from English and is a very versatile cheese. It can be added to any dish to give a different touch of flavour.

Here are a few ideas on how to combine it.

TYPE OF CUT

Wedge



Crumbled



In sauce



HOT DISHES

- Au gratin on pizza, coca bread, etc
- Tarts and Quiches
- Crepes
- Sandwiches
- Pear lasagne with Stilton (see Recipe 1)

- Sauces to accompany meat or vegetables
- Stilton pasties with potato (see Recipe 2)

COLD DISHES

- Cheese board with dried fruit and nuts

- Endive salad with Stilton and sweet potato (see Recipe 3)
- Stilton salad with apple, pear, celery and walnuts

- Blended with milk or yoghurt (sauce for pasta and/or vegetables)

RECIPES

INGREDIENTS

- 60 g Stilton cheese
- 150 g peeled pear
- 2 tablespoons butter
- 150 g peeled onion
- 25 g almond flour
- Salt and pepper
- 4 lasagne sheets
- 2 tablespoons pesto

PESTO

- 50 g basil
- 1 clove of garlic
- 20 g pine nuts
- 40 ml olive oil
- Salt and pepper

Very easy | 2 portions | Suitable for children

PREPARATION

Dice the pear and brown it in half of the butter over a high heat. Allow to cool. Cut the onion into julienne strips and cook with the rest of the butter over a medium heat until caramelised. Mix the pear with the onion, the almond flour and the crumbled Stilton cheese. Season with salt and pepper. Boil the lasagne sheets in salted boiling water, drain and dry. Slice the sheets in half. For the pesto, scald the basil and garlic for 5 seconds. Blend with the pine nuts, oil, salt and pepper.

ASSEMBLY

Place on sheet on a tray. Spread 1/3 of the filling and cover with another sheet. Repeat 3 times. Preheat, serve with the pesto and small pieces of Stilton.

INGREDIENTS

- 60 g Stilton Heart of England
- 20 g spring onion sliced into julienne strips
- Olive oil
- 30 g chopped potato
- 4 pasty sheets

Easy | 2 portions | Suitable for children

PREPARATION

Sauté the onion in a saucepan with a little oil until caramelised and reserve. Crumble the cheese. Boil the chopped potato and mash. Mix the mashed potato, crumbled cheese and onion in a bowl.

ASSEMBLY

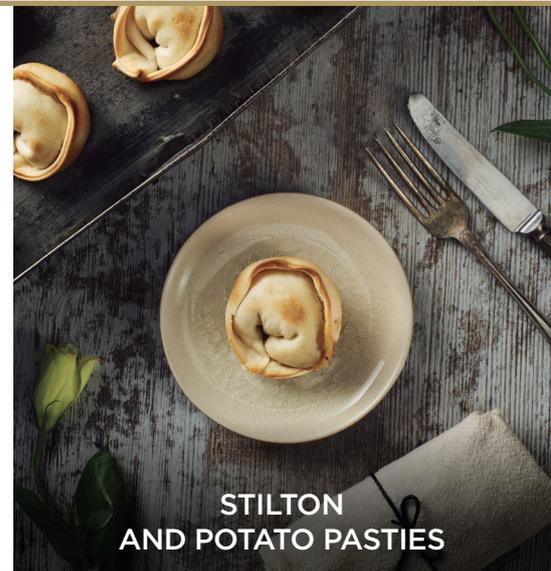
Place one tablespoon of filling in the middle of the pasty sheet, paint the edge with water and seal closed, making sure there is no air inside. Bake in an oven at 250°C until brown (around 5-7 minutes).

NOTES

They can also be fried.

TIP

You can replace the 20 g of spring onion with 10 g of bought fried onion.



STILTON AND POTATO PASTIES

INGREDIENTS

- 60 g Stilton
- 100 g sweet potato
- 2 tablespoons olive oil
- 25 g walnuts
- 3 slices dried apricot
- 1 endive
- Salt and pepper

Very easy | 2 portions | Suitable for children

PREPARATION

Crumble the cheese. Dice the sweet potato and sauté in the olive oil in a covered frying pan over a medium heat until soft and browned. Dice the walnuts and apricots. When the sweet potato is soft, mix with the walnuts and apricots and the crumbled Stilton.

Season with salt and pepper and mix well. Separate the endive leaves and make canapés, placing one spoonful of the mixture on each leaf.



ENDIVE LEAVES WITH STILTON, SWEET POTATO SALAD AND DRIED

VIDEO OF THE RECIPES AVAILABLE ON OUR APP



AND ALSO AT www.iberconseil.es