



Ireland

# KERRYGOLD CHEDDAR

Cheddar is a grainy, firm cheese with a consistent flavour. It was originally produced in the town of Cheddar in Somerset, England. Cheddar is now made in different countries, including Ireland. Kerrygold Mature Cheddar is a cheese that has been perfectly aged for more than 12 months.



RICH IN BETA-CAROTENE  
PERFECT FOR MANY  
DIFFERENT DISHES



Mature 200 g and 400 g portion



In Ireland, two thirds of the land is used for agriculture, and 80% of these two thirds for crops. It has vast expanses of green meadows for livestock. Thanks to its regular rainfall, Irish soil is highly irrigated. Irish farmers have been milking cows and producing the best dairy products for more than 6,000 years.

## History and production

In the sixties, on 17th May 1961 to be precise, An Bord Bainne (Irish for the Irish Dairy Board) was established to promote, facilitate and develop the export of milk and dairy products in Ireland and England. The Kerrygold cooperative had been born. The firm now distributes products around the world and has a firm foothold in the markets with products of an excellent quality, including cheeses and butters.



Irish producers.

Kerrygold represents the interests of over 82% of Irish milk farmers. Their cows graze in the green fields of Ireland 300 days a year. This makes the flavour of their milk so exceptional and rich in beta-carotene. Kerrygold works persistently on guaranteeing sustainability throughout the production process.



Irish meadows.

## PAIRING

**Accompany with:** dried figs or apricots, chutneys or quince jelly.

**Wine:** white or rosé wine. Cava. Light, fruit red.

**Beer:** Ale, bitter with hops. Modelo stout.

**Bread:** cereal bread, bread with walnuts, crackers, wheat or corn tortillas (quesadillas).



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## Use

Kerrygold Cheddar cheese is basic food that is perfect for a cheese board, and to accompany salads or enhance a sandwich.

Here are some examples of how to use it every day.

### TYPE OF CUT

### HOT DISHES

### COLD DISHES

Diced/Cubes



• Topping on pizzas or coca bread

• Cheese board  
• Nibbles/on cocktail sticks  
• Cheddar and tomato tartar (see Recipe 1)

Grated Shavings



• Au gratin on pizza, pasta or coca bread  
• Quiche  
• Cheddar and chicken quesadillas (see Recipe 2)

• Assorted salads (pulse, pasta, green salad, etc.)

Loncha



• Grilled canapé  
• Beefburger with Cheddar (see Recipe 3)

• Canapés  
• Sandwiches

En salsa



• Pasties  
• Croquettes  
• Fritters

• Sauce for pasta salad

## RECIPES



**CHEDDAR AND TOMATO  
'TARTAR' WITH  
CRUNCHY BREAD**

### INGREDIENTS FOR THE "TARTAR"

- 60 g Cheddar
- 40 g breadcrumbs
- 100 g tomato
- 10 g olive oil

### INGREDIENTS FOR THE TARTAR SAUCE

- 1 teaspoon diced capers
- 2 teaspoons diced parsley
- 2 tablespoons mayonnaise
- A few drops of Worcester sauce (optional)
- 1 teaspoon Dijon mustard
- 2 teaspoons chives

Very easy | 2 portions | Suitable for children

### PREPARATION

Break up the cheese into small pieces using the tip of a knife. Dice the tomato finely. Crumble the bread, mix the breadcrumbs with the olive oil and toast in the oven at 180o for a few minutes until crunchy. Prepare the tartar sauce by mixing all the ingredients. Mix the cheese with the tomato and the tartar sauce. Serve the crunchy breadcrumbs on top before adding the diced chives.

### INGREDIENTS

- 120 g Cheddar
- 100 g chicken breast
- 50 g onion
- 150 g red pepper
- Olive oil
- 4 Mexican wheat tortillas
- Salt

Very easy | 2 portions | Suitable for children

### PREPARATION

Slice the chicken into thin strips and season with salt. Cut the vegetables into julienne strips. Brown the strips of chicken in a frying pan with very hot olive oil and reserve. In the same frying pan, sauté the vegetables over a high heat with olive oil. Mix the sautéed vegetables and the chicken. Grate the Cheddar cheese.

### ASSEMBLY

Place 1/4 of the mixture of vegetables and chicken on top of each tortilla, covering half. Place the Brown the "quesadillas" on both sides in a pan and the grated cheese on top and seal the "quesadillas". frying pan with a little oil over a medium heat.



**CHICKEN QUESADILLAS WITH  
CHEDDAR, RED PEPPER  
AND ONION**

### INGREDIENTS

- 60 g Cheddar
- 300 g minced beef
- 3 g de salt
- 30 g pickled gherkins
- 90 g tomato
- 2 burger buns
- Olive oil
- 30 g Bio ketchup
- 30 g mezclum

Easy | 2 portions | Suitable for children

### PREPARATION

Slice the cheese. Mix the meat with salt and shape the burgers. Slice the gherkins and the tomatoes. Cook the beefburger on one side, turn and place the cheese on top. Spread the bread with ketchup and assemble the burger with the remaining ingredients.



**BEEFBURGER WITH  
CHEDDAR, GHERKINS,  
TOMATO, LETTUCE, BIO  
KETCHUP**

VIDEO OF THE RECIPES AVAILABLE ON OUR APP



AND ALSO AT [www.iberconseil.es](http://www.iberconseil.es)