

taste

Discovering Flavour



Ballycashel

Mild Irish flavour, natural and creamy, reduced fat, low in salt



Ballycashel

Ballycashel is a mild creamy cheddar style cheese, developed to meet the needs and lifestyle of the modern consumer. Its salt content is reduced in line with Food Standards Agency guidelines and a reduced fat content compared to Cheddar, makes Ballycashel a tasty healthy choice.

Known for its mild flavour it is suitable for all taste buds, and its excellent slicing characteristics means Ballycashel is particularly suitable for sandwiches. It is therefore a lunch box favourite with kids and Mums alike providing a nutritious, tasty convenient snack.

The
Imokilly
Cheese Company

recipe

Warm vegetable salad with Ballycashel on toasted ciabatta



Ingredients

ciabatta bread, 1 red pepper, 1 yellow pepper, 1 aubergine, 1 courgette, 2 slices of Ballycashel, 1 tsp extra virgin olive oil

Dressing for the Provençal

290ml/½ pint extra virgin olive oil
100ml/3½fl oz balsamic vinegar
1 clove of garlic – sliced, 3 sprigs of thyme, 10 basil leaves

Method

Mix all the ingredients for the dressing in a large bowl. Cut the peppers into 1/8th wedges, and the aubergine and courgette into slices. Tumble the vegetables in the dressing and place on a baking tray, put into a preheated oven at 160C/325F/Gas 3.

Slice the ciabatta bread into thick slices. Brush with olive oil and toast both sides until golden brown. Now top with the Provençal vegetables and slices Ballycashel cheese.

Place under a moderate grill and cook until the cheese has melted and coloured slightly.

Nutritional Information for Ballycashel

Parameter	Composition
Protein %	23.5
Energy KJ / 100g	1512
Energy Kcal / 100g	364
Sodium mg / 100g	760
Carbohydrate %	Trace
Saturated Fat %	30.0
Unsaturated Fat %	19,4



Cheese Full Of Natural Flavour

The Imokilly Cheese Company offer a broad range of premium speciality cheeses with exceptional flavour characteristics, manufactured from the finest natural ingredients using generations of cheesemaking craft and expertise. Our cows graze contentedly on the region's lush green pastures bathed by the temperate Gulf Stream, to produce the finest quality milk essential for premium cheese production.

Today's modern facility is, of course, unrecognisable from the original plant dating back to 1930, but as always, we adhere to strict guidelines and our standards are of the highest quality.

The
Imokilly
Cheese Company

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