

# taste

*Discovering Flavour*



## Black Abbey



Semi-hard, creamy, sweet and nutty Swiss flavour



### Black Abbey

Black Abbey is a semi-hard yellow cheese with a creamy, sweet and nutty flavour. It is produced from a traditional recipe originating in the Swiss Alps homeland of Gruyère. Black Abbey is in every sense of the word, a truly distinctive cheese naturally ripened over a prolonged period allowing the specially selected cultures to develop its unique flavour profile.

Black Abbey is an excellent cheese for cooking, with a distinctive but not overpowering taste. In particular, its melting qualities make this the perfect cheese for gratins and in recipes where there are subtle flavours such as a quiche; Black Abbey will add savoury notes without overshadowing other ingredients. It is also traditionally used in soups, sauces and in sandwiches.

The  
*Imokilly*  
Cheese Company

# recipe

## Cauliflower & Broccoli Gratin with Black Abbey



### Nutritional Information for Black Abbey

Parameter	Composition
Protein %	29.0
Energy KJ / 100g	1450
Energy Kcal / 100g	350
Calcium mg / 100g	940
Sodium mg / 100g	850
Carbohydrate %	Trace
Saturated Fat %	16.2
Unsaturated Fat %	8.2

### Ingredients

1 fresh bay leaf, 1/2 cauliflower, 4-5 broccoli florets, 500ml double cream, 1 egg, 2 tbsp Dijon mustard, 160g finely grated Black Abbey, course sea salt, baking dish, about 25cm diameter, greased with butter

### Method

Bring a large saucepan of water to the boil, add the bay leaf, salt generously, then add the cauliflower and broccoli, cook until slightly firm. Drain and set aside.

Put the double cream in a saucepan and bring to the boil. Boil for 10 minutes then stir in the egg, mustard and 1 tablespoon of salt. Divide the cauliflower into smaller florets, then stir into the cream sauce.

Transfer to the prepared dish and sprinkle the cheese over the top in an even layer. Bake in a preheated oven at 200°C (400°F/Gas Mark 6) until golden, about 45 minutes.

Serve hot.



## 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.

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