

taste

Discovering Flavour



Calow

Piquant Italian flavour, high in calcium, reduced fat



Calow

Calow is a reduced fat cheese with the characteristic piquant flavours of an Italian hard cheese. Our expert cheesemakers have drawn on decades of experience to develop a fantastic 'healthy option' with less than half the fat of its standard counterpart and enhanced calcium levels for good bone health without compromising on flavour.

Its close texture makes it excellent for slicing and as a versatile ingredient in salads and pasta dishes.

The
Imokilly
Cheese Company

recipe

Rarebit with Calow



Ingredients

25g butter
4 shallots or 1 onion, sliced
100g Calow
75ml ale or lager
1 teaspoon mustard
pinch of salt
2 eggs, lightly beaten
4 slices of bread
freshly ground black pepper

Method

Melt the butter in a heavy-based sauce pan, add the shallots or onion and cook until softened.

Add the cheese, ale or lager, mustard and salt. Stir over low heat until the cheese has melted. Add the beaten eggs and stir until the mixture has thickened slightly - about 2/3 minutes. Don't overcook or you will scramble the eggs.

Toast the bread on both sides, then spoon the cheese mixture onto the toast and cook under a pre-heated grill until puffed and gold-flecked. Serve with lots of black pepper.

Nutritional Information for Calow

Parameter	Composition
Protein %	36.0
Energy KJ / 100g	260
Energy Kcal / 100g	1090
Calcium mg / 100g	1050
Sodium mg / 100g	670
Carbohydrate %	Trace
Saturated Fat %	10.0
Unsaturated Fat %	6.8



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

sales@imokillycheesecompany.com