

# taste

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*Discovering Flavour*



## Monterey Jack

Mellow smooth and creamy, American flavour



### Monterey Jack

Imokilly Monterey Jack is a semi hard white cheese with a smooth, distinctive mellow flavour, subtle lactic notes and a pleasant creamy texture. Our expert cheesemakers ripen Monterey Jack under controlled conditions to develop a flavour which is the perfect accompaniment to spicy food, especially Mexican style dishes.

Imokilly Monterey Jack is widely appreciated for its taste and great versatility. It can be grated on a salad, sliced to go in a sandwich or melted on baked enchiladas. Whatever the application it is the perfect complement to virtually any dish.

The  
*Imokilly*  
Cheese Company

# recipe

## Monterey Jack Grilled Sandwich



### Ingredients

2 Slices of light rye bread  
Wholegrain mustard  
Monterey Jack  
Caraway seeds  
Black Forest ham

### Method

Lightly butter the outside of the bread. Spread the wholegrain mustard over inside of the bread.

Layer with slices of Monterey Jack and a slice of Black Forest ham, sprinkle lightly with caraway seeds.

Sandwich together and cook in a frying pan or sandwich grill.

### Nutritional Information for Monterey Jack

Parameter	Composition
Protein %	26.0
Energy KJ / 100g	1600
Energy Kcal / 100g	400
Salt mg / 100g	1.8
Carbohydrate %	0.1
Saturated Fat %	34.4
Unsaturated Fat %	21.3



## 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  
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