

taste

Discovering Flavour



Imokilly Regato PDO

Piquant Italian flavour, dry firm texture, light creamy colour.



Standard Regato, Regato Light and Smoked Regato

Imokilly Regato is a premium Italian style hard cheese, produced to an authentic recipe which gives the cheese its characteristic piquant flavour, dry firm texture and light creamy colour. The cheese was awarded PDO status in recognition of its unique qualities and only cheese made at the Imokilly dairy, using milk exclusively sourced from local farms and made to our recipe, can be truly called Imokilly Regato.

In addition to the traditional standard Imokilly Regato, we have developed Regato Light as a reduced fat, healthy option and Smoked Regato for more sophisticated tastes.

The
Imokilly
Cheese Company

recipe

Imokilly Regato PDO and herby polenta



Ingredients

125g quick-cook polenta
250ml stock
1 tbsp chopped fresh rosemary
Salt and freshly ground black pepper
30g Imokilly Regato grated

Method

Place the polenta and stock into a small saucepan.

Add chopped rosemary and seasoning and bring to the boil.

Reduce the heat and simmer until all the stock has been absorbed. Stir in the Imokilly Regato.

Nutritional Information for Standard Regato

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

Nutritional Information for Regato Light

Parameter	Composition
Protein %	34
Energy KJ / 100g	1140
Energy Kcal / 100g	280
Calcium mg / 100g	1150
Sodium mg / 100g	1000
Carbohydrate %	>0.1
Saturated Fat %	9.92
Unsaturated Fat %	5.36



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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Cheese Company

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