

# taste

Discovering Cheese



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Welcome to **taste** the npd newsletter from Dairygold Food Ingredients UK. Each issue we will be bringing you our latest innovations, and looking at trends in the cheese sector. So sit back, read and enjoy, and if there is anything that you'd like to find out more about, please get in touch.

## Gourmet Reduced Fat Cheeses

Is there such a thing? I here you say. More often than not we associate reduced fat products with being pretty bland and even tasteless at times. Well times are changing – Dairygold can now offer a range of gourmet reduced fat cheeses with 'attitude', described as "Half the fat, not half the flavour"! There are both 16% and 22% fat varieties available with added ingredients such as:



Reduced Fat Cheese with Cracked Black Pepper  
Reduced Fat Cheese with Peppers and Peri Peri  
Reduced Fat Cheese with Onions and Chives

Not only are the cheeses full of flavour, they are full of Provenance; the cheeses are carefully made by a Farmhouse Cheese Maker in the West Country, using local milk. The cheeses are then blended with the finest quality ingredients selected for suitability.

Dairygold are currently trialing these cheeses to understand their suitability to format, perhaps even a slice format!

Dairygold's sister company Dan Dairies also produce a range of soft cheeses including a low fat soft cheese (5%) and ezycheese, (including the ezycheese-italian, ezycheese-swiss, ezycheese-blue) in both 8% and 3% fat options. These can be used as an alternative to or replacement for mayonnaise or crème fraîche type bases in sandwich fillings and pasta salad dressings, delivering not only flavour but also improving the nutritional value of the product.

## Superfoods

Superfoods – it's a natural foodstuff which has functional properties to promote health and wellbeing. Superfoods have featured more and more throughout 2007 and look set to grow in 2008. With this in mind we wanted them to feature in this Healthy Eating and Healthy Lifestyles Taste issue.



A popular superfood - Cranberries possess one of the highest levels of phenols, which are plant chemicals that lower oxidation of LDL (bad) cholesterol. Studies have also indicated that the proanthocyanidins in cranberries can help to protect against urinary tract infections. Cranberries are a fantastic ingredient to mix with some of British Crumbles such as Wensleydale and White Stilton.

Another popular foodstuff but perhaps less well known for its health properties are onions. Onions are associated with lower rates of lung cancer. The sulphur compounds and flavonoid quercetin are thought to be responsible for the anti cancer properties of onions. Quercetin also appears to boost the immune system, promotes detoxification and reduces inflammation. The Reduced Fat Cheese with Onions and chive featured earlier in the issue is a great way of achieving reduced fat with a functional property.



## Pear Salad with Wensleydale & Cranberries Dressing

This hot cheesy sauce makes a wonderful dressing for a crunchy fresh salad. It is important to drizzle the dressing over just before serving otherwise the salad will become soggy.



### Serves 4

2 slices thick cut white bread  
2 tbsp olive oil  
3 ripe pears  
1 tbsp fresh lemon juice  
75g (3oz) pecan nuts  
150g (5oz) watercress

### for the dressing:

175g (6oz) Wensleydale & Cranberry cheese  
150ml (5froz) light crème fraiche  
freshly cracked black pepper

- Cut the crusts off the bread then cut into 1cm cubes. Heat the oil in a small pan and gently fry the bread cubes until golden and crisp. Drain onto absorbent kitchen paper.
- Rinse the pears and pat dry, cut into quarters and remove the core then cut each quarter into thin wedges. Place in a large bowl and toss with the lemon juice. Add the pecan nuts and watercress and toss well.
- Divide between 4 serving plates and scatter the croutons over the top.

For the dressing, crumble the cheese into a small pan and stir in the crème fraiche, heat gently stirring continuously until cheese melts and you have a creamy smooth sauce.

- Drizzle over the 4 salad plates and serve at once.

### Dairygold Food Ingredients Recent Product Launches

Product Description	Launched into
Parmigianino Reggiano 2x5kg	Added Value Bread
Organic Mat Cheddar Std 5kg	Ready Meals
Lye Cross Vint Cheddar Med 5kg	Quiche
ezycheese-blue 1000L	Pasta Salad
100% Blue Stilton Crumb 10kg	Sandwich
Swiss Gruyere Std 2x5kg	Sauce sachets
Pecorino Angel Grate 4x2.5kg	Burger
100% Blue Stilton Crumb 10kg	Bruschetta
Greek Feta 11mm cubes	Pizza Topping
Mascarpone 10kg	Pasta Sauce
Gorgonzola Cubes	Ready Meals
Grana Padano Fine Crumb 4x2.5kg	Sandwich Filler
IQF Goats Cheese Discs 42mm rind-less	Roasted Veg Ready Meals
Stilton 70crs/30crb	Beef & Stilton Pie