



# BRITISH CHEESE AND VEGETARIANISM

Cheese is a natural food that is a popular alternative to meat. Most cheese produced in the UK is made from non-animal rennet and is therefore suitable for vegetarians. British Cheese Board members produce more than 100 veggie friendly varieties and the recipe section on our web site ([www.britishcheese.com](http://www.britishcheese.com)) has plenty of recipe ideas for starters, main meals and snacks using our cheese.

So that vegetarians can make the most of British cheese, the British Cheese Board has put together the following top tips:

-  **Eating hard British cheese provides key nutrients.** Hard cheese is a source of protein, calcium, phosphorus and Vitamin B12. There are reduced fat varieties now available of many traditional British hard cheeses.
-  **Eat more British cheese for variety.** With over 700 named British cheeses available there is plenty of opportunity to try some of the stronger varieties to give your food more flavour - Blue Stilton adds extra depth and zip to just about any meal and Cornish Yarg will introduce you to something rather special. Experiment with some of the delicious blended cheeses available, such as the spicy Mexicana or the sumptuous Cheddar with herbs.
-  **Eat more British cheese for convenience and versatility.** Cheese is quick, versatile and easy to use, so cooking a veggie option is never a chore - whether it is dinner at a dash or a snack in seconds, British cheese can make your meals a doddle. Treat yourself to a beginner's vegetarian cookbook and expand your palate whilst impressing your friends. Visit [www.britishcheese.com](http://www.britishcheese.com) for easy-to-follow snacks and mouth-watering meals for any time of the day.
-  **Read the labels.** To make it easy, opt for foods that specify they are suitable for vegetarians or, better still, carry The Vegetarian Society's symbol . Check out the British Cheese Board website to find out which of our cheeses are suitable for vegetarians.
-  **Know the options.** Visit your local health food shop or supermarket and get to know the full range of vegetarian foods on offer. You'll be amazed at the number of mouth-watering dishes available, many containing British cheese.

Turn over for a couple of mouth watering vegetarian recipes.





## Vegetarian Recipes

### Roast Mediterranean Vegetables with Melting Somerset Brie (Serves 4)

Roasted vegetables taste fantastic - the roasting concentrates their flavours. Serve them topped with a generous wedge of vegetarian Somerset Brie for a colourful, healthy and delicious meal.

4 tablespoons virgin olive oil  
175g (6oz) baby new potatoes, halved  
1 red onion, cut into wedges  
1 small aubergine, cut into chunks  
1 large courgette, sliced  
1 red and 1 yellow pepper, deseeded and cut into chunks  
Salt and freshly ground black pepper  
½ teaspoon cumin seeds  
a few sprigs of fresh thyme and rosemary  
4 tomatoes, sliced into wedges  
4 wedges of vegetarian Somerset Brie, weighing about 50 - 75g (2 - 3oz) each  
Basil leaves, to garnish  
Ciabatta or foccacia bread, or French baguettes, to serve

1. Preheat the oven to 200°C / 400°F / Gas Mark 6.
2. Pour the olive oil into a roasting pan and add the new potatoes, red onion, aubergine, courgette and peppers. Season well with salt and pepper, add the cumin seeds, and then toss together to coat. Add the sprigs of thyme and rosemary.
3. Roast for 30 minutes, then add the tomatoes and wedges of Somerset Brie and roast for 3 - 4 more minutes.
4. Serve, garnished with basil, accompanied by warm ciabatta or foccacia bread, or crusty French baguettes.

#### Cook's tip:

Try using vegetarian Somerset Camembert instead of Brie for a delicious alternative.

### Farmhouse Cheddar Risotto (Serves 4)

Risotto is an easy, economical meal for family and friends. Enjoy this delicious vegetarian version made with mature farmhouse Cheddar cheese.

2 tablespoons olive oil  
350g (12oz) camaroli or arborio risotto rice  
1 onion, chopped  
1 large leek, thinly sliced  
1 red pepper, deseeded and chopped  
200ml (⅓ pint) dry white wine  
2 vegetable stock cubes, dissolved in 900ml (1½ pints) hot water  
225g (8oz) mushrooms, wiped and sliced  
75g (3oz) frozen petit pois or garden peas, thawed  
100g (4oz) vegetarian mature farmhouse Cheddar cheese, finely grated  
Salt and freshly ground black pepper  
Basil or fresh herb sprigs, to garnish

1. Heat the olive oil in a very large frying pan. Add the rice and saute it gently for about 3 - 4 minutes, until it looks glossy. Add the onion, leek and pepper and cook gently, stirring often, for a few more minutes.

2. Add the wine to the frying pan and allow it to bubble up, then cook gently until it has been absorbed, stirring frequently.
3. Ladle about one quarter of the stock into the rice, stir, then let the rice simmer gently until the liquid has been absorbed.
4. Add the mushrooms to the risotto with another ladleful of stock. Cook gently, adding more stock as needed until the rice is tender - it will take about 20 - 25 minutes to cook in total.
5. Stir in the peas and Cheddar cheese, season to taste with salt and pepper, stir well and serve, garnished with basil or fresh herb sprigs.

#### Cook's tips

Be sure to grate the Cheddar very finely, so that it melts quickly and easily into the risotto. Serve the risotto with a bowl of finely grated Cheddar - so each person can sprinkle extra on top of their portion. Look out for Joseph Heller vegetarian Parmesan-style cheese to use as an alternative to Cheddar.

For many more delicious cheesy recipes, please visit our website at [www.britishcheese.com](http://www.britishcheese.com)

## British Cheese - yes please!

The British Cheese Board aims to increase consumption of cheese made by its members and provides information about cheese as part of a balanced diet.

What are the benefits of eating cheese?

- Hard cheese contains essential nutrients - protein, calcium, phosphorus and vitamin B12
- It is versatile and convenient to use as part of any meal occasion
- There are more than 700 named cheeses now produced in the UK alone

The British Cheese Board was formed in 1997 and its members account for the majority of cheese made in the UK.



For further information on the British Cheese Board and its members and the cheeses they produce go to [www.britishcheese.com](http://www.britishcheese.com) or e-mail us at [enquiries@britishcheese.com](mailto:enquiries@britishcheese.com)

Published April 2010