










BRITISH CHEESE AND VEGETARIANISM

Cheese is a very healthy, natural and complete food that is a popular alternative to meat. Nowadays nearly all British cheese is suitable for vegetarians with members of the British Cheese Board accounting for over 100 veggie-friendly varieties alone. For a comprehensive list of vegetarian cheeses available in the UK visit www.britishcheese.com

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

-  **Eat more British cheese for health reasons.** Cheese is an excellent source of key nutrients, specifically protein, calcium, vitamin B¹² and vitamin D. The Vegetarian Society recommends that vegetarians eat two to three servings of dairy a day. From Lancashire on toast to Roast Mediterranean Vegetables and Melting British Brie, there is a nutritious cheesy dish for anyone at any time. Even just a sprinkling of strongly flavoured cheese - like a Vintage Cheddar - can boost your nutrient intake and add a delicious edge to your meal.
-  **Eat more British cheese for variety.** With over 400 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 for easy-to-follow snacks and mouth-watering meals for any time of the day.
-  **Eat more British cheese as a healthy instant treat.** Tastier than chips and much more nutritious than burgers or crisps, cheese is the ultimate instant food. Head to your local deli for a delicious cheesy snack or knock up a speedy Lancashire omelette or Caerphilly rarebit with plum relish.
-  **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.

Tina Fox, Chief Executive of The Vegetarian Society is delighted with the increasing availability of such a wide range of clearly labelled British vegetarian cheese, commenting that 'this is sure to make shopping even easier for new and existing vegetarians.'

So, if you enjoy a varied and well-balanced diet, you can't go wrong. According to The Vegetarian Society, vegetarians are less likely to have heart disease, cancer, diet-related diabetes, obesity and high blood pressure, so you can spend less time worrying about the dangers of life and more time enjoying yourself - and British cheese!

BRITISH
CHEESE
BOARD





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
1/2 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 (1/3 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 Heler 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

British Cheese - Instant Goodness

The British Cheese Board aims to increase consumption of cheese in the UK - particularly home produced cheese. It also promotes the health benefits of eating cheese.

What are the benefits of eating cheese?

- It is one of nature's most complete foods • It contains essential nutrients - protein, vitamins, calcium and other minerals
- It is a natural food source • It is versatile

There are over 700 varieties of British cheese available with a British cheese for every occasion. The British Cheese Board was formed in 1997 and its members account for the majority of cheese produced in the UK.



For further information on the British Cheese Board please visit www.britishcheese.com or write to Dragon Court, 27 Macklin Street, London, WC2B 5LX

Published June 2005