



Edam made for a vegetarian Christmas

Traditional turkey and trimmings may not be everyone's cup of tea at Christmas – particularly for vegetarians. Dutch Edam, approved by the vegetarian society, has come up with delicious festive alternatives that promise Christmas indulgence minus the meat.

To begin your Christmas feast, why not try these luxury no-stress twice baked Edam soufflés. A main course of Butternut squash and Edam gratin, flavoured with garlic and sage is an indulgent accompaniment to your Christmas lunch, or simply served with a green salad.

Dutch Edam is the perfect addition to any Christmas cheese board and can be enjoyed on its own, or with some spicy chutney.

With 25 per cent less fat than cheddar Edam is one less thing to feel guilty about at Christmas. Packed full of vitamins and calcium, this delicately flavoured cheese is also a real hit with the kids.

For information on Edam or more delicious recipes, please visit www.edammade.co.uk

Twice Baked Edam Souffles

These easy individual soufflés are perfect for entertaining; offering a taste of luxury minus the effort

Serves 6 as a starter

Preparation time: 15 minutes, plus cooling time

Cooking time: 30 minutes

Ingredients

65g (2½oz) butter

2 courgettes, grated



50g (1¾oz) plain flour
300ml (½pt) semi- skimmed milk
3 eggs, separated
50g (1¾oz) roasted red peppers, chopped
150g (5oz) Edam cheese, grated
200ml(7floz) single cream

Method

1. Preheat the oven to 180° C, 350°F, gas mark 4. Butter 6 ramekin dishes.
2. Heat 15g (½oz) of the butter in a small saucepan and cook the courgettes for 3-4 minutes, then drain on kitchen paper. Melt remaining butter in a saucepan and stir in the flour. Gradually stir in the milk, whisking continuously, bring to the boil to form a smooth thick sauce. Cool.
3. Whisk the egg whites until stiff. Then add the egg yolk, courgettes, red pepper to the sauce. Season well and stir in three quarters of the cheese. Gently fold in the egg whites. Spoon the mixture into the ramekins, then place in a roasting tin. Fill the tin with warm water to come halfway up the sides. Place in the oven and cook for 18-20 minutes until risen and set. Allow to cool.
4. When you are ready to serve, preheat the oven to 200°C, 400°F, gas mark 6. Remove the soufflés from the ramekins and place brown side up in a baking dish. Pour over the cream and top each with the remaining cheese. Return to the oven for 10 minutes until golden. Serve with seasonal salad leaves.

Cook's tip

- To remove the soufflés from the ramekins, run a knife around the edge.
- To roast peppers, cut in half and remove the seeds. Place skin side up under a preheated hot grill, and cook until the skins have blackened. Place in a polythene bag and allow to cool, then pull off the skins. Alternatively you can use ready roasted peppers in jars.

Butternut Squash and Edam Gratin with Sage

Butternut squash and sliced potatoes cooked in a creamy cheese sauce - perfect served with a mixed salad or as an accompaniment to Christmas turkey or nut roast

Serves 4

Preparation time: 15 minutes

Cooking time: about 1 hour

Ingredients

1 large butternut squash, about 900g (2lb)
750g (1lb 7oz) potatoes, peeled and thinly sliced
2 cloves garlic, crushed
30ml (2tbsp) olive oil
300ml (½pt) reduced fat crème fraîche
150g (5oz) Edam, grated
8 sage leaves

Method



1. Preheat the oven to 200° C, 400°F gas mark 6. Cut the skin off the squash and thinly slice the trunk into thin rounds. Halve the bulb end and scoop out the seeds, thinly slice into crescents.
2. Place the squash and potatoes in a large bowl and toss with the olive oil and the garlic, season with salt and freshly ground black pepper. Place half this mixture in the base of an ovenproof dish.
3. Mix together the crème fraîche with the cheese and spoon half this mixture over the vegetables. Top with the remaining vegetables and spoon the remaining cheese mixture over the top. Arrange the sage leaves on top. Cover tightly with foil and bake for 45 minutes, until the vegetables are tender when pierced with a fork.
4. Return to the oven and cook uncovered for a further 10 minutes until the topping is golden. Delicious served as a vegetarian main meal with salad or as an accompaniment to grilled chicken.

Cook's tip

As a non vegetarian alternative, you could add some cooked chopped smoked bacon or add a layer of wilted spinach.

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For further recipes, logos, information or to request high res images, please contact the **Edam press office** on:

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