



EDAM MADE FOR LUNCHBOXES

As summer draws to a close, the time has come to get the kids' lunchboxes ready and send them back to school. However, with this sigh of relief comes a new challenge – to create a healthy lunchbox children will want to eat.

The answer is Edam. A nutritious, natural cheese – Edam has a delicate and mild flavour that is an instant hit with kids and as a great source of calcium it's perfect for those growing bones too.

Edam is a delicious cheese for all the family to enjoy – with 25% less fat than cheddar and incredibly versatile, Not only can you slice into a sandwich or serve as a wedge with fruit, Edam can also be grated, melted and grilled – adding some much needed variety to the traditional packed lunch.

For the perfect lunchbox sized treat, try these quick and easy Edam recipes: Edam, Bacon and Sundried Tomato Muffins, delicious served hot or cold, or these mouth-watering tuna quesadillas with Edam which the kids will love making.

So, for a really tasty lunchbox that will keep the kids brains ticking over, try Edam – it will be the envy of all the other children in the playground!

For more delicious Edam recipes, please visit our fantastic website

www.edammade.co.uk

Edam, Bacon and Sundried Tomato Muffins

These delicious savoury muffins are perfect for brunch, they combine Edam cheese with bacon and sundried tomatoes. Delicious served warm or cold at a family picnic or in a kid's lunchbox!

Makes 10 muffins

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients

100g (3½oz) smoked back bacon rashers

275g (10oz) plain flour

15ml (1tbsp) baking powder

5ml (1tsp) caster sugar

5ml (1tsp) salt

125g (4oz) Edam cheese, grated

75g (2¾oz) sundried tomatoes, chopped

30ml (2tbsp) freshly snipped chives

2 eggs

200ml (7floz) semi-skimmed milk

75g (2¾oz) butter, melted

Method

1. Preheat the oven to 375°F, 190°C, gas mark 5. Line a muffin tin with 10 paper muffin cases. Grill the bacon until crispy and chop into pieces. In a large bowl, sift together flour and baking powder.
2. Stir the sugar, salt, three quarters of the cheese, bacon, sundried tomatoes and chives into the flour mixture and mix well.
3. In another bowl, beat together the eggs, milk and melted butter and pour over the dry ingredients. Stir until just combined, the batter will be lumpy. Fill the muffin cases and sprinkle the tops with the reserved Edam. Bake for 20-25 minutes until risen and firm. Delicious eaten warm or cold.

Cook's tip

Replace the bacon for some cooked diced ham. These muffins are best eaten the day they are prepared, alternatively store in an airtight container for 2-3 days in the fridge.

Tuna Quesadillas with Edam

Quesadillas are simple to prepare and make a great snack or light lunch. This one combines tuna with spicy salsa, crunchy sweetcorn, peppers and melted cheese. Serve in wedges with salad.

Serves 2

Preparation time: 5 minutes

Cooking time: about 6 minutes

Ingredients

2 soft flour tortillas

75g (2¾oz) canned tuna, in brine, drained

60ml (4tbsp) tomato salsa

2 spring onions, chopped

55g (2oz) tinned sweetcorn

½ small red or yellow pepper, deseeded and chopped

75g (2¾oz) Edam cheese, grated

olive oil, for brushing

Method

1. Lay out one of the tortillas on a board and spread with the salsa. Sprinkle over the tuna, spring onions, sweetcorn, pepper and Edam. Place the second tortilla on top and press down.
2. Brush a large frying pan with the oil. Add the quesadilla and cook over a moderate heat for 2-3 minutes. Press down with a spatula until the Edam starts to melt.
3. Place a large plate over the frying pan and invert the quesadilla onto the plate. Return to the pan and cook the other side for 2-3 minutes. Remove from the pan and cut into wedges. Serve with a mixed salad of grated carrot, cabbage and sultanas.

Cook's tip

Try different fillings - you could substitute the tuna for some cooked, diced chicken, turkey or ham. For an extra treat serve with soured cream and guacamole.

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

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