



EDAM MADE FOR SUMMER

As the days become warmer and the sun shines longer, now is the perfect time for families to get together and enjoy the great outdoors. Dutch Edam is the ideal ingredient for a perfect summer, for an alfresco dinner or a picnic treat.

Enjoy the natural goodness of a delicately flavoured cheese. With 25 per cent less fat than cheddar, Edam is packed full of vitamins and calcium - so a bonus for the kids!

Why not try the sensational Edam and broad bean salad – a healthy option for the grown ups, or get the kids in the kitchen with this fun recipe for tuna and veggie quesadillas.

Have family fun this summer with food you can all enjoy eating.

For more information on Edam or to search for more recipes, please visit our fantastic new website, www.edammade.co.uk

Warm Broad Bean, Edam and Pancetta Salad

This warm salad makes a great light lunch or could be served as an accompaniment. Tender broad beans are combined with crispy bacon, warm new potatoes and cubes of Edam in a honey and mustard dressing.

Serves 4

Preparation time: 30 minutes

Cooking time: about 10 minutes

Ingredients

750g (1lb 7oz) freshly shelled or frozen broad beans

100g (3½oz) smoked pancetta slices, chopped



1 clove garlic, crushed
350g (12oz) baby new potatoes, cooked and thickly sliced
30ml (2tbsp) freshly chopped parsley
15ml (1tbsp) sherry vinegar
10ml (2tsp) wholegrain mustard
15ml (1tbsp) clear honey
115g (4oz) Edam cheese, cubed

Method

1. Place the pancetta in a large frying pan with the garlic and cook for 3-4 minutes until crispy.
2. Meanwhile, cook the broad beans in lightly salted boiling water, for 2-3 minutes if fresh, 4 minutes if frozen, until just tender. Drain well, refresh in cold water and drain again. Slip each bean out of its skin and into a large bowl.
3. Add the sliced potatoes to the pancetta and cook for 2-3 minutes. Stir in the beans and parsley and gently heat through.
4. Transfer to a bowl and sprinkle over the cheese. Whisk together the mustard with the honey and vinegar and pour over the salad. Toss gently and serve immediately with crusty bread.

Cook's tip

The pancetta could be replaced with streaky bacon and the broad beans for some fresh blanched peas or soya beans.

Try adding a poached egg for an added boost of protein – or just if you're feeling really hungry!

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.

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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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