



## PUT A SPRING IN YOUR STEP WITH EDAM

As the days grow longer, now is the perfect time to put the spring back into your step and make a meal the whole family can enjoy.

Dutch Edam is the ideal ingredient for the *spring* into summer – packed full of goodness, vitamins and calcium. It makes everyone feel brighter and lighter, at 25 per cent less fat than cheddar.

Why not try the sensational Creamy Cod rarebit with Edam, perfect for the longer lighter nights as a healthy family meal, or get the kids in the kitchen with this fun recipe for Edam, Bacon and Sundried Tomato Muffins – great for the lunchbox.

Have family fun this spring 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](http://www.edammade.co.uk)

### **Creamy Cod Rarebit with Edam**

Perfect for a midweek family meal and great if your children are fussy about fish and you want to include some in their diet- they won't be able to resist the tasty and tangy Edam topping! Perfect served with mashed potatoes and peas.

#### **Serves 4**

Preparation time: 5 minutes

Cooking time: about 10 minutes

#### **Ingredients**

4 x 150g (5oz) cod loins or chunky cod fillets

300ml (1<sup>1</sup>/<sub>2</sub>pt) semi- skimmed milk

4 black peppercorns

1 bay leaf

50g (1<sup>1</sup>/<sub>2</sub>oz) butter

50g (1<sup>1</sup>/<sub>2</sub>oz) plain flour

125g (4\_oz) Edam cheese, grated  
5ml (1tsp) English mustard  
2 egg yolks  
10ml (2tsp) Worcestershire sauce  
30ml (2tbsp) freshly chopped parsley.

### **Method**

1. Place the milk in a large saucepan; add the peppercorns and bay leaf. Add the cod in a single layer, bring to the oil, cover and simmer gently for 2-3 minutes, until half cooked. Carefully remove the cod with a fish slice, place in an ovenproof dish and keep warm. Reserve the milk.
2. Gently melt the butter in a medium pan and stir in the flour to make a paste. Strain the milk and gradually add to the paste, whisking continuously until a smooth thick sauce is formed. Remove from the heat and stir in the cheese, mustard, egg yolks, Worcestershire sauce and parsley.
3. Preheat the grill to high, top the fish with the mixture and grill for 4-6 minutes until bubbling and golden. Serve at once with mashed potatoes and peas.

### **Cook's tip**

This recipe also works well with smoked haddock or other firm white fish. For a change, try serving with boiled new potatoes and fresh spring greens.

## **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 (3\_oz) 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 (2\_oz) sundried tomatoes, chopped  
30ml (2tbsp) freshly snipped chives  
2 eggs  
200ml (7floz) semi- skimmed milk  
75g (2\_oz) 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.

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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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