

Cooking with Italian cheeses / Tesco.

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TESCO

COOKING WITH

ITALIAN CHEESES

*Parmigiano Reggiano Parmesan,
Grana Padano Parmesan,
Dolcelatte, Gorgonzola,
Torta di Dolcelatte,
Mozzarella, Ricotta, Mascarpone.*



Italy offers a vast range of magnificent cheeses. Splendid served just as they are, they are also key ingredients in many classic Italian dishes.

Gorgonzola, Dolcelatte, Torta di Dolcelatte - delicious in pasta sauces and unbeatable with fruit, or good fresh bread and a glass of wine.

Grana Padano Parmesan - the powerful finishing touch for savoury dishes, and a delectable nibble on its own.

Mascarpone, Ricotta - luscious soft cheeses for sauces and desserts. **Mozzarella** - the classic pizza cheese topping.



Gorgonzola, Dolcelatte and Torta di Dolcelatte are all part of an ancient family of Italian Blue cheeses.

Gorgonzola, with its rich, cream colour and blue-green veins, was first made more than 1,000 years ago and is today regarded as one of the finest cheeses in the world.

Many consider **Dolcelatte** - literally "sweet milk" - the perfectly balanced blue cheese, full-flavoured but not overpowering. It is perfect for any cheese board and versatile in cooking; stir into sauces, dice into salads or melt over meat or fish.

Torta di Dolcelatte combines tangy Dolcelatte with layers of rich, creamy Mascarpone soft cheese. Available fresh at the delicatessen counter.

CHEESE SOUFFLÉ A LA GORGONZOLA

SERVES: 4

Cooking Time: 35 minutes

Cooking Temperature: 180°C/350°F/Gas Mark 4

INGREDIENTS

40g (1½oz) Butter
25g (1oz) Flour
175ml (6 fl oz) Milk
4 Egg Yolks
75g (3oz) Gorgonzola Cheese, crumbled
45g (1½oz) Parmesan Cheese, grated
5 Egg Whites

METHOD

1. Butter a 1.1 litre (2 pt) soufflé dish. Melt butter in a saucepan over a low heat.
2. Stir in the flour and cook for 1 minute. Add milk gradually, stirring constantly, and bring to the boil. Remove from heat and season to taste.
3. Beat in egg yolks and cheese. Cool completely.
4. Beat egg whites until stiff but not dry. Work a spoonful of whites in sauce and then fold in the rest.
5. Put into dish on a baking sheet and sprinkle with parmesan. Bake for 35 minutes or until risen and golden.

CHEESE AND APPLE TRELLED FLAN

SERVES: 6

Cooking Time: 50-60 minutes

Cooking Temperature: 200°C/400°F/

Gas Mark 6

INGREDIENTS

275g (10oz) Shortcrust Pastry
900g (2lb) Cooking Apples
125g (4oz) Dolcelatte
125g (4oz) Caster Sugar
150ml (5 fl oz) Single Cream
1 Egg

Milk and Caster Sugar to glaze

METHOD

1. Roll out the pastry to line a 23cm (9") deep flan tin, reserving a little of the pastry to use for the trellis work.
2. Peel and core the apples and slice very thinly. Spread over the base of the pastry case. Dot the cheese over the apples and sprinkle with half the caster sugar.
3. Beat together the cream, egg and remaining caster sugar. Pour over the apples.
4. Use the reserved pastry to make a trellis pattern over the top of the apple mixture.
5. Glaze with milk and sprinkle with a little more caster sugar.
6. Bake in the oven for 50/60 minutes, turning the oven temperature down to 180°C/350°F/Gas Mark 4 half way through the cooking time. Cover with foil if the flan begins to brown too much.

PEAR AND DOLCELATTE CHEESE SALAD

SERVES: 2

INGREDIENTS

1 Pear
Juice of 1 Lemon
½ Chilli Pepper, de-seeded
and finely chopped
½ Cucumber, sliced and chopped
½ Iceberg Lettuce, shredded

125g (4oz) Dolcelatte Cheese

FOR THE DRESSING:

1 x 15ml sp (1tbsp) Corn Oil
1 x 15ml sp (1tbsp) chopped Parsley
Ground Black Pepper

METHOD

1. Peel, core and slice the pear and place in a bowl. Sprinkle with lemon juice and marinate for about 15 minutes.
2. Stir in the chilli pepper, cucumber and the lettuce.
3. Stir in the crumbled dolcelatte cheese. Toss.
4. Mix together the dressing ingredients and pour over the salad.



Italian cooking just wouldn't be Italian without Parmesan, the essential finishing touch for gratin dishes and, of course, pasta.

But in Italy, golden slivers of the crumbly cheese with the intense aromatic flavour are also eaten plain with wine, or with fruit to end a meal.

Parmesan is still made only in the traditional large, round shape, with each cheese requiring some 450 litres of milk. Strict laws govern every aspect of production; the cheesemaker's care is assured, for example, by the fact that he is permitted to make no more than 16 cheeses a day.

Parmesan must also be matured for a minimum of 18 months and is often kept for much longer. Our **Parmesan - Parmigiano Reggiano** is the genuine Italian Parmesan Italians eat, it is not to be confused with the drums of dried product.



Also available from the chiller cabinet are delicious crumbly wedges of

Grana Padano matured for

12 months for enjoying fresh, or grated

Grana Padano from the deli counter.

SPINACH CRESPOLINE

SERVES: 4

Cooking Time: 35 minutes

Cooking Temperature: 180°C/350°F/Gas Mark 4

INGREDIENTS

25g (1oz) Butter
1 large Onion, finely chopped
350g (12oz) Frozen Chopped Spinach, defrosted and well drained
350g (12oz) Ricotta Cheese
1 x 5ml sp (1 tsp) freshly grated Nutmeg
8 thin Pancakes
450ml (¾ pt) White Sauce
2 x 15ml sp (2 tbsp) Wholemeal Breadcrumbs
3 x 15ml sp (3 tbsp) Grated Parmigiano Reggiano Parmesan

METHOD

1. Gently fry the onion in the butter until soft. Mix in the spinach, ricotta cheese, nutmeg and seasoning to taste.
2. Spoon 1-2 tbsp of the mixture into the centre of each pancake and spread a little lengthways.
3. Roll up the pancakes and place in a buttered, shallow ovenproof dish. Pour over the béchamel sauce and sprinkle with wholemeal breadcrumbs and parmesan cheese.
4. Bake in a pre-heated oven for 35 minutes or until heated through and golden brown on top.

TAGLIATELLE WITH CREAM SAUCE

SERVES: 4

Cooking Time: 20 minutes

Cooking Temperature: 180°C/350°F/

Gas Mark 4

INGREDIENTS

225g (8oz) Tagliatelle, cooked and drained
150g (6oz) Mascarpone
275g (10oz) Frozen Peas, cooked and drained
50g (2oz) Parma Ham, cut into strips
150g (5oz) Mozzarella, cut into small pieces
50g (2oz) Butter
50g (2oz) Grana Padano, grated

METHOD

1. Grease a 23cm (9") square baking dish. Layer half the tagliatelle in prepared baking dish. Spoon half the mascarpone onto tagliatelle.
2. Sprinkle with half the peas and half the parma ham.
3. Top with half mozzarella, repeat layers. Dot with butter, sprinkle with Grana Padano.
4. Bake until heated through, about 20 minutes.

MASCARPONE DIP

SERVES: 4

INGREDIENTS

150g (5oz) Mascarpone Cheese
4 x 15ml sp (4 tbsp) Mayonnaise
2 x 15ml sp (2 tbsp) Milk
1 clove Garlic, crushed
1 x 15ml sp (1 tbsp) finely chopped Parsley
1 x 15ml sp (1 tbsp) finely chopped Chives
Salt and Ground Black Pepper

METHOD

1. Mix all the ingredients together and blend well. Serve with strips of raw vegetables and bread sticks.

FRENCH BEANS WITH MOZZARELLA

SERVES: 4

INGREDIENTS

50g (2oz) chopped Onion
150ml (1/4 pt) Skimmed Milk
675g (1 1/2 lb) French Beans
100ml (1/4 pt) Vegetable Stock
10g (5oz) Italian Mozzarella
1 tsp (1 tsp) chopped Basil Leaves
1 finely grated Lemon Rind

METHOD

1. Bring the milk to boiling point and simmer over a gentle heat.
2. Add the beans and cook for 4-5 minutes, adding some water from time to time, if needed.
3. Drain the beans and add the mozzarella cheese into tiny cubes.
4. Add the basil leaves and a little lemon rind. Cover and simmer for 10 minutes before serving.

ITALIAN SUMMER SALAD

SERVES: 4

INGREDIENTS

2 Avocados, peeled, stoned and sliced
250g Italian Mozzarella Cheese,
drained and sliced
225g (8oz) Cherry Tomatoes
Frisée Lettuce
Watercress or Lamb's Lettuce

FOR THE DRESSING:

4 x 15ml sp (4tbsp) Olive Oil
1 x 5ml sp (1tsp) Wholegrain Mustard

1 x 15ml sp (1tbsp) White Wine Vinegar
1 x 15ml sp (1tbsp) Lime Juice
Salt and freshly Ground Black Pepper
1 x 15ml sp (1tbsp) chopped Parsley
1 x 15ml sp (1tbsp) chopped Chives

TO SERVE:

Garlic Croutons

METHOD

1. Alternate the avocado and mozzarella around the outside of 4 serving dishes and arrange other salad ingredients in the centre.
2. Whisk the dressing ingredients together.
3. Just before serving, pour dressing over the salad and sprinkle with garlic croutons. Serve immediately with crusty bread.

TIRAMISU

SERVES: 6-8

INGREDIENTS

125g (4oz) Sponge Fingers
150ml (5 fl oz) Black Coffee
500g carton Tesco Fresh Custard
225g (8oz) Mascarpone Cheese
5 x 15ml sp (5tbsp) Tia Maria/Ameretto
25g (1oz) Tesco Flaked Almonds
300ml (10 fl oz) Whipping Cream, lightly whipped
1-2 x 15ml sp (1-2tbsp) Cocoa Powder

METHOD

1. Arrange the sponge fingers in the bottom of a deep glass dish. Pour the black coffee and the liqueur over the sponge fingers. Allow the sponge fingers to stand for 10 minutes.
2. In a separate bowl add the fresh custard to the Mascarpone Cheese and beat together until smooth.
3. Spread this mixture over the fingers and chill for 2 hours.
4. Lightly whip the cream and spread over the cheese mixture, sprinkle the flaked almonds over the cream.
5. Dust with cocoa powder. Allow to chill for 1 hour. Serve.

RICOTTA TOFFEE FLAN

SERVES: 6

INGREDIENTS

BASE INGREDIENTS
125g (4oz) Butter
175g (6oz) Digestive Biscuits, crushed

FILLING INGREDIENTS

125g (4oz) Butter
150g (5oz) Light Brown Sugar
250g (9oz) Ricotta
2 Bananas, sliced

TOPPING INGREDIENTS

1 Banana, sliced and a little grated chocolate

METHOD

1. To prepare flan base, melt butter in a small pan, add the crushed biscuits and mix well. Press the mix around the base and sides of a greased 20.5cm (8") flan dish.
2. To prepare filling, melt butter in a small non-stick pan. Add brown sugar and cook for 1-2 minutes or until the mix is foamy.
3. Allow to cool for a few seconds. Meanwhile, place ricotta into a mixing bowl. Pour over the toffee and mix well.
4. Stir in the sliced bananas and pour the mix into the prepared flan case. Place in the refrigerator for about 1 hour to set, and serve decorated with banana slices and grated chocolate.

*All lines subject to availability.
Some lines in larger stores only.*

CHEESE AND TOMATO PIZZA

SERVES: 2

Cooking Time: 25 minutes

Cooking Temperature: 200°C/400°F/Gas Mark 6

INGREDIENTS

1 x 15ml sp (1tbsp) Olive Oil
1 Onion, chopped
1 clove Garlic, crushed
450g (1lb) Fresh Tomatoes, skinned,
de-seeded and chopped
2 ready made Pizza Bases
1 x 15ml sp (1tbsp) chopped Fresh Basil or
1 x 5ml sp (1tsp) chopped Dried Basil
Salt and Ground Black Pepper
225g (8oz) Mozzarella Cheese, sliced
Few Black Olives, to garnish

METHOD

1. Heat the oil in a saucepan, add the onions and fry until softened. Add the garlic, tomatoes, basil and seasoning. Cook uncovered for 15 minutes, check seasoning.
2. Cover each base with the tomato topping and top with mozzarella slices.
3. Bake for 25-30 minutes. Top with black olives. Serve immediately.

ITALIAN SOFT CHEESES

Italy's soft cheeses are indispensable ingredients for both sweet and savoury dishes. **Mozzarella's** unique, elastic texture makes it the perfect pizza topping, but it's equally good in the classic Italian salad of Mozzarella and sliced tomatoes, sprinkled with olive oil and fresh ground black pepper. Available from the chiller cabinet packed in salt water or at the delicatessen counter. Or choose the convenient Mozzarella for Pizza or Grated Mozzarella from the chiller cabinet.



Mascarpone has a taste and texture similar to whipped cream, and can be used instead of cream to top fresh fruit and scones. It also makes luscious desserts, mixed with sugar and flavoured with chocolate, coffee or perhaps a liqueur.



Made from the whey rather than the curd, **Ricotta** has something of the flavour of cottage cheese but with a smooth and creamy texture. This healthy, low fat food is also perfect for dips, quiches, sauces and desserts.



1. Slice the onion, add to the milk and boil for a few minutes.
2. Stir in the french beans and vegetable stock.
3. Remove from heat. Chop the cheese and add to the milk with basil leaves. Allow the cheese to melt.