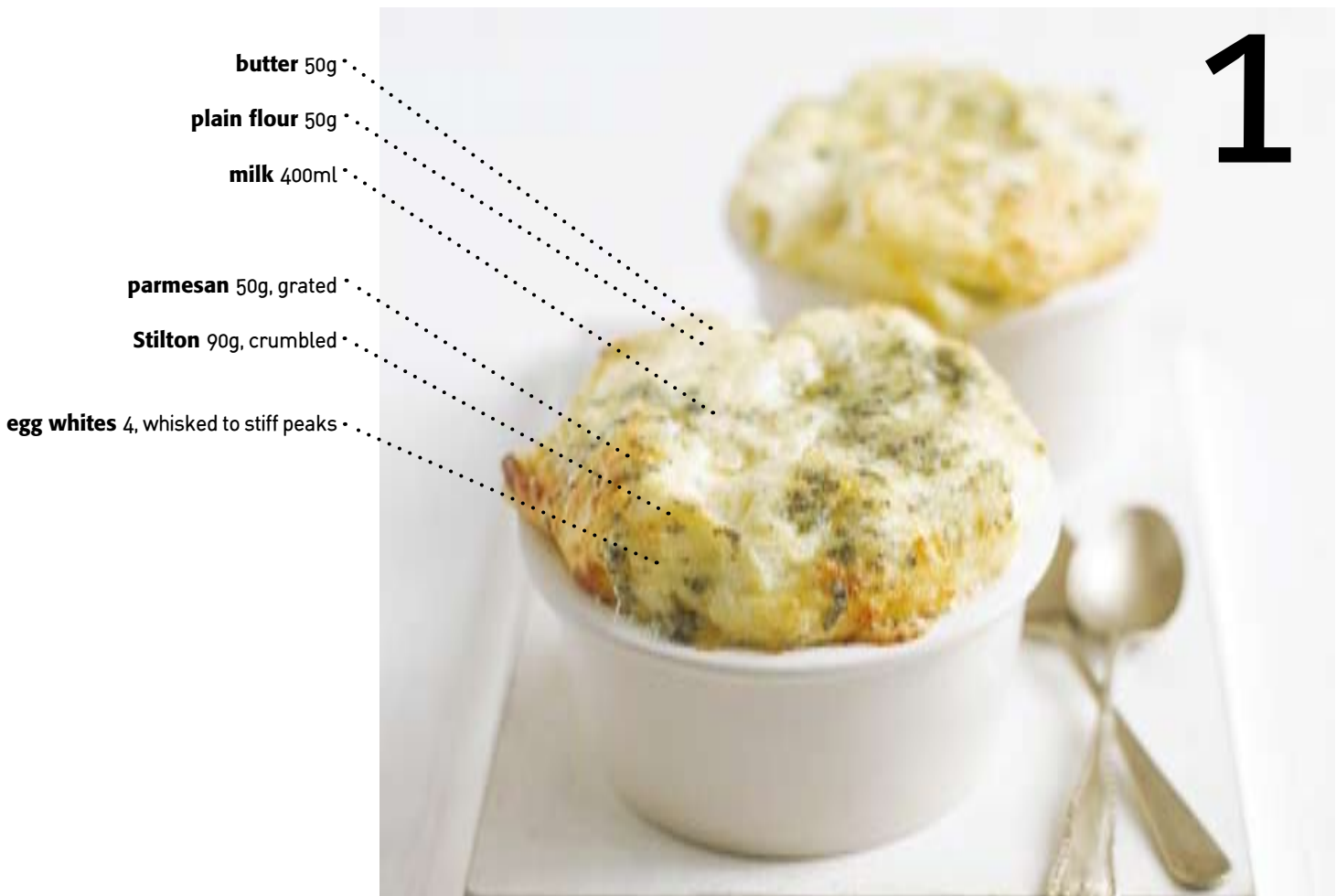


3 ways with Stilton

Use up leftovers with these clever ideas
Recipes LULU GRIMES Photographs MYLES NEW



butter 50g

plain flour 50g

milk 400ml

parmesan 50g, grated

Stilton 90g, crumbled

egg whites 4, whisked to stiff peaks

Easy Stilton soufflés

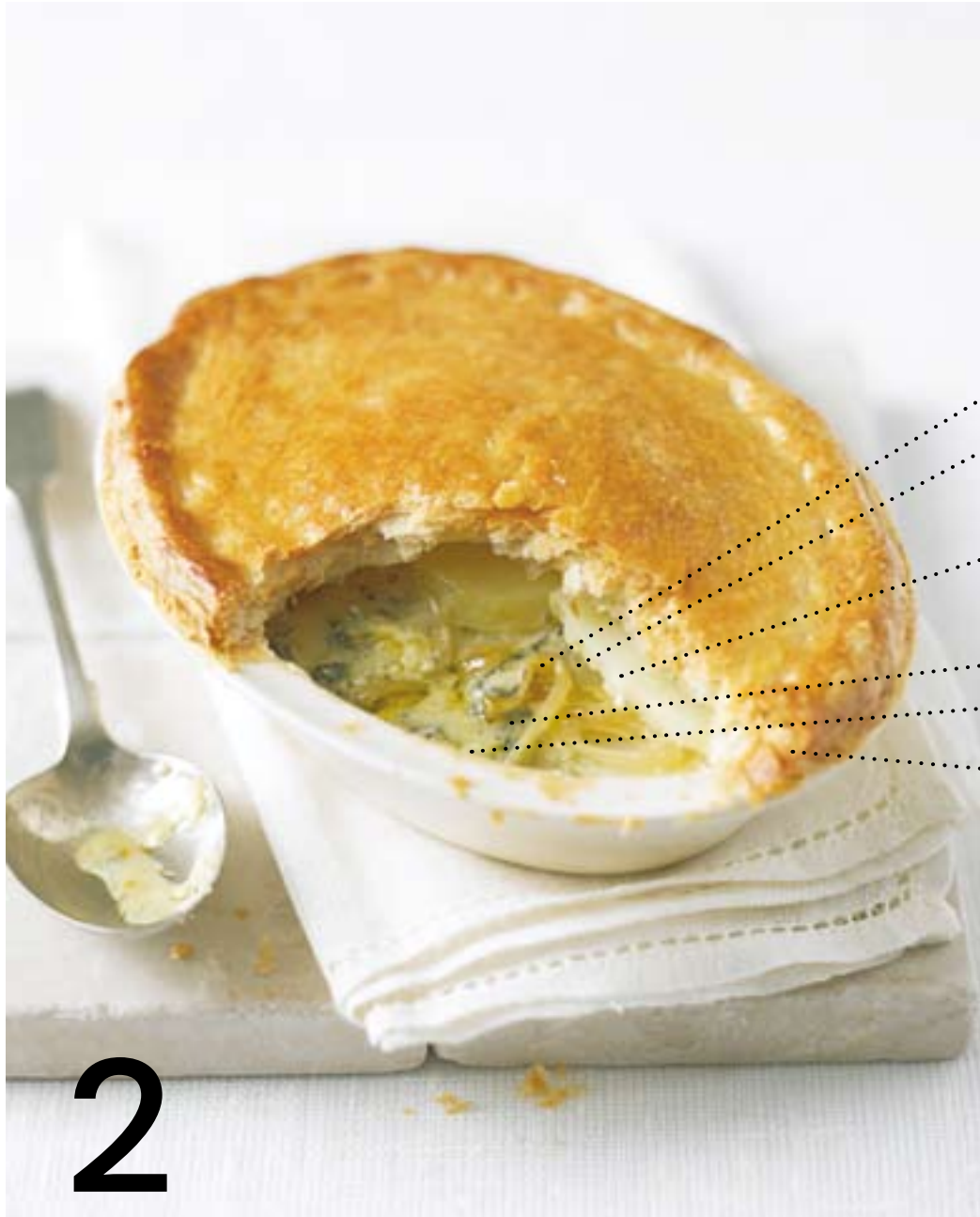
SERVES 4 • PREP 30 mins **Easy**

Heat the oven to 200C/fan 180C/gas 6. Melt the butter with the flour, cook for a minute, then whisk in the milk. Simmer and whisk to a thick paste, then fold in the cheeses and egg whites. Pour the mixture into 4 buttered ramekins. Cook for 12 minutes or until risen.

PER SERVING 339 kcals, protein 17.7g, carbohydrate 14.6g, fat 23.7g, saturated fat 14.9g, fibre 0.4g, salt 1.17g

Stilton is one of the few British cheeses granted protected designation of origin (PDO) status by the European Commission. Only cheese produced according to a set of strict guidelines, in Derbyshire, Leicestershire and Nottinghamshire may be called Stilton.





2

onions 2, sliced

olive oil

potatoes 4 medium, peeled and parboiled for 6 minutes, then sliced

Stilton 175g, crumbled

Gruyère 100g, coarsely grated

puff pastry 375g, divided into 4 squares

rocket or watercress to serve

Stilton and potato pies

SERVES 4 • PREP 45 mins Easy

Heat the oven to 200C/fan 180C/gas 6. Fry the onions in olive oil until soft, then add the sliced potatoes and toss. Layer the potatoes and cheeses in 4 individual pie dishes; season with pepper as you go. Cover each dish with pastry, trim and crimp the edges and bake for 30-35 minutes until golden.

PER SERVING 778 kcals, protein 25.4g, carbohydrate 56.9g, fat 51.5g, saturated fat 24.7g, fibre 2.2g, salt 2.06g

A mature Stilton will have been ripened for around 14-15 weeks and should have a creamier texture than a young cheese.

3



- **cider vinegar** 100ml
- **golden caster sugar** 2 tbsp
- **dried red chilli** 1, crumbled
- **pear** 1 large, peeled and cut into thin slices
- **Stilton** 100g
- **butter** 20g, softened
- **port** 1 tbsp (optional)
- **bread** 2 large or 4 small slices, toasted

Stilton on toast with pickled pears

SERVES 2 • PREP 15 mins **Easy**



Bring the vinegar, sugar and chilli to a boil, bubble for 1 minute. Pour over the pear slices and cool. Mash the Stilton with the butter and port. Spread on the toast and grill until browned. Serve with the pears.

PER SERVING 496 kcal, protein 16.6g, carbohydrate 50.2g, fat 26.9g, saturated fat 16.7g, fibre 2.3g, salt 1.82g

Stilton wrapped in baking or greaseproof paper will keep for a couple of weeks in the fridge, where it will become more mellow in flavour.