



# Bega<sup>®</sup>

## Cheese Recipes



A DELICIOUS COLLECTION OF BEGA CHEESE-BASED RECIPES



## Cheese-based Recipes

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## Chicken Broccoli Au Gratin



### INGREDIENTS:

- 1 kg Chicken (cooked)
- 250g Broccoli – cut into florets
- 440g can cream of Chicken soup
- 4 spring Onions finely chopped
- 1 tea spoon curry powder
- 1 cup sour cream
- Freshly ground black pepper
- ½ cup Bega Natural Grated Tasty Cheese
- ¼ teaspoon sweet paprika



**SERVES: 4**

### **METHOD:**

Remove chicken meat from carcass and cut into large pieces  
Cook broccoli in boiling water for 2 minutes and drain, then refresh in cold water  
Combine chicken soup, spring onion, curry powder, sour cream and pepper in a bowl.  
Place the broccoli in a large greased casserole dish and top with the chicken.  
Pour over soup mixture and sprinkle with a layer of BEGA Cheese and paprika.  
Bake in moderate oven for 40 minutes or until golden brown. Usually served with rice.



# Hot and Spicy Nachos with Avocado Dipper

## INGREDIENTS:

1 ripe avocado  
1 tablespoon grated red onion  
Juice of 1 lemon

200g packet plain corn chips  
4 tablespoons light sour cream  
2 cups Bega Natural Grated Tasty Cheese  
Hot taco sauce



**SERVES:** 3 – 4

**COOKING TIME:** 15 minutes

## **METHOD:**

Cut avocado in half, remove flesh into a bowl. Mash, using a fork, blending in lemon juice and onion. Set aside.

Place corn chips in a suitable microwave-safe shallow dish, or on a plate and layer with 1 1/2 cups grated cheese. In the microwave, cook on high, 100% power for 1 1/2 – 2 minutes or until cheese melts. Alternatively, prepare in oven proof dish and bake at 200C for 10-12 minutes. Mix sour cream and remaining cheese together, spoon onto corn chips. Serve with avocado mixture and taco sauce.



# Cheesy Zucchini Pancakes

## INGREDIENTS:

1 1/2 cups self raising flour  
3 eggs, lightly beaten  
310g can creamed corn  
3 rashers lean turkey bacon, finely chopped  
1 small (150g) zucchini, grated  
1 small (150g) carrot, grated  
1 cup grated Bega So Light Vintage cheese  
3 large tomatoes, halved  
12 slices Bega So Light Vintage cheese, extra



**SERVES:** 4

## **METHOD:**

Place flour in a large bowl. Combine eggs and creamed corn and stir until smooth. Fry bacon in a pan until crisp. Add zucchini and carrot and cook until soft. Stir into creamed corn mixture along with grated Bega So Light Vintage Cheese.

Heat a non stick frypan over medium-low heat. Add 1/4 cup of mixture to frypan and spread to form a 10cm pancake. Cook for 1-2 minutes or until well browned. Turn and repeat cooking. Remove and keep warm. Repeat with remaining mixture to make 12 fritters. Place tomatoes, cut side up, under a hot grill and cook until golden brown. Stack 2 fritters onto each serving plate. Top with 2 slices of Bega So Light Vintage Cheese and grill until cheese has melted. Serve with grilled tomato halves.



# Mushroom Onion Risotto

## INGREDIENTS:

30g butter  
 1 small onion, chopped or sliced  
 1 rasher turkey bacon, chopped  
 12 button mushrooms, sliced  
 1 1/2 cups short grain rice

2 1/2 cups boiling chicken stock  
 Bay leaf  
 1 cup Bega Natural Grated Tasty Cheese  
 Freshly ground pepper  
 Tossed salad greens, to serve



**SERVES:** 3 – 4

**COOKING TIME:** 35 minutes

## METHOD:

Melt butter in heavy based saucepan, add onion, turkey bacon and mushrooms. Fry, stirring once or twice for 3-4 minutes. Add rice, stir constantly until rice is glossy. Pour in hot stock gradually, stirring constantly until mixture boils. Add bayleaf. Reduce heat to simmer, cover tightly and cook 20 minutes until rice is tender. Add extra hot water or stock if rice dries out and is not quite cooked in the time. Stir through cheese, season with salt and pepper. Serve immediately with fresh herbs. Accompany with tossed salad greens.

# Tomato Beef Lasagne



## INGREDIENTS:

250g packet instant lasagne sheets  
 12 Bega Super Slices  
 3 tablespoons finely grated Parmesan cheese

### Meat Sauce

1 tablespoon olive oil  
 1 onion, finely chopped  
 1 clove garlic, crushed  
 2 teaspoons dried oregano leaves  
 500g minced steak  
 425g can peeled, sliced or crushed tomatoes  
 2 medium carrots, chopped  
 1 cup beef stock  
 3 tablespoons tomato paste

### White Sauce

30g butter  
 1 tablespoon flour  
 1 1/2 cups milk  
 Salt, pepper and nutmeg to taste  
 Tossed salad, to serve



**SERVES:** 6

**COOKING TIME:** 1 1/2 hours

## METHOD:

Preheat oven to 180C.

For meat sauce: heat olive oil in saucepan, add onion, garlic, oregano and minced steak, stir over high heat until mince changes colour. Stir in next 4 ingredients, reduce heat and simmer 25 minutes.

For white sauce: melt butter in saucepan, stir in flour and cook for 1 minute. Pour in milk and add seasonings. Stir constantly until sauce thickens and boils.

To assemble: spoon a thin layer of meat sauce into a 25 cm x 30 cm lasagne dish, cover with a layer of lasagne sheets, white sauce and 4 Super Slices. Repeat layers finishing with meat sauce, remaining cheese slices and parmesan cheese.

Bake in preheated oven for 45 minutes or until lasagne sheets are soft when tested with a knife. Stand for 10 minutes before serving. Serve with a tossed salad.



## Mexicana Meatballs

### INGREDIENTS:

150g Bega Natural Mild Cheese, cut into cubes  
 1 tablespoon flour  
 2 tablespoons oil

### Meat Balls

600g minced steak  
 1 x 60g egg  
 1/3 cup dry breadcrumbs  
 1 clove garlic, crushed  
 1 teaspoon ground cumin

### Sauce

1 onion, chopped  
 1 clove garlic, crushed  
 Salt and pepper  
 440g can red kidney beans, drained  
 400g can peeled tomatoes  
 1 green pepper, cut into strips  
 1/2 teaspoon chilli powder  
 1/2 teaspoon cumin  
 1 cup water  
 1 tablespoon tomato paste  
 Tossed salad leaves, to serve

**SERVES: 4**

**COOKING TIME: 45 minutes**

### METHOD:

For meat balls: combine ingredients thoroughly. Shape into 6 meatballs. Press cheese cubes into each centre and wrap around the meat mixture and roll in flour.  
 Heat oil in large frying pan, brown meatballs on all sides over moderate heat. Remove, set aside.  
 For sauce: cook onion and garlic in pan juices 4-5 minutes. Stir in remaining ingredients until sauce boils. Season well with salt and pepper.  
 Return meatballs, cover and simmer 25-30 minutes. Check seasonings.  
 Serve with cooked rice, tossed in extra cheese if preferred. Accompany with tossed salad.



## Chicken and Semi Dried Tomato Frittata Slice

### INGREDIENTS:

1 tablespoon cooking oil  
 1 red onion, diced  
 1 clove garlic, crushed  
 2 (500g) skinless chicken fillet cut into strips  
 6 eggs

2 teaspoons cornflour  
 1/2 cup (125ml) lite cream  
 1 1/2 cups (150g) Bega So Light 25% Reduced Fat Cheese, grated  
 1/4 cup roughly chopped basil leaves  
 1/2 cup semi-dried tomatoes



**SERVES: 4**

### METHOD:

Heat oil in a non-stick frypan. Add onions and garlic and cook until onions are soft. Add chicken and fry until browned and cooked through. Cool slightly.  
 Whisk eggs, cornflour and cream together. Stir through cheese, basil and tomatoes.  
 Spoon the chicken mixture into a 20cm buttered and paper lined square or round cake pan and pour over cheesy custard. Bake at 180°C for 35-40 minutes or until just set in the centre. Stand frittata in pan for 10 minutes before turning out. Serve warm or cold.



## Better Chicken

### INGREDIENTS:

- 1 1/2 cups fresh breadcrumbs
- 1 cup finely grated Bega Strong and Bitey Cheese
- 2 tablespoons chopped parsley
- 1/2 teaspoon dried oregano leaves
- 1 teaspoon paprika

4 skinless chicken fillets, cut in half lengthwise

- 1 cup natural yogurt
- steamed vegetables, to serve
- tomato salsa, to serve



**SERVES: 4**

### METHOD:

Combine breadcrumbs, Bega Strong and Bitey Cheese, herbs and spices. Dip the chicken fillets in the yogurt to coat and then into the cheesy breadcrumbs. Place onto a paper lined tray and bake at 200°C for 15 minutes or until cooked and golden. Serve with steamed vegetables and tomato salsa.

## Cheesy Vegetable Soup



### INGREDIENTS:

- 1 tablespoon cooking oil
- 1 onion, chopped
- 1 clove garlic, crushed
- 1 tablespoon tomato paste
- 2 sticks celery, diced
- 2 potatoes, diced
- 1 carrot, diced
- 1 zucchini, diced
- 1 small broccoli, cut into small flowerettes
- 4 cups (1 litre) vegetable stock or water
- 2 bay leaves
- 420g can red kidney beans, drained
- 2 cups Bega So Light 25% Reduced Fat Cheese, grated
- Crusty bread, to serve



**SERVES: 4**

### METHOD:

Heat oil in a non-stick saucepan. Add onion and garlic & cook until soft. Add tomato paste, vegetables, stock and bay leaves and bring to the boil. Add the beans and simmer for 1 hour or until vegetables are tender. Puree half the soup and return to saucepan with remaining soup. Heat gently and stir through half the Bega So Light 50% Reduced Fat Cheese. Serve topped with the remaining Bega So Light 50% Reduced Fat Cheese and crusty bread.



## Stuffed Char Grilled Mushrooms

### INGREDIENTS:

- 1 medium eggplant, cut into 1cm slices
- 2 small zucchini, cut into 1cm slices
- 1 medium red capsicum, cut into quarters

- 1 medium yellow capsicum, cut into quarters
- Canola spray oil
- 1/4 cup basil pesto
- 8 large field mushrooms, stalks removed
- 12 slices Bega So Light Extra Tasty Cheese



**SERVES: 4**

### METHOD:

Coat vegetables with spray oil and cook on a char-grill pan until browned and cooked through. Roughly chop the vegetables into bite sized pieces.  
Spread basil pesto evenly over the insides of the mushrooms. Top with Bega So Light 50% Reduced Fat Cheese and char grilled vegetable pieces.  
Bake at 200°C for 10 minutes or until cheese is melted and the mushrooms have warmed through. Serve immediately.

## Cheesy Minestrone Soup



### INGREDIENTS:

- 1 medium red onion, finely diced
- 3 rashers turkey bacon, roughly chopped
- 2 medium carrots, peeled and chopped
- 2 celery sticks, chopped
- 2 cloves garlic, crushed
- 1L (4 cups) beef or chicken stock
- 1 300g can red kidney beans, drained and rinsed
- 1 425g can diced tomatoes
- 40g penne pasta (or other dried pasta)
- 150g Bega Mild Cheddar Cheese, grated



**SERVES: 4**

### METHOD:

Place onion, turkey bacon, carrots, celery and garlic in a large saucepan and stir to combine. Cook over high heat, uncovered, stirring often, for 5 minutes or until the onion is soft.  
Add the stock, red kidney beans and tomatoes to pan. Cover and bring to the boil. Reduce heat and simmer, covered, for 30 minutes or until vegetables are tender.  
Increase heat to high and add pasta. Cook uncovered, stirring occasionally, until pasta is al dente.  
Take soup off heat, stir through cheese and season with salt and pepper. Ladle into serving bowls, sprinkle with parsley and serve with crusty bread.



## Sicilian Pizzettes

### INGREDIENTS:

4 x 15 cm pocket pitta bread  
 4 tablespoons tomato pasta sauce or pizza topping  
 4 x Bega So-Light Vintage Reduced 25% Fat Slices  
 100g can sardines, drained

1 large green capsicum, cut into 8 slices  
 Black olives  
 Freshly ground black pepper  
 Finely grated parmesan cheese



**SERVES: 4**

**COOKING TIME: 20 minutes**

### METHOD:

Preheat oven to 200C, placing an oven tray on a rack to heat through.  
 Spread choice of tomato sauce or topping over each pitta, top with a cheese slice, 3 or 4 sardines, 2 capsicum slices and some black olives. Season with pepper and sprinkle over parmesan cheese to taste.  
 Place on the preheated tray, bake for 10 minutes or until the pittas become crisp and cheese melts thoroughly.

## Nacho Wraps



### INGREDIENTS:

4 burrito tortillas  
 100g tub avocado dip  
 8 Bega Natural Tasty Cheese Slices  
 2 cups diced cooked chicken  
 125g can red kidney beans, drained  
 1/2 cup tomato salsa  
 30g mixed lettuce leaves



**SERVES: 4**

### METHOD:

Spread tortillas with avocado dip and top each with two Bega Tasty Cheese Slices.  
 Combine chicken, beans and salsa and spread evenly over the tortillas. Top with lettuce.  
 Roll up the tortillas to enclose filling and serve.





## Cheesy Volcanos

### INGREDIENTS:

3 slices bread, crusts removed  
1/2 cup hot water  
1 kg sausage meat  
1 onion, grated

2 teaspoons mixed herbs  
ground black pepper  
4 sheets frozen puff pastry, thawed  
8 Bega Stringers, cut in half  
1 egg, lightly beaten, for brushing



**SERVES:** Makes 12

### METHOD:

Soak bread in hot water for 5 minutes, drain and squeeze excess water. Combine bread, sausage meat, onion, herbs and pepper.

Cut each pastry sheet into four squares. Spoon 1/4 cup sausage mixture onto centre of each pastry square. Top with a Bega Stringer and completely encase in the sausage mixture. Brush pastry border with egg. Pinch pastry corners together to partially enclose filling. Brush pastry with remaining egg.

Place on paper lined baking trays and bake at 220°C for 25 minutes, or until golden and cooked. Serve warm.

## براكين الجبنة



٢ ملعقة صغيرة من خليط الأعشاب والبهار الأسود المطحون  
٤ شرحات من المعجنات الثلجة القابلة للنفخ والذوبان بالحرارة  
٨ قطع من جبنة بيغا سترينجرز مقطوعة في الوسط  
١ بيضة مخفوقة قليلاً، لاستخدامها بالفرشاة

### المكونات:

٢ قطع خبز منزوعة الأطراف  
نصف كوب من الماء الساخن  
١ كغ نقانق من اللحم  
١ بصلة مبشورة



الكمية: ١٢ قطعة

### طريقة التحضير:

انقعي الخبز في الماء الساخن لمدة ٥ دقائق، جففيه واعصري الماء الزائد. امزجي الخبز، نقانق اللحم، البصل، الأعشاب والفلفل. اقطعي كل شريحة من المعجنات إلى أربعة مربعات. ضعي بواسطة ملعقة ربع كوب من خليط النقانق في وسط كل مربع. ضعي فوقها جبنة بيغا سترينجرز وغطي خليط النقانق بالكامل. ادھني بواسطة فرشاة أطراف قطع المعجنات بالبيض. أغلقي أطراف القطع واضغطي عليها لتحصري جزئياً الحشوة المضمّنة. ادھني المعجنات بالبيض المتبقي. ضعيها في صوان للخبز مبطن بأوراق واخبزيها على حرارة ٢٢٠ مئوية لمدة ٢٥ دقيقة أو لتضج وتصبح ذهبية اللون. قدميها ساخنة.