

From: Sandy Hu Food Marketing
Contact: Sandy Hu (415) 626-1765
sandy@sandyhuFM.com



For: THE IRISH DAIRY BOARD
Contact: Molly O'Loughlin (847) 256-8289 x 207
moloughlin@idbusa.com

INVERNIA CHEESE STICKS

These cheese-crust breadsticks look a bit like French fries and are just as addictive. Munch on them for a snack with a glass of apple juice or red wine. They also make great companions to a soup or salad.

4 to 5 slices (1/2 inch thick) firm multi-grain bread (about 3 ounces total)
3 large egg whites
1 cup shredded Kerrygold Ivernia cheese*

Heat oven to 425° F. Cut bread into 3/4-inch wide sticks. In a cake or pie pan, with a fork, lightly beat egg whites. Place cheese on a plate. Very lightly coat bread sticks in egg white (do not soak), then coat in cheese, pressing cheese slightly into bread. If cheese does not adhere, sprinkle cheese on the top of bread and press gently in place. Place sticks about 1 inch apart on baking sheets coated with nonstick cooking spray or lined with parchment paper.

Bake in a 425° oven until bread is browned and crisp, about 10 minutes. Serve warm or cool. Makes about 20 sticks, 4 to 6 snack servings.

* Ivernia is a hard-grating, Italian type cheese from Ireland sold under the Kerrygold brand.

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