

CHEESE SANDWICH SPREAD



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Prep Time:10 minutes

Prepare your own flavoured cheese spread to use on school lunchbox sandwiches. Your budget and your children will love it!

Ingredients(Yield: +- 150 ml)

125 ml full-cream milk

250 g Berg processed Cheddar cheese, grated to measure +- 625 ml

Warm the milk in a pan until it is hot but not boiling.

Add the cheese, and stir continuously until a smooth molten mixture results.

Add in the flavourings of choice such as: 25 ml powdered biltong or one spring onion finely chopped.

Pour into a jar or plastic container, and set aside to cool before covering and storing.

Hints and Tips

As it has no preservatives, this homemade version should be enjoyed in a reasonably short time to enjoy it at it's best.

Refrigeration is fine and does not affect the spreading ability.

Photo: Leonie Steenekamp

Here is my cheese spread. Made with 125 ml milk and 250 g Berg cheese. It tastes lovely but it does not act like the bought

one. It is more stiff. When you put the bought one back in the fridge, it all sinks back down the sides of the bottle and becomes level again. Mine does not. I did put 4 Tbsp oil in but as it cooled it rose to the top, so I threw it off. How do I get the consistency like the bought one.