

WAYS TO USE PARMIGIANO REGGIANO CHEESE

The King of Cheeses



Sign up to our [Foodclub](#) on [medifoods.co.nz](#) for more recipes and special offers!

WAYS TO USE PARMIGIANO REGGIANO

PARMIGIANO REGGIANO IN APPETISERS

Parmigiano Reggiano can be enjoyed with fresh raw vegetables like celery or plum tomatoes. As a contrast to its delicate flavour, it can be eaten with a slightly spicy chutney like kiwi, apricot or cantaloupe. Serve with dry white wine.

PARMIGIANO REGGIANO WITH STARTERS

Parmigiano Reggiano goes very well with most traditional Italian pasta dishes, grated or shaved. Melting the rind in soups like Minestrone is a special touch.

PARMIGIANO REGGIANO WITH MEAT AND FISH

The more mature Parmigiano Reggiano is especially tasty in main dishes. Serve it shaved on beef or fish carpaccio or on roast beef with a drop of extra virgin olive oil.

PARMIGIANO REGGIANO WITH VEGETABLES

Parmigiano Reggiano goes well with fresh salads drizzled with extra virgin olive oil. It's a delicious ingredient in all kinds of vegetable dishes as well as the more traditional dishes like "Melanzane (Eggplant) alla Parmigiana".

PARMIGIANO REGGIANO WITH FRUIT

Enjoy Parmigiano Reggiano with fresh fruits like apples and pears. A more aged Parmigiano Reggiano is a perfect accompaniment to dried fruit and nuts like figs, hazelnuts and walnuts and is great with dried prunes.

PARMIGIANO REGGIANO WITH BALSAMIC VINEGAR

A chunk of aged Parmigiano Reggiano is fantastic with a few drops of traditional balsamic vinegar.

STORING PARMIGIANO REGGIANO

Vacuum-packed wedges of Parmigiano Reggiano can be kept in the fridge for a few months. If it's not bought vacuum packed, or once the packaging has been opened, it must be kept in the fridge, ideally at 4°C.

SHARE YOUR DISH
AND TAG US!



@MEDIFOODSNEWTOWN



@MEDIFOODS