

## Salad with Warm Goat Cheese

Approx. 11 ounces plain or herbed goat cheese  
2 extra-large egg whites, beaten with 1 tablespoon water  
Fresh white bread crumbs

### **For the dressing:**

2 tablespoons good cider vinegar  
2 tablespoons good Champagne vinegar  
Pinch sugar  
1/2 teaspoon kosher salt  
1/4 teaspoon freshly ground black pepper  
1 extra-large egg yolk  
1 cup good olive oil  
Mauro Farms salad greens for 6 servings  
Olive oil and unsalted butter, for frying

Slice the goat cheese about 1/4 inch thick (if using a log make 12 1/2-inch-thick slices. The easiest way is to use a length of dental floss.) Dip each slice into the beaten egg whites, then the bread crumbs, being sure the cheese is thoroughly coated. Place the slices on a rack and chill them for at least 15 minutes.

For the dressing, place the vinegars, sugar, salt, pepper, and egg yolk in the bowl of a food processor fitted with a steel blade and blend for 1 minute. With the motor running, slowly pour the olive oil through the feed tube until the vinaigrette is thickened. Season, to taste.

Toss the salad greens with enough dressing to moisten, then divide them among 6 plates.

Melt 1 tablespoon oil and 1 tablespoon butter in a saute pan over medium-high heat until just under smoking. Cook the goat cheese slices (or rounds) quickly on both sides until browned on the outside but not melted inside. Top each salad with 2 pieces each and serve.



**FOR A HEALTHY SNACK, TRY Pappa Hill's all-natural bagged popcorn at Ranch Foods Direct. Just the simplest ingredients: olive and sunflower oils, and organic sea salt. Also offered in a tasty chocolate-coated version.**

**Look for LOCALLY RAISED AND PROCESSED Arkansas Valley PORK from the Nick Mauro family in the meat case at Ranch Foods Direct.**

## Goat cheese: tangy spring freshness

**R**ob Anderson and his wife Amy own Colorado's only Grade-A goat dairy, Mini Moos and Kids Too, at Canon City, now home to a thriving cheese business.



"Many people use a lot of salt in their goat cheese to help bring out the whey. We try to minimize the salt, and what salt we use is sea salt," he explains. "Our goat milk is pasteurized so our cheese is fresher tasting because we don't have to age it for 60 days in order to sell it."

Mini Moos is a semi-soft fresh curd cheese, similar in texture to feta, halfway between a soft style Chevre and the rubbery firm versions, and sold in quarter-pound wedges. (You can buy it at Ranch Foods Direct.) They also make a hard aged goat cheddar and sell goat milk.

Goat cheese has a high protein content and easy digestibility. It adds tangy goodness to spring salads, roasted vegetables, omelettes, burgers, pastas and more. To make a goat cheese cream sauce, melt 2 tablespoons butter in a saute pan with 2 tablespoons flour; whisk together, then slowly stir in 12 oz. chicken broth, whisking til smooth. Simmer on low heat to thicken. Stir in 4 oz. goat cheese and some fresh lemon juice. Voila!

## Roasted Asparagus with Goat Cheese

4 oz goat cheese, crumbled, shaved or grated  
2 tsp fresh lemon juice  
1 tsp lemon peel, grated  
2 lbs medium asparagus, tough ends trimmed  
2 Tbsp + 2 tsp olive oil  
6 slices bacon

Cook bacon in a heavy skillet til crisp, drain, cool and crumble.

Position rack in center of oven and preheat to 500 degrees F. Arrange asparagus spears on jelly roll pan or rimmed baking sheet. Drizzle with 2 T. oil and turn to coat well. Sprinkle top generously with salt and pepper. Roast asparagus until crisp-tender when pierced with a knife, about 7 minutes. Arrange asparagus in single layer on a platter.

Sprinkle top with crumbled or grated goat cheese, then with the bacon. Drizzle with lemon juice and remaining 2 tsp. oil. Sprinkle on grated lemon peel. Can cover and serve later at room temperature.