

CRISPY FRIED GOAT'S CHEESE SALAD

A firm favourite in our household, and at the restaurant, there's just something so tasty and appealing about a good fresh goat's cheese. For an option that's lower in calories, simply omit the breadcrumb stage, and grill the goat's cheese under the grill instead.

SERVES 4

INGREDIENTS:

300 g. goat's cheese log
flour for dredging
1 egg mixed with 2 Tbsp. milk
fresh breadcrumbs
oil for frying

For the salad:

mixed salad leaves, about 100 g.
1 small avocado, peeled and diced
60 g. walnuts, lightly toasted and skinned
20 small black olives

Dressing:

4 Tbsp. olive oil
4 Tbsp. walnut oil (or hazelnut or vegetable)
2 Tbsp. red wine vinegar
1 tsp. Dijon mustard
salt and freshly ground black pepper
chervil leaves to garnish

METHOD:

Allow the goat's cheese to come to room temperature. Dip a knife in hot water, and slice the log into 4 even slices. Dredge each slice in flour, and then dip in the egg wash and finally into the breadcrumbs, pressing into the breadcrumbs firmly to cover each piece. In a small bowl, simply whisk together all the dressing ingredients. Taste for seasoning.

Heat a fry pan over moderate heat. Pour in enough vegetable oil to coat the bottom of the pan by ½ cm. When the oil is hot, carefully place in the goat's cheese slices and cook quickly until crisp and golden brown on each side. (about 2 minutes each side)
Remove and drain on kitchen towels.

Toss the salad leaves, avocado, walnuts and olives in 1/2 the dressing. Place the salad in the centre of each plate, and top with the goat's cheese. Spoon a little more vinaigrette around, and arrange a few chervil leaves around.