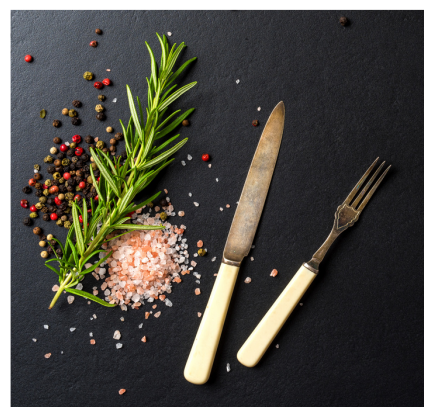


Goat cheese salad

by restaurant

...Grey



Ingredients (one serving):

SALAD

- 80 g mixed salad greens (whatever is available from your market or garden)
- 30 g cherry tomatoes
- 25 g grapes
- 20 g cherry apples in light syrup
- 15 g pickled mini Amazon peppers
- 15 g sprouts (sunflower or whatever is available at your local market)
- 5 g balsamic vinegar pearls

GOAT CHEESE CROQUETTES

- 100 g fresh goat cheese (chèvre)
- 15 g potato starch
- 30 g Panko (Japanese-style) bread crumbs
- 1 egg, beaten
- Vegetable oil for frying

LIGHT SESAME DRESSING

- 10 g sesame oil (Asian style)
- 5 g sesame seeds (black and white mix)
- 5 g soy sauce 5 g rice vinegar
- 10 g honey

CORN AND PARSLEY CRUNCH

- 100 g nachos chips
- 60 g fresh flat-leaved parsley (or any fresh aromatic herbs)



Step-by-step:

GOAT CHEESE CROQUETTES

- Roll the goat cheese into small balls (about 20 g each).
- Dust the goat cheese balls with starch. Coat with the beaten egg and roll in the breadcrumbs. The balls are best made in advance and chilled before frying.
- Heat the vegetable oil in a cast-iron skillet over medium-high heat. Gently drop in the chilled croquettes. Fry until golden brown on all sides, about 1 minute per side. Transfer to paper towels to drain.

LIGHT SESAME DRESSING

- Mix all of the wet ingredients together until well blended, and then add the sesame seeds.

CORN AND PARSLEY CRUNCH

- Toss the nacho chips and the parsley. Don't overdo it – you want to preserve the nice green color and aroma of the herbs.
- If you have the time, you can dehydrate the chips and herbs on your stovetop, in a dehydrator, or in the oven (at 30°C).