

# Braised Heirloom Carrots & Crispy Goat Cheese

*with Toasted Almonds & Frisée Salad*

What's better than fried cheese? Breaded, fried goat cheese! Goat cheese doesn't melt at high temperatures, making it perfect for this recipe. The toasty crunchiness of these panko-coated goat cheese rounds enriches and complements the natural sweetness of heirloom carrots and slightly bitter frisée. It's a recipe so good, you might want to pass it on.



## Ingredients

- 4 Ounces Goat Cheese
- 2 Cloves Garlic
- 1 Bunch Heirloom Carrots
- 1 Bunch Marjoram
- 1 Bunch Parsley
- ½ Head Frisée
- 1 Lemon
- 1 Shallot
- ¼ Cup Almonds
- ¼ Cup Amaranth
- 3 Tablespoons Vegetable Demi-Glaze
- 2 Tablespoons Butter
- ¼ Cup Panko Breadcrumbs

Makes 2 Servings

About 675 Calories Per Serving

# Instructions



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Heat your knife under hot water, dry the knife and slice the cheese into 6 discs. Place the discs in the freezer to chill. Peel and mince the garlic and shallot. Trim off and discard the tops of the carrots. Pick the marjoram and parsley leaves off the stems; discard the stems. Roughly chop the frisée. Using a peeler, remove the rind of the lemon (avoiding the white pith) and mince to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Roughly chop the almonds.



## Cook the amaranth:

Once the water is boiling, add the **amaranth** and cook 20 to 22 minutes, or until tender. Drain thoroughly and set aside while you continue cooking.



## Start the carrots:

In a large pan, heat 2 teaspoons of olive oil on medium until hot. Add the **garlic** and **shallot** and season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **carrots**, **vegetable demi-glace**, **lemon zest**, **half the butter** and **½ cup of water**; season with salt and pepper. Increase the heat to medium-high and bring to a boil, then reduce the heat to medium and loosely cover with aluminum foil. Cook 14 to 16 minutes, or until slightly reduced and the carrots are tender. Remove from heat.



## Toast the almonds:

While the carrots cook, heat a small pan on medium-high until hot. Add the **almonds** and toast, stirring frequently, 2 to 3 minutes or until lightly browned. Transfer the toasted almonds to a small bowl and set aside. Wipe out the pan.



## Coat & cook goat cheese:

While the carrots continue to cook, remove the **goat cheese discs** from the freezer. Coat both sides of each piece in **panko**, gently pressing the breadcrumbs into the cheese. In the same pan used to toast the nuts, heat a thin layer of olive oil on high until hot. Once the oil is hot enough that a few breadcrumbs sizzle immediately when added, add the **coated discs** and cook 30 seconds to 1 minute per side, or until crispy and brown. Transfer the cooked discs to a paper towel-lined plate.



## Finish & plate your dish:

In a large bowl, combine the **frisée** and **parsley**. Toss with the **juice of 1 lemon wedge** and a drizzle of olive oil. Season with salt and pepper to taste. To finish your dish, stir the **cooked amaranth**, **the juice of 1 lemon wedge** and the **remaining butter** into the **stewed carrots**. To plate your dish, divide the carrots and **crispy goat cheese** between 2 dishes and garnish with the **toasted almonds** and **marjoram**. Serve the **frisée salad** and **remaining lemon wedges** on the side. Enjoy!