

Capriole Goat Cheese Cakes with Marinated Beets & Pistachio-Citrus Pesto

By Chef Sarah Stegner of Prairie Grass Cafe

Pistachio-Bread Crumb Crusted Capriole Goat Cheese Cake

Ingredients:

¼ cup raw shelled finely chopped pistachios

¼ cup panko flakes

⅛ cup grated parmesan cheese

4 oz fresh Capriole goat cheese

¼ cup flour

2 eggs

2-4 tbsp olive oil

Method:

Split the goat cheese into two flat, round discs (about a half inch thick). Combine the pistachios, panko and parmesan together. Completely coat the cheese cakes in flour then egg then the bread crumb mixture.

In a small sauté pan over medium heat, add a generous amount of olive oil (2-4 tablespoons) and cook the goat cheese cakes until golden brown on both sides (about 2 minutes per side).

Marinated Beets

Ingredients:

½ lb mixed color baby beets

½ cup orange juice

½ cup apple cider vinegar

½ cup honey

1 sprig fresh thyme

Pinch sea salt

Pinch of grain mustard

Method:

Remove the beet tops (reserve for other uses or discard). Boil the beets in salted water until tender. Allow to cool slightly and rub the skin off of the beets.

Tip: I often use an old dish towel to help. If they are cooked correctly the skin should come right off.

Mix the vinegar, honey and orange juice together. Add thyme & mustard. Add the beets. Let sit completely covered in the marinade. Refrigerate the beets and marinade for at least 2 hours.

Pistachio-Citrus Pesto

Ingredients:

1/2 cup Toasted, salted pistachios (cooked in olive oil)

1/2 handful of Basil

1/2 handful of Parsley

1 handful of Spinach

1 Clove Peeled Garlic

Salt

Olive Oil, Mild

Lemon Zest from 1 lemon

Pinch of Ramps (optional)

Pinch of mint (optional)

Method:

Add all ingredients to a blender (pistachios should not go on the bottom) and blend until slightly chunky.

Assembly:

Place goat cheese cake and the beets on a plate. Drizzle the pesto over everything. Serve and enjoy!