

Carmelis Goat Cheese Artisan Inc. at 170 Timberline Rd. has reopened their cheese shop for the season. This year, they are bringing more interesting tasty things to their shop, the main new product being their goat milk gelato. They will have the yummiest gelato in 12 flavours that will be made on premise beginning when summer will finally arrive, hopefully late April or the beginning of May. Gelato is softer than and not as cold as regular ice cream.

Along with their already great selection of gourmet goat cheeses they are introducing three or four more types of other cow cheeses. Carmelis is owned and operated by Ofri and Ofer Barmor who is the head cheese maker. Call 870-3117. www.carmelis-goatcheese.com



Wine country crostini with Carmelis goat yogurt cheese citrus herb pesto

Ingredients:

- 1 baguette, sliced into one centimetre rounds
- 1 clove of garlic, finely chopped
- 50 ml extra virgin olive oil
- 2 cups Italian parsley
- 1 cup fresh basil
- 1/2 cup Carmelis lior or vintage hard cheese, grated
- 1 clove of garlic
- 1 lemon, finely zested and juiced
- 50 ml extra virgin olive oil
- sea salt and pepper to taste
- 300 grms Carmelis goat yogurt cheese
- 3 pcs olive oil packed sun dried tomatoes thinly sliced

Geoffrey Couper
Cedar Creek Estate Winery
**Patlo opens June 15*

Method:

1. Preheat oven to 400F.
2. Lay the sliced baguette on a baking sheet.
3. Mix together the finely chopped garlic with olive oil and lightly brush onto the bread.
4. Bake for approximately 10 minutes or until crisp.
5. For pesto: Place the parsley, basil, grated cheese, garlic clove, lemon zest and juice in a food processor and blend until finely chopped.
6. Add the olive oil and seasoning and process briefly.
7. Spread the Carmelis goat yogurt cheese on the crostini and then top with a small spoonful of pesto.
8. Garnish with the sun dried tomatoes.



Kelowna, BC

Rod Butters Fresco Restaurant

Butters is the newly elected president of the Okanagan Chefs' Association. He and his wife, Audrey, opened Fresco Restaurant in June 2001 after travelling the world for a year in 2000. He is the recipient of the BCRFA 2002 Provincial Restaurateur of the Year — Fine Dining Award. Butters and his team have also been awarded the Four Diamonds by CAA/AAA, North America's most respected lodging and restaurant-rating organization.



Okanagan Apple & Drunken Goat Cheese

Cheese and apples is a classic combination. The juiciness of the apples mixes so well with the richness of the cheese. The walnuts add crunch and the pancetta, saltiness. By adding spinach or greens, the salad comes alive with freshness.



METHOD:

1. Marinate goat cheese with thyme in Pinot Noir for a minimum of 4 hours. Remove goat cheese from wine.
2. Combine olive oil and vinegar in a small bowl and season to taste.
3. Toss spinach leaves with small amount of oil/vinegar dressing. Just enough to coat leaves. Place leaves attractively in the middle of four plates.
4. In bowl, combine apples, cheese and walnuts. Toss gently with remaining dressing.
5. Place crisp pancetta on spinach. Spoon apple cheese mixture on top of each spinach salad.

This salad can be combined in a large bowl and tossed with the dressing to be served on the table. Serve baguette croutons on the side.

INGREDIENTS (serves 4)

- 1 Large Apple — medium tartness variety i.e. Braeburn peeled, cored and cut into 1/2 inch cubes
- 6 oz Hard goat cheese — Carmelis Artisan Okanagan many varieties or can substitute any hard cheese cut into 1/2 inch cubes
- 5 oz Pinot Noir
- 3 pc Thyme Sprig — fresh
- 1/4 c. Walnut pieces — lightly toasted and chopped
- 2 oz Extra Virgin Olive Oil
- 2 tbspp Apple Cider Vinegar
- Salt and pepper — to taste
- 3 cups volume tender young spinach leaves — can substitute with any tender small greens
- 4 slcs Pancetta 'Italian bacon' pan fried or baked till crispy
- Baguette croutons — thin baguette slices toasted with olive oil

WHERE TO FIND

Apples
B.C. Fruit Packers,
Clement Avenue

Goat Cheese
Carmelis Artisan Dairy
764-3117

Pancetta
Valoroso Foods
Sutherland Avenue

food + wine

recipes