

good taste



Recipe with  
Caren McSherry  
from the Gourmet  
Warehouse



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McSherry for the  
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### Beets and Chèvre on Mixed Greens

- 1 head unpeeled garlic
- 2 large fresh beets
- 1 Tbsp coarse-textured Dijon mustard
- 2 Tbsp champagne vinegar (or white wine vinegar)
- 1 tsp sea salt
- 2 tsp freshly ground pepper
- 2/3 cup walnut oil
- 6 ounces soft chèvre
- 2 tsp freshly ground pepper
- 3 cups mixed greens (such as radicchio, arugula, endive, butter lettuce)
- 1/3 cup chopped walnuts, toasted

Preheat oven to 325°F. Cut 1/4 inch off the top of the garlic head and rub all over with olive oil. Place in a garlic roaster or wrap loosely in foil. Bake 45 minutes; hour, until soft and golden. Meanwhile, boil beets for 30-35 minutes until cooked through. When cool enough to handle, peel and cut into 1/4-inch-thick slices. Set aside. Whisk together mustard, vinegar, salt and pepper. Slowly pour in oil in a thin, steady stream, whisking continuously until the dressing emulsifies and becomes smooth. Adjust seasonings. Squeeze half of the cooked garlic (or more if desired) into a bowl. Add chèvre and pepper and mix well until smooth. To assemble, toss salad greens with dressing and mound onto a salad plate. Spoon some cheese mixture on top of the beets. Arrange a few beet slices over greens. Garnish with walnuts. Serves 6.

## Go for Goat Cheese!

by christina spiro

NOT LONG AGO, GOAT cheese was uncharted territory for many a home chef. Then along came mild goat-milk chèvre, the soft, creamy cheese that perfectly tops fresh salads and gourmet crackers. Today you'll find more of us cooking and serving chèvre at home. But as we learned on a recent visit to the Okanagan — if you think goat cheese is limited to chèvre, think again.

In fact, goat milk lends itself to a multitude of fresh, ripened and aged cheeses, along with specialty items such as cheesecake. And goat-milk products are not only delicious, they're also extremely nutritious, plus, chemical similarities to human milk and buffering properties enable goat milk to be processed by our body

quickly, which is a bonus for anyone with lactose intolerance.

We were introduced to a full range of goat cheese at a charming Kelowna farm called Carmelis Goat Cheese Artisan. Here, cheese is made in the traditional European way without preservatives or artificial colours. The all-natural process begins by raising milking goats right on the farm, next to the fromagerie. Husband Ofri Barmor creates the recipes while wife Ofri runs the day-to-day operations of the farm and cheese shop.

Some of the delectable specialties at Carmelis include: Piccolo, a buttery rind cheese, lightly moulded, wrapped with vegetable ash and aged for four to six weeks; Carmel, an Italian-type hard cheese aged for one year; Goatonzola, a semi-hard blue

cheese, tantalizing to the eye and taste buds; and exotic Vintage, a hard cheese with a bluish red wine and rich dense flavour, plus several soft, fresh herbal chèvres.

A goat cheese tray with both hard and soft cheeses is an elegant way to kick off a hearty meal, accompanied by wine, dried fruits and nuts.

About an hour before serving, take your goat cheese out of the refrigerator and bring it to room temperature to enjoy the full spectrum of flavours.

Carmelis cheese is available at Granville Island Public Market or [www.carmelisoatcheese.com](http://www.carmelisoatcheese.com). Refer to Canadian Artisanal Cheese by Gurm Pirety (Whitecap, 2006) for more information on Carmelis and other talented domestic cheese makers. ■

## REGIONAL TRAVEL GUIDE BRITISH COLUMBIA



## Carmelis Goat Cheese Artisan

By Vickie S. Higgins

THE GOATS ARE treated with care and respect as are the gourmet cheeses produced from their milk. Carmelis Goat Cheese Artisan is indeed a peaceable kingdom for 100 goats that enjoy fine living conditions along with natural foods, free of any hormones or additives. This family-owned dairy on the outskirts of Kelowna offers breathtaking views of the valley and several wineries that dot the landscape near Okanagan Lake.

In this pastoral setting, it's difficult to imagine the challenges faced by the Barmor family six months after they moved to British Columbia. Ofri and Ofri Barmor arrived here with their young family from Israel in the spring of 2003, and began to develop their boutique dairy. The Barmors owned a farm and raised sheep and goats in their native Israel. They immigrated to Canada to provide a more peaceful environment for their children.

On August 12, 2003, the Barmors took a delivery of 90 goats. Four days later in the early morning hours, a lightning storm sparked a fire on Rattle Snake Island, a few kilometers southwest of Kelowna and not far from the Barmor's farm.

The fire spread quickly and neighbors locked to the farm with offers of help to evacuate the goats. "They brought horse trailers," says Ofri, "Before we knew it about 10 horse trailers arrived in our driveway and everyone helped get our goats loaded up." The goats were taken to Sumaq Valley Alpaca Farm southeast of Kelowna. They stayed there for a week, but as the fire continued to spread, it was necessary to move them again — this time across Okanagan Lake to the Old McDonald Farm with its petting zoo.

In the aftermath of the fire, the family toiled to rebuild the farm, most of which had been completely destroyed by the fire. The goats were finally able to come home in October. On February 21, 2004, the first batch of cheese was ready. Early in May, they opened their cheese shop at the farm.

Carmelis cheeses are produced on a small scale using traditional techniques learned during the Barmor's many visits to various areas of Europe, particularly France. All cheeses are made from 100 percent goat milk, and no stimulation processes are used in production. The Barmors make sure to allot proper time for every type of cheese to reach its true maturity.

More than two dozen Carmelis Goat Cheese Artisan products are available by mail order throughout Canada including 19 distinctive cheeses, cheese platters, and various festive custom order baskets. Visitors are welcome at the farm. Group tours need advance booking. (250-470-0341; [www.carmelisoatcheese.com](http://www.carmelisoatcheese.com)) ■

