

Kamut Salad of Shaved Fennel & Watercress with Cherry Gastrique and Amaranth Crusted Goat Cheese

Recipe by Chef J Perry, Oregon State University

Yields 4 Portions

Crusted Goat Cheese (makes 4, 1 oz portions)

- ◆ 4 oz. goat cheese provista or DPI
- ◆ ½ c amaranth

Reform cheese to round cylinder the size of a nickel. Toast the amaranth in medium hot flat saute pan and toast the grain until they pop white. May need to cover. Roll cheese cylinder in grain to cover. Wrap in plastic wrap. Set aside

Kamut Salad

- ◆ 1/3 c kamut– soaked in water overnight
- ◆ 2 c veg stock
- ◆ 1 ea cleaned fennel bulb
- ◆ 36 ea picked leaves– living watercress
- ◆ 1 tbl organic EVOO
- ◆ 1 tsp lemon juice
- ◆ ½ tsp apple cider vin
- ◆ S&P to taste

Simmer soaked kamut in veg stock until tender. Drain and cool. Shave fennel thin and add oil, juice, vinegar and season to taste.

Cherry Gastrique

- ◆ ¼ c dried cherries (Bing)
- ◆ 4 fo water
- ◆ 2 fo red wine
- ◆ 1 fo cider vinegar
- ◆ 1 tbl honey
- ◆ Salt taste

Simmer cherries in water, honey, wine and vinegar. Reduce to syrup and remove. Season and add drops of vinegar if needed.

Teff and Hazelnut Brittle- Makes ½ to full sheet pan- pending on spreading

- ◆ 1 ½ c toasted hazelnuts
- ◆ ½ teff
- ◆ 4 fo water
- ◆ 7 oz sugar
- ◆ 4 oz brown sugar
- ◆ 2 fo corn syrup
- ◆ 2 ½ oz. butter
- ◆ 2 T baking soda
- ◆ 1 T kosher salt
- ◆ 2 T picked thyme

Heat up water, sugar, brown sugar, corn syrup and butter to 300 degrees. Remove from heat and add salt, baking soda nuts, thyme and teff. Stir in fast and pour onto sheet pan with silicon pad. Spread fast evenly and let cool.

Plate execution

Cut the 1 oz portion of cheese on a tier. Divide fennel in 3 small piles and space in between each mound of fennel. Arrange the 3 watercress leaves in between each fennel mound. Place cheese at end of plate. Arrange cherries on plate and drizzle the syrup around. Drizzle some evoo with syrup. Garnish the brittle by cheese.



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