



Spencer's Recipe of the Month: August



Spencer's Recipe of the Month – Sesame seed fried goats cheese with a fresh mango, red onion and chilli salsa

A delicious summer starter or lunch which is surprisingly light and packed with flavour.

Ingredients (serves 6)

6 slices of goats cheese, 1.5 cm thick
100g dried bread crumbs
50g sesame seeds
2 beaten eggs with a splash of milk
Flour to coat

Salsa:

1 ripe mango
2 red chillies with seeds removed
1 lime
1 small red onion
2 tsp fresh chopped coriander
4 mint leaves
Olive oil
Salt and pepper



Method

Goats cheese:

Roll goats cheese in plain flour until well coated
Dip in egg mix until coated
Roll in breadcrumbs and sesame seeds and deep fry until golden at 170°C

Salsa:

Peel mango and take out middle stone. Dice into small cubes
Finely chop the red onion, chilli, mint and coriander, mix together with a little olive oil, lime juice and salt and pepper

Serve with some wild rocket and a large glass of Pouilly Fume – Happy Days!