

Tart Cherry and Goat Cheese Turnovers

Goat brie melts and mingles with the tart cherry mixture in these elegant but easy turnovers.

- 1 pkg (1 lb/454 g) pre-rolled puff pastry, thawed
- 1 cup (250 mL) Ontario pitted red tart cherries, well drained
- 1 tbsp (15 mL) liquid honey
- 1 tbsp (15 mL) grated lemon zest
- 2 tsp (10 mL) fresh thyme leaves
- 1 egg yolk
- 1 tbsp (15 mL) water
- 1 tbsp (15 mL) coarse sugar
- 3 oz (84 g) Ontario goat Brie, cut into 24 small pieces

Preheat oven to 425°F (220°C).

Roll pastry out slightly so that you can get 12- 2-1/2 inch (6.25cm) rounds out of each piece.

In bowl, combine tart cherries with honey, lemon zest and thyme leaves. Set aside.

In small bowl, whisk together egg yolk and water.

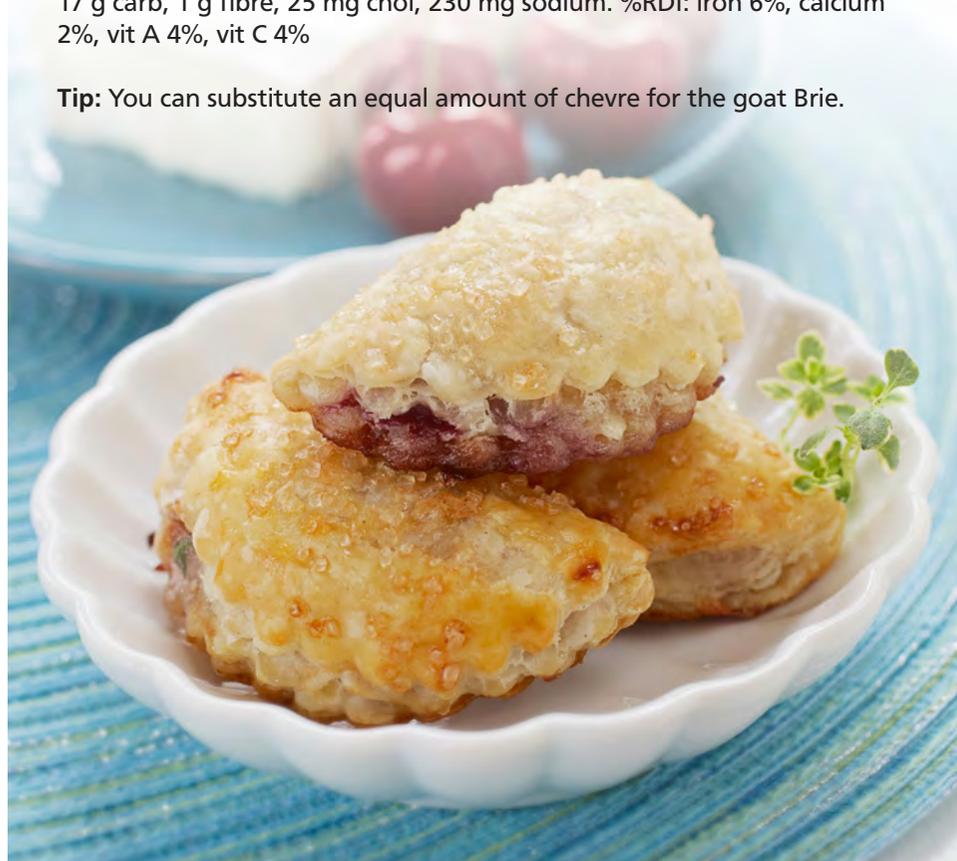
Place a heaping teaspoon of cherry filling into each pastry round with a piece of the goat Brie. Fold in half and crimp edges with the tines of a fork. Arrange on a parchment-lined baking sheet. Repeat with remaining pastry, filling and Brie. Brush each of the turnovers with the egg wash and sprinkle with the coarse sugar.

Bake in the center of the preheated oven until turnovers are puffed and golden, about 10 minutes. Transfer to cooling rack. Serve warm or at room temperature.

Makes 24 pieces.

PER (2 piece) SERVING: about 200 cal, 5 g pro, 12 g total fat (4 g sat fat), 17 g carb, 1 g fibre, 25 mg chol, 230 mg sodium. %RDI: iron 6%, calcium 2%, vit A 4%, vit C 4%

Tip: You can substitute an equal amount of chevre for the goat Brie.



Peach, Honey and Goat Cheese Tart

A pastry lover's dream! Ontario goat cheese makes a light, flaky crust to envelop fresh, sweet Ontario peaches. It's the perfect summertime dessert - best served oven warmed.

Goat Cheese Pastry:

- 1 cup (250 mL) all purpose flour
- 2 tbsp (25 mL) packed brown sugar
- 1/4 tsp (1 mL) salt
- 6 tbsp (90 mL) cold, unsalted butter, cubed
- 3 oz (84 g) cold, plain Ontario chevre, cubed
- 2 tbsp (25 mL) cold heavy cream
- 1 1/2 cups (375 mL) sliced, fresh pitted peaches
- 2 tbsp (25 mL) liquid honey
- 1 tbsp (15 mL) cold butter, cut into thin slivers
- 1 egg yolk
- 1 tbsp (15 mL) coarse sugar

Preheat oven to 400°F (200°C).

In bowl of food processor, combine flour, sugar and salt. Pulse in butter and chevre until the mixture resembles coarse crumbs with pea sized pieces. Pulse in butter and goat cheese until the mixture resembles coarse crumbs with pea sized pieces. Pulse in cream until the dough begins to clump. Press the dough into a flat disc, wrap and refrigerate until firm; at least one hour and up to 2 days.

Roll out dough into a 14-inch (36 cm) round (approx). Arrange on a parchment-lined baking sheet. Fill the center with the peaches and drizzle with honey and dot with butter. Fold up sides, over peaches, pleating them as you work around the crust, leaving fruit uncovered in the center.

Mix the egg yolk with 1 tbsp (15 mL) of water and brush over pastry. Sprinkle pastry with sugar.

Bake in the bottom third of the preheated oven until the pastry is golden brown and filling is bubbling, about 25 to 35 minutes. Serve warm the day that it is made.

Makes 8 servings.

PER SERVING: about 240 cal, 5 g pro, 13 g total fat (8 g sat fat), 27 g carb, 2 g fibre, 80 mg chol, 45 mg sodium. %RDI: iron 6%, calcium 2%, vit A 10%, vit C 6%



Sweet Somethings



Ontario
Goat Cheese

We've got it good.

Lemon Chevre Cake

With a spicy ginger snap crust, creamy chèvre filling and lemony topping, this Lemon Chevre Cake is a luscious dessert that will win rave reviews.

Topping:

2 eggs
2 egg yolks
2/3 cup (150 mL) sugar
1 tbsp (15 mL) grated lemon zest
1/2 cup (125 mL) lemon juice

Crust:

2 cups (500 mL) crushed ginger snaps
1/3 cup (75 mL) melted butter

Filling:

1 pkg (8 oz/227 g) cream cheese
1 pkg (10 oz/300 g) Ontario chevre
1/2 cup (125 mL) granulated sugar
1/2 cup (125 mL) frozen lemonade concentrate, thawed
1 tbsp (15 mL) grated lemon zest
2 eggs
1 1/2 cups (375 mL) sour cream

Adjust oven rack to lower-middle position and heat oven to 325°F (160°C). Grease a 9-inch (23 cm) spring-form pan and line sides with parchment.

In heatproof bowl, over a saucepan of simmering water, whisk together eggs, yolks, sugar, lemon zest and juice; cook, stirring until mixture is thick enough to coat the back of a spoon, about 10 minutes. Place plastic wrap directly on the surface, to prevent it from forming a skin. Refrigerate until cold, about 1 hour and up to 2 days.

In food processor, blend gingersnaps to fine crumbs, about 30 seconds. Add warm melted butter in slow, steady stream while pulsing; pulse until mixture is evenly moistened and resembles wet sand.

Transfer mixture to prepared pan; using bottom of ramekin or dry measuring cup, press firmly and evenly into pan bottom, keeping sides as clean as possible. Bake in oven until crust is firm, about 12 minutes. Let cool while preparing the filling.

Place cream cheese, goat cheese, sugar, lemonade concentrate and zest in a large mixing bowl. With an electric hand mixer, beat until just smooth, scraping down sides of the bowl as needed. Add eggs, one at a time, beating and scraping down sides of the bowl after each addition. Beat in sour cream until mixture is very smooth. Pour into cooled crust.

Bake until edges of cheesecake look set and the center is still soft and slightly jiggly, about 60 minutes. Turn off oven, let stand in oven for 60 minutes. Transfer to rack. Remove sides of pan and parchment and cool completely. Spread topping evenly over cake and refrigerate until firm, about 6 hours.

Makes 12 - 16 servings.

PER (1/16) SERVING: about 324 cal, 6 g pro, 18 g total fat (9 g sat fat), 30 g carb, 1 g fiber, 128 mg chol, 158 mg sodium. %RDI: iron 22%, calcium 6%, vit A 10%, vit C 8%

Chevre Swirl Brownies

Decadent, rich and chocolatey but only 130 calories and 6 grams of fat per serving. Yum!

Cheese Filling:

5 oz (140 g) plain Ontario chevre, room temperature
2 tbsp (25 mL) butter, softened
1/4 cup (50 mL) sugar
1 tbsp (15 mL) all-purpose flour
1 egg
1 tsp (5 mL) vanilla
1 tbsp (15 mL) liquid honey

4 oz (113 g) chopped semi-sweet chocolate
3 tbsp (45 mL) butter
3/4 cup (175 mL) granulated sugar
1 egg
1/2 cup (125 mL) all-purpose flour
1/2 cup (125 mL) chopped nuts (optional)
1 tsp (5 mL) baking powder
1 tsp (5 mL) vanilla
1/4 tsp (1 mL) salt

Preheat oven to 350°F (180°C), Line a 9-inch (23 cm) baking pan with parchment or grease well with cooking spray.

In bowl, beat the chevre, butter and sugar on low speed of electric mixer until smooth and blended. Add flour, egg, vanilla and honey, beating until blended. Set aside.

In small saucepan, melt chocolate and butter over low heat, stirring until melted and smooth. Remove from heat. Stir in sugar and egg. Mix thoroughly. Add flour, nuts (if using), baking powder, vanilla and salt, stirring until blended. Spread half of the batter in a prepared pan. Spread the chevre filling over the top. Cover evenly with spoonfuls of the remaining brownie batter. Swirl mixtures with the tip of the knife just enough to marble

Bake in the center of the oven for 35 to 40 minutes or until set. Cool in pan on rack for 20 minutes.

Cut into squares, store in air-tight container.

Makes 16 brownies.

PER (1/16) SERVING: about 130 cal, 3 g pro, 6 g total fat (3 g sat fat), 17 g carb, 0 g fibre, 40 mg chol, 105 mg sodium. %RDI: iron 2%, calcium 4%, vit A 4%, vit C 0%

Variation: Raspberry Chevre Brownies: Dot 1/4 cup (50 mL) of raspberry jam into the batter just before swirling. Bake as above.

From chevre to brie, feta to cheddar and mozzarella Ontario goat cheese always adds something special to your dish.

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