

Knowledge @ Noon
Celebrate 75th year of June as Dairy Month

“Dairy Goat Delights”



Wednesday, June 17, 2015
12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

Instructor: Becky Thorpe, Terabithia Dairy Goat Farm

Assisted by Marais des Cygnes Extension District Master Food Volunteers

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TERABITHIA DAIRY

"Terabithia".....This is a name with origins from the books "A Bridge to Terabithia" and "The Chronicles of Narnia". It denotes a place removed from the rest of the world. Our "Terabithia" is a small old fashioned goat dairy which includes various dogs, barn cats, chickens, gardens, grown-up children, and grandchildren, as well as goats.

The Thorpes have been raising dairy goats for 25 years. Our first goat was "Elizabeth", a grade Nubian cross doe with an endearing personality. Elizabeth would walk around the loafing pen with a cat peacefully curled up on her back. We loved her so and she lived to be 13 years old. Her bloodline is still with us and her fabulous personality is mirrored in her offspring with the Oberhasli sires.

Terabithia Dairy has focused solely on the Oberhasli breed since 1985. We are proud to have bred many show quality animals with excellent milk production. All milking does are hand milked and babies are bottle-fed.

Our "dairy" and "farm" is a constant work in progress. We always strive for quality in the product and integrity in the business. Each one of our customers becomes a part of our Terabithia family.

Thank you for coming to our "Terabithia"



Vince and Becky Thorpe

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Goat - Cow - Human Milk Comparison

	Goat	Cow	Human
Protein %	3.0	3.0	1.1
Fat %	3.8	3.6	4.0
Calories/100 ml	70	69	68
Vitamin A (i.u./gram fat)	39	21	32
Vitamin B (µg/100 ml)	68	45	17
Riboflavin (µg/100 ml)	210	159	26
Vitamin C (mg ascorbic acid/100 ml)	2	2	3
Vitamin D (i.u./gram fat)	0.7	0.7	0.3
Calcium	0.19	0.18	0.04
Iron	0.07	0.06	0.2
Phosphorus	0.27	0.23	0.06
Cholesterol (mg/100 ml)	12	15	20

Dairy Goat Facts

Did You Know?

- On a worldwide basis, more people drink the milk of goats than of any other single animal.
- A good milking goat produces about one gallon of milk per day.
- Goat milk digests in about 20 minutes while it can take two hours for cow's milk to be fully digested.
- *Chevre* is the French word for goat. Domestically, it is a generic term that applies to all goat cheeses, and more specifically the mild fresh cheeses.
- The three fatty acids which give goat products their distinctive flavor are capric, caprylic and caproic.

Goat milk – It's nutritional and therapeutic values

From the most remote periods, goat milk has been used as food for man. Today it continues to supply an estimated 70% of the world's population with protein, yet in North America, it is almost a rarity. As recent research is publicized, and the public becomes more aware of the benefits of goat milk, it should begin to make an important impact upon today's health and nutrition conscious society. Goat milk boasts several advantages, including higher digestibility, superior vitamin and mineral contents, distinct alkalinity, therapeutic uses, and advantages in infant feeding.

The digestibility of goat milk is, both nutritionally and therapeutically, one of its greatest points. This is partially due to its strong fat and protein contents, both of which are present in a much "finer" state than in other milks. The fat globules in goat milk are much smaller than those of cow milk, more closely resembling those of human milk. In fact, goat milk more closely approximates human milk than that of any other domesticated animal. Therefore, it is more naturally accepted as a food source by the human body, especially by the infant. Fat digestion is an extremely uncomfortable and difficult problem for many adults, and it is a common problem of bottle-fed baby. Goat milk is the unpublicized solution for the majority of these people. Studies show that digestion is practically complete in 20% or less the time normally needed to digest milk – a fact which illustrates very well just how easily goat milk is actually digested. This high digestibility makes it valuable in the formulation of diets for convalescents, the elderly and young children.

Another important aspect of goat milk is its natural homogenization, which {from the standpoint of human health} many people feel is superior to the mechanical homogenization of cow milk.

With the exception of the minerals iron and copper, and vitamins C and D (which tend to be lacking in all milk} goat milk has higher levels of all the major vitamins and minerals.

Calcium and phosphorus are very plentiful in goat milk, and the ratio of calcium to phosphorus is also higher, again much like breast milk. The superiority of goat milk as a source of phosphorus also makes it a useful addition to the vegetarian's diet.

Vitamin A averages 50% more plentiful than in cow milk – in some studies researchers have found twice the vitamin A in goat's milk! It is also very important to note that the goat converts dietary carotenes into milk vitamin A, unlike the cow, whose milk contains much of its vitamin A in the form of carotene. This is of particular importance in infant feeding, as the thyroid gland {which is responsible for the conversion of carotene into vitamin A} is not well developed.

The B-complex vitamins are also found in abundant supply in goat milk. According to statistics, it is approximately 50% richer in vitamin B1, and up to 8-% richer in vitamin B2 than cow milk. This may prove useful when treating insomnia and neuro-digestive disorders.

Unlike cow milk, which is actually slightly acid in reaction, goat milk is distinctly alkaline, which accounts for its high buffering capacity. This is due to its higher proportion and different arrangements of phosphates. Consequently, goat milk can absorb and neutralize a higher quantity of acid without changing its reaction proportionately, often making it a successful replacement for antacid medications.

Experimental research indicates that goat milk is as good as, and in some ways superior to, all other milks for human nutrition. It has also been proven useful therapeutically to those suffering from allergies to cow milk or other staple foods, or from problems such as eczema, asthma, migraines, colitis, hayfever, stomach ulcers, digestive disorders, liver and gall-bladder disease, and stress-related symptoms such as insomnia, constipation and neurotic indigestion. Its higher calcium content may also give relief to some arthritis sufferers.

Cow milk allergies are much more common and potentially more dangerous than most people realize, and generally originate in infancy. The majority of these children will never develop any serious health problems, although an approximate 6% minority do become highly sensitized and cannot maintain proper health and growth while being fed cow milk. Some instances of Sudden Infant Death Syndrome are actually thought to be caused by milk allergies – regurgitation during sleep of a previous milk feeding can bring large amounts of antigen into direct contact with the cells of the air passages.

Remarkably, 99% of the people who are allergic to cow milk – including infants – will do well on goat milk. Yet this valuable product is sadly underpublicized – the general public is basically unaware of goat milk, although some doctors are beginning to recommend it, especially to allergy plagued babies.

The non-allergenic properties of goat milk are due to the fact that most milk proteins are unable to pass through the walls of the digestive tract in their original undigested, allergenic state. Digestion simply takes place too rapidly for this to occur. The symptoms of milk allergies are varied, but can include asthma, headaches {recent studies indicate that up to 70% of migraines are caused by food allergies, and 98% of food allergy patients are allergic to milk}, respiratory problems, ear congestion, sinusitis, colic, croup, eczema, diarrhea, constipation, abdominal pain, bed-wetting, and hyperactivity. If these symptoms are not outgrown by early school age, they often go unrecognized as allergies and may cause serious social and/or health problems throughout life.

The International Dairy Goat Research Center {Prairie View A&M University, Texas} recently conducted preliminary research concerning the therapeutic uses of goat milk. Ten adults, all of whom suffered from severe hayfever symptoms were studied. All 10 responded favorably to the goat milk replacement therapy – seven recovered completely. All cow milk and related products, including beef, were totally eliminated from the diet for the study. The research also showed very encouraging results for the treatment of stomach ulcers.

Allergy specialists generally agree that goat milk is extremely “stable”, meaning that unlike most foods, people with cow milk allergies who can tolerate goat milk will not develop a reaction to it later. To anyone who suffers from food allergies, this is extremely good news.

Unfortunately, there are few people who realize the true value of goat milk. Even the minority who recognize its therapeutic or nutritional value often view it as inferior in taste. When goat is produced in sanitary conditions, on a proper dairy ration, and is handled properly, it is practically indistinguishable from cow milk produced under similar conditions. It is a very high quality food.

Research on the goat has been neglected for decades in many parts of the world, although there does seem to be growing interest in the subject. Certainly, a product with the potential to help such a large number of people deserves to be studied and promoted for what it is – not a “distasteful” food, nor a “cure-all”, but a healthy, valuable and very enjoyable food.

By Suzanne Lovegrove Dairy Goat Journal, Vol. 68 No. 4, April 1990

We now know that cheese-making goes back at least 7000 years ago to the Neolithic era. Since cheese is a “super” food, it became an extra source of nutrition for primitive man who was probably lactose intolerant. It enabled them to become less nomadic and to the path of animal domestication and the more agrarian lifestyle.

In ancient Greece, goats or ewes milk was used to make pastries to be a long lasting food for soldiers and sailors. The Romans were masters of the art of cheese-making and were first noted to use cheese presses in the 1st century. The Roman Columellus wrote a treatise on agronomy with instruction on cheese-making. It was not until the time of Charlamagne that cheese-making is mentioned again in writing. The emperor discovered blue cheese and accepted Brie as a form of tithe.

Over the centuries, the development of various manufacturing techniques has resulted in cheese diversity especially in different regions of France. Monasteries have contributed significantly to the development of cheese varieties as reflected in their names— Munster, Saint-Paulin, Saint-Nectaire.

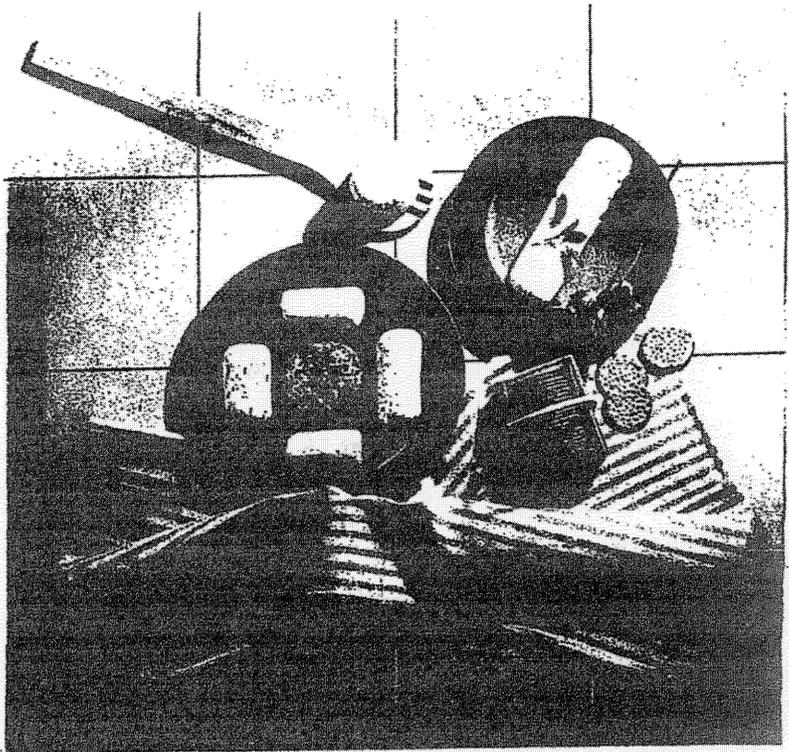
Cheese is highly nutritious and enjoyed by all but historically by the peasant class. It was ennobled by Charles d’Orleans who gave it to ladies of his court on New Years Eve. Recipes from the Middle ages have survived and continue to be used today in cookery with cheese. From the Renaissance onwards there are many written accounts on the art of cheese-making.

In the 17th century, cheese was used a great deal in cookery, especially sauces and pastries. During the Revolution, supplies of cheese diminished but recovered. In the 20th century, pasteurization and industrialization tended to replace traditional manufacturing methods with genuine farm-produced cheeses becoming increasingly rare until recently with the current surge of “farmstead” and “artisanal” cheeses.

The Goat Cheeses of America

The history of the production of goat cheese goes back beyond the time of the ancient Greeks to when the goat was first domesticated about 5000 BC. The cheese has always enjoyed a strong popularity and spread from the Mediterranean to Eastern Europe, Africa, South West Asia and India. The first settlers in America included goats in their inventory of dairy animals and the dairy goat has always been a presence on the typical American farm.

During the last decade there has been an enormous increase in consumer interest for domestic goat cheeses. The number of domestic goat cheese producers has increased dramatically and there are currently over 50 such producers in the United States. Thus, there is today, an extraordinary array of American Goat Cheeses. A cheese tray worthy of the name cannot in fact, be truly complete without a typical American made goat cheese, be it spiced or plain, subtle or fresh, resting next to its peers made from cows milk.



The variety and shapes and qualities of goat cheeses is matched only by the diversity of the American regions of their origin. Be it the hills of New England or upstate New York; the country side of the Virginias or North Carolina; the Mid-West or Upper Mid-West; from the Texas plains to the Rockies and on to the coastal valleys of the West Coast; each cheese reflects the individual terrain and local traditions of the area of its production.

American Goat Cheese is Replacing Imported Goat Cheese

While goat milk, ice cream and yogurt are sold in various parts of the United States, the best known goat milk product is soft goat cheese or chevre.

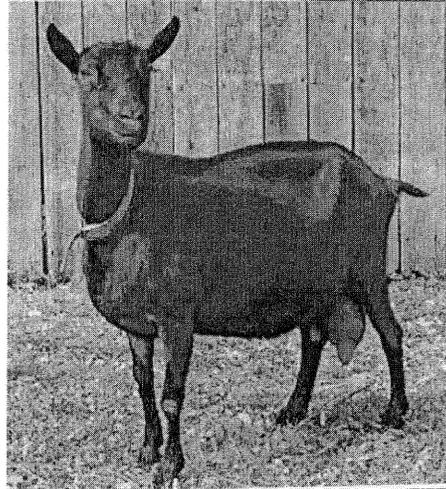
This sought-after product is often written about in large circulation newspapers such as the *Boston Globe*, the *Chicago Tribune*, the *Los Angeles Times*, the *San Francisco Chronicle*, and the *Washington Post*.

Fine restaurants in every major US city feature domestic goat cheeses on their menus. Fine food shops across the country are actively seeking domestic chevre to feature in their dairy cases.

Oberhasli

have stolen her heart!

by Casey Parsons
Harrisville, Michigan



Oh no! Not another hysterical rebuttal! I just could not let this opportunity pass after reading the article about "Popular Dairy Goats" in COUNTRYSIDE 73/2.

The eight words printed to describe Oberhasli left me feeling a little sad: there is so much fascinating information about this breed I felt the need to share some of it with all of you. Of course, being an Oberhasli breeder I am particularly sensitive!

To say that Oberhasli "were formerly a branch of the Alpine breed" may lead one to assume that Oberhasli are really Alpines that just have an odd name. Not so! Oberhasli are a breed in their own right.

Let's start with the appearance, because once you see an Oberhasli in real life you'll never forget that moment.

Their color is described as "charnoisee" that is, bay, light to dark and the darker the better. Their markings are black: two black stripes down the face from above each eye to a black muzzle; their foreheads are almost all black; they have a black dorsal stripe, and black belly, udder, and legs below the knees and hocks. Some does may be all black and that is acceptable.

They have a very dished face and wide forehead. They are considered of medium size, are in fact very quiet, easy to handle, and extremely vigorous. They are breathtaking to look at and elegant to know.

Now for some history about the

breed. The Oberhasli is a Swiss dairy goat and can still be found in Switzerland where they are known as Oberhasli-Brienzer. (Oberhasli is pronounced *O-burr-ha-slee*.) The very first Oberhasli were imported into this country in 1906 and 1920. Unfortunately, those were not kept purebred but were crossed out and used in breeding programs of other breeds. Perhaps that's why Alpines sometimes have Oberhasli markings.

The last importation of Oberhasli into the United States was in 1936 by Dr. H. O. Pence. Dr. Pence imported one buck and four pregnant does who were bred before leaving Switzerland. All of our purebreds date back to those imported in 1936 and there are about 400 in the U.S. today.

Many fine lines of Oberhasli have been bred up from outcrossing with other breeds. The confusion about what breed they really are stems from the fact that Oberhasli were known as "Swiss Alpines" until 1978, when American Dairy Goat Association (ADGA) approved of changing their name to what it correctly should be: *Oberhasli!*

In 1979, the breed was given its own herd book and thus recognized as a separate breed. Let me tell you, a lot of sweat and tears went into gaining all of that. For one thing, much of the early breed preservation was thanks to a very few who cared. Then came years of trying to gain recognition and to establish

Oberhasli as a legitimate dairy goat. I've only been a breeder for four years but I easily remember how embarrassing it was when people made jokes about Oberhasli: labeling them as terrible milkers, etc., and why in the world would I want to raise *those!*

I am glad I took the time to research the history behind this breed and have met some of the breeders who have contributed so much to their preservation and well-deserved notoriety as animals worth having. I am glad to know from first-hand experience that Oberhasli produce every bit as well as the other breeds and they play an important role on our homestead. Mind you, I'm partial to goats in general and have a representative Nubian and LaMancha in my herd, but Oberhasli have surely stolen my heart.

I have only touched the surface in relating the background of these remarkable animals, and for those who are interested, the Oberhasli Breeders Association would be a great place to get further info.

I will leave you with one thought: If you ever have the opportunity to see one of these beautiful animals, make the most of it! Ask questions, and it won't take long to see that an Oberhasli is not just an Alpine with a funny name! ■

For more information contact Oberhasli Breeders of America, Rt. 3 Box 145C, Manheim, PA 17545.

Zucchini and Goat Cheese Crustless Quiche

Recipe courtesy of Food Network Kitchen

Yield: 1 (9-inch) quiche, 6 to 8 servings

Ingredients

1 1/2 pounds medium zucchini or a mixture of summer squashes

Kosher salt

4 tablespoons extra-virgin olive oil

1 1/2 cups 1-inch, day-old bread cubes, preferably sourdough

1 medium white onion, chopped, about 1 cup

1 clove garlic, thinly sliced

2 tablespoons chopped flat-leaf parsley

1 tablespoon chopped fresh dill

1 teaspoon chopped fresh marjoram or oregano

2 cups half-and-half

2 large eggs

2 egg yolks

Freshly ground black pepper

6 ounces young goat cheese, such as Montrachet.

2 ounces grated Swiss or Gruyere cheese, about 1/2 cup

Directions

Preheat oven to 350 degrees F. Shred the squash on the large holes of a box grater, into a colander. Sprinkle with a heaping tablespoon salt and toss well. Place in the sink and drain for 15 minutes. Rinse and the squeeze firmly, by the handful, to remove excess water. Set aside.

Meanwhile, pulse bread into crumbs in a food processor. Heat 2 tablespoons olive oil in a large skillet over medium heat; add bread crumbs and stir until evenly toasted, about 5 minutes. Evenly spread crumbs in a 9-inch glass or ceramic pie pan. Place pan on a baking sheet.

Wipe out the skillet, add remaining 2 tablespoons oil, the onions and garlic and season with 1/2 teaspoon salt, cook over medium-high heat, until onions are start to brown, about 5 minutes. Add the zucchini, and cook, stirring, for 2 minutes. Stir in parsley, dill and marjoram or oregano. Remove from heat, cool slightly.

Whisk half-and-half, eggs and yolks in large glass measuring cup. Season with salt and pepper to taste. Spread the zucchini mixture in the prepared pan. Crumble the goat cheese and evenly scatter on the vegetables. Sprinkle Gruyere on top and pour the custard over the fillings.

Bake until the quiche is just set in the center, about 40 to 50 minutes. Cool completely on a rack before serving.

Recipe from Food Network Kitchens

Spinach and Goat Cheese Salad with Cider Vinaigrette

1 (6 oz.) package baby spinach
8 oz. Terabithai Dairy Goat Farm Garlic-Dill Goat Cheese
1 apple, peeled, cored and cubed
4 oz. Prothe's Kansas Pecan Pieces

Vinaigrette:

2/3 cup apple cider
1/3 cup vegetable oil
Pinch salt
1 teaspoon prepared mustard

Place all salad ingredients in bowl. Place all dressing ingredients in jar and shake to combine. Pour over salad and toss to serve.

Per serving, based on 4 (400 calorie) servings: 81 % from fat, 38 grams total fat (4 gm saturated, no cholesterol, 17 gm carbohydrates, 4 gm protein, 84 mg sodium, 4 gr dietary fiber.

Farmstead Goat Cheese

2 gallon pasteurized goat milk
2 rennet tablets or 1/2 teaspoon liquid vegetable rennet
3 Tablespoons buttermilk powder dissolved in 1/3 cup distilled water

Utensils: 1 large stockpot (stainless steel or enamel), 1 single ply cotton diaper or heavy duty cheesecloth, 1 candy thermometer or cheese-making thermometer, 1 colander, 1 -2 bowls for molding cheese.

Directions:

Dissolve citric acid and powdered buttermilk together in distilled water. If using rennet tabs, dissolve in 1/4 cup distilled water.

Heat pasteurized milk to 95-100 degrees. Add buttermilk mixture and stir 1 minute. Add rennet, either tabs or liquid. Stir. Cover. All to sit till curds form....1 hour or longer.

Cut curd into small pieces and let sit for 30 minutes. Then heat on low to 110 degrees, stirring occasionally. Cover and let curd rest to room temperature.

Sterilize cheese-making clothes in boiling water.

Pour curd and whey into cloth lined colander. Salt and season according to taste. Drain several hours. Press curds into cheesecloth lined containers and refrigerate overnight.

Unwrap cheese. Place on cloth covered dish to "ripen" in frig. After rind has formed on top and bottom, cheese can be stored in an airtight covered container for several weeks.

Old-World Manicotti

12 large manicotti shells
4 cups shredded mozzarella cheese, divided
2 cups goat cheese
6 Tablespoon chopped fresh basil or 2 Tbsp. dried basil
1/2 cup grated Parmesan or Romano cheese

Preheat oven to 350 degrees. Spray 13x9-inch baking dish with nonstick cooking spray.

Cook pasta according to package directions. Drain; rinse with cool water. Let dry on paper towels.

For filling, in medium bowl, stir together 3 cups mozzarella with the ricotta and fresh basil. Using a teaspoon, carefully stuff pasta shells with prepared cheese mixture.

Spoon 2 cups spaghetti sauce into prepared baking dish. Arrange stuffed pasta over sauce. Pour remaining spaghetti sauce over top of pasta. Sprinkle with remaining mozzarella.

Bake manicotti for 15 minutes. Sprinkle with the Parmesan; bake for 10 minutes longer. Serve immediately.

Mini Greek Pitas

3 tablespoons white wine vinegar	¼ teaspoon black pepper
1 clove garlic, chopped	¼ cup olive oil
1 Tablespoon chopped fresh mint	1 large eggplant
½ teaspoon dried oregano	6 mini-size pitas, split in half
½ teaspoon salt	8 oz. crumbled goat cheese

In small bowl, combine vinegar, garlic, mint, oregano, salt and pepper. Whisk in oil until thick and well blended.

Cut eggplant in twelve ½ inch thick slices. Arrange in 13x9x2 inch glass baking dish; coat with dressing.

Heat grill. Grill pitas, cut side down, until toasted, 90 seconds. Remove to tray. Grill eggplant until tender. About 3 minutes per side.

Place eggplant slice on each pita half. Drizzle any remaining dressing over eggplant. Sprinkle with cheese.

Grill pitas over indirect heat, with grill covered, until cheese is just warmed and slightly melted, about 2 minutes. Remove to platter. Sprinkle with additional mint, if desired. Serve immediately.

Chicken Breasts Stuffed with Goat Cheese and Sage

4 ounces soft goat cheese	4 boneless skinless chicken breast halves
1 Tablespoon chopped fresh sage	½ teaspoon kosher (coarse) salt
½ teaspoon freshly ground pepper	1 Tablespoon olive oil

Heat oven to 375 degrees. In a small bowl, stir together cheese, sage and pepper.

With small sharp knife, cut pocket in each chicken breast, cutting almost to other side, but not all the way through. Fill each breast with one-fourth of the cheese mixture; secure openings with toothpicks. Sprinkle chicken with salt.

Heat heavy large ovenproof skillet over medium-high heat until hot. Add oil, heat until hot. Add chicken; cook 5 minutes or until chicken is nicely browned. Turn chicken; place skillet in oven. Bake 8 – 12 minutes or until chicken is no longer pink in center. If desired, whisk together pan juices and pour over chicken.

Linguine with Fresh Tomato Sauce and Goat Cheese

4 cups finely chopped tomatoes	2 Tbsp. chopped mixed herbs, such as mint, tarragon, chives and/or additional fresh basil
¼ cup extra-virgin olive oil	
2 garlic cloves, finely chopped	¼ teaspoon kosher (coarse) salt
2 Tbsp. coarsely chopped fresh basil	¼ + 1/8 teaspoon freshly ground pepper
½ cup (2 oz.) crumbled soft goat cheese	12 oz. linguine

In large bowl, stir together tomatoes, oil, garlic, basil, mixed herbs, salt, and ¼ tsp. pepper.

Gently stir in cheese. Let stand at room temperature 30 minutes or while preparing linguine.

Cook linguine in large pot of boiling salted water according to package directions; drain. Immediately add hot pasta to tomato mixture; stir to combine. Pour mixture into large pasta bowl or onto serving platter; sprinkle with remaining 1/8 tsp. pepper.

Warm Goat Cheese Salad

3 ounces soft goat cheese	1 teaspoon coarse-grain brown mustard
6 (¼ inch) slices baguette-style French bread, lightly toasted	1 teaspoon Dijon mustard
2 Tbsp. ground walnuts	½ teaspoon salt
¼ cup olive oil	8 cups mixed baby green
2 Tbsp. finely chopped shallots	6 slices apple smoked bacon, crisp
1 Tbsp. white wine vinegar	cooked, drained and crumpled
Freshly cracked black pepper	

Spread goat cheese evenly on toasted baguette slices. Sprinkle with ground walnuts. Place baguettes on a baking sheet; set aside.

For vinaigrette, in a screw top jar combine oil, shallots, vinegar, mustards and salt. Cover and shake well. In a large bowl combine greens and bacon pieces. Add vinaigrette; toss to coat. Divide greens among serving plates. Broil baguette slices 4 inches from heat for 2-3 minutes or until cheese is bubbling and lightly browned. Place 1 baguette crouton on each salad. Top salads with black pepper. Serve immediately.

Fresh Mozzarella Goat Cheese with Basil

16 ounces fresh mozzarella goat cheese
¼ cup olive oil
2 Tablespoons snipped fresh basil or 1 teaspoon dried basil, crushed
1 Tablespoon dried whole mixed peppercorns, cracked

Cut goat cheese into 1-inch pieces; place in a medium bowl. Stir in oil, basil and cracked peppercorns. Cover and refrigerate up to 3 days. Let stand at room temperature for 15 minutes before serving.

Red Potato Salad with Goat Cheese and Olives

3 pounds red potatoes, unpeeled	½ cup mayonnaise
4 ounces goat cheese, crumbled	¼ cup coarse ground mustard
¼ cup pitted olives, coarsely chopped	¼ cup milk
¼ cup sliced green onions	¼ teaspoon salt

Place potatoes in a large pot; add enough water to cover by one inch. Bring to a boil over medium-high heat. Reduce heat to medium-low; simmer 18 – 20 minutes or until tender when pierced with knife. Drain and cool.

Peep potatoes using a small knife. Cut into ¾ pieces; place in large bowl. Add cheese, olives and green onions. In medium bowl, whisk together mayonnaise, mustard, milk and salt. Add to potato mixture; stir gently until evenly coated.

Tomato, Goat Cheese and Mint Salad

3 medium tomatoes, slice (about 1 lb.)	¼ teaspoon salt
1/3 cup crumbled goat cheese	2 Tablespoons canola oil
¼ cup coarsely chopped fresh mint	1/8 teaspoon fresh ground pepper
1 Tablespoon lemon juice	

Arrange tomatoes on serving platter; sprinkle with cheese and mint.

In small bowl, whisk together lemon juice and salt until salt is dissolved; whisk in oil. Drizzle over salad; sprinkle with pepper.

Goat Cheese Antipasto Bowl

8 oz. of Terabithia Farms goat cheese, cut into cubes	¼ cup snipped fresh basil
8 oz. Italian sausage, skinned and cut into cubes	½ cup olive oil
1 cup mixed olives, pitted	¼ cup red wine vinegar
1 cup pickled mushrooms, drained	2 tsp. Dijon mustard
1 cup pickled pepperoni peppers, drained	½ tsp. ground black pepper
1 cup cherry tomatoes	¼ tsp. salt

In a large serving bowl combine cheese, sausage, olives, mushrooms, peppers, tomatoes and basil. In a small bowl whisk together oil, vinegar, mustard, black pepper and salt. Add to cheese mixture in bowl and toss to coat. Make Ahead Tip: Prepare as directed, except to not stir in fresh basil until serving and let the cheese and sausage mixture stand at room temperature for 30 minutes before serving. Can be chilled for 24 hrs.

Corn and Goat Cheese Queso Yield: about 2 ½ cups

2 tablespoons butter	8 ounces goat cheese, crumbled
½ cup minced onions	¼ to ½ cup heavy cream
Salt and freshly ground pepper	½ cup brunoise tomato
3 cups fresh corn, about 6 ears	2 to 3 Tbsp. finely chopped fresh cilantro leaves
1 tablespoon chopped garlic	Homemade or purchased tortilla chips, for serving
1 jalapeno, stemmed, seeded and chopped	

In a saucepan, over medium heat, melt the butter. Add the onions and sauté for 2 minutes. Season with salt and pepper. Add the corn and sauté 10 to 12 minutes. Stir in the garlic, jalapenos, cheese and cream. Cook for 3 to 5 minutes or until thickened. Season with salt and pepper, to taste. Sprinkle tomatoes and cilantro over top and serve with tortilla chips.

Recipe courtesy of Emeril Lagasse, 2005 Food Network

Nonna's Lemon Ricotta Biscuits Yield: 12 biscuits

2 cups all-purpose flour	1 Tbsp. finely grated lemon zest
½ teaspoon baking powder	1 cup whole-milk ricotta cheese
½ teaspoon baking soda	1 large egg
½ teaspoon salt	1 Tbsp. fresh lemon juice
1 cup plus 1 teaspoon sugar or more as needed for sprinkling	½ tsp. almond extract
½ cup (1 stick) unsalted butter, room temperature	1/3 cup thinly sliced almonds

Line 12 muffin cups with paper liners. Preheat the oven to 350 degrees F.

Whisk the flour, baking powder, baking soda, and salt in a medium bowl to blend. Using an electric mixer, beat 1 cup sugar, butter, and lemon zest in a large bowl until light and fluffy. Beat in the ricotta. Beat in the egg, lemon juice, and almond extract. Add the dry ingredients and stir just until blended (the batter will be thick and fluffy).

Divide the batter among the prepared muffin cups. Sprinkle the almonds and then the remaining 1 teaspoon of sugar over the muffins. Bake until the muffins just become pale golden on top, about 20 minutes. Cool slightly. Serve warm or at room temperature.

Recipe courtesy of Giada De Laurentiis, Food Network

Angel Hair with Sun-dried Tomatoes and Goat Cheese Yield: 4 to 6 servings

1 (10-ounce) jar sun-dried tomatoes packed in oil, chopped (oil reserved)	2/3 cup dry white wine
1 small onion, chopped	8 ounces angel hair pasta
4 garlic cloves, minced	Salt and freshly ground black pepper
1/4 cup tomato paste	2 oz. soft fresh goat cheese, coarsely crumbled
	2 Tbsp. chopped fresh Italian parsley leaves

Heat 2 tablespoons of the oil from the sun-dried tomatoes in a heavy large skillet over medium heat. Add the onion and sauté until tender, about 3 minutes. Stir in the garlic and sauté until fragrant, about 1 minute. Add the tomato paste and cook for 2 minutes, stirring constantly. Add the wine and sun-dried tomatoes and simmer until the liquid reduces by half, about 2 minutes.

Meanwhile, bring a large pot of salted water to a boil. Add the pasta and cook until al dente, stirring occasionally, about 5 minutes. Drain, reserving 1/2 cup of cooking liquid. Add the pasta to the tomato mixture and toss to coat, adding some reserved cooking liquid to moisten. Season the pasta, to taste, with salt and pepper. Sprinkle with the goat cheese and parsley and stir. Mound the pasta into bowls and serve. *Recipe from Food Network*

Caramelized Onion & Goat Cheese Rolls

2 Tbsp. extra-virgin olive oil, divided	1/4 teaspoon salt
5 cups thinly sliced red onions	1/4 teaspoon ground pepper
2 Tbsp. water	1 pound pizza dough, preferably whole-wheat
1 teaspoon dried thyme	4 oz. goat cheese, crumbled

Preheat oven to 425 degrees. Coat a 12-cup muffin tin with cooking spray.

Heat 1 Tbsp. oil in a large skillet over medium-high heat. Add onions, cover and cook, stirring occasionally for 10 minutes. Reduce heat to medium, add water, thyme, salt and pepper and continue cooking until golden and tender, 8 to 10 minutes more, adding water as needed to prevent overbrowning.

Roll out dough on a lightly floured surface into a 9 x 13 inch rectangle. Brush with the remaining 1 Tbsp. oil. Spread the onions over the dough and scatter goat cheese on top. Starting with a long side, roll the dough into a log. Cut into 12 slices and place in the prepared muffin tin.

Bake until golden brown, 15 to 20 minutes. Let cool for 5 minutes. Serves 12: 1 roll each, Calories 145, Fat 6g, Cholesterol 4 mg, Carbs 19g, Total sugars 3 g, Protein 5 g, Fiber 2 g, Sodium 185 mg, Potassium 74mg.

Goat Cheese Toasts *Recipe courtesy of Giada De Laurentiis, Food Network.* Yield: 12 servings

36 slices (1/2-inch thick) baguette bread	2 teaspoons finely grated lemon peel
3 tablespoons olive oil	Salt and coarsely ground multi-colored
8 ounces soft fresh goat cheese	OR black peppercorns
4 ounces cream cheese	1/2 cup pitted Sicilian green olives
2 teaspoons finely chopped fresh Italian parsley leaves	OR Kalamarta olives finely chopped
2 teaspoons finely chopped fresh thyme leaves	2 Tbsp. thinly sliced chives

Preheat the oven to 375 degrees F.

Arrange the bread slices on 2 heavy large baking sheets. Brush olive oil over the bread slices. Bake until the crostini are pale golden and crisp, about 15 minutes.

Blend the goat cheese and cream cheese in a food processor until smooth and creamy. Add the parsley, thyme, and lemon peel. Using the on/off button, pulse just to blend. Season with salt and pepper to taste. Spread the cheese mixture over the crostini. Sprinkle with the olives, chives, and more pepper. Arrange the toasts on a platter and serve.

Do-Ahead Tip: The crostini and cheese mixture can each be prepared 2 days ahead. Store the crostini in an airtight container at room temperature. Cover and refrigerate the cheese mixture. Let the cheese mixture stand at room temperature for 1 hour to soften slightly before spreading over the crostini.

Coolhaus Strawberry Gelato + Snickerdoodle Cookies

By [Edible Kansas City](#)



GELATO BASE

Makes about: 1 1/2 quarts Active time: 10 to 15 minutes

Use the freshest eggs available for best results. If possible, refrigerate the base for a full 24 hours— the longer it's chilled, the better it is. We like to refrigerate our bases in plastic or stainless steel pitchers with airtight lids for easy pouring into the ice cream maker after chilling.

4 cups whole milk
1 and 1/2 cups granulated sugar
8 large egg yolks

1. In a 4-quart saucepan, combine milk and half of sugar. Set over high heat, and cook, stirring occasionally, until mixture comes to a boil, about 5 minutes.
2. Meanwhile, in a medium bowl, whisk yolks and remaining sugar until smooth, heavy, and pale yellow, about 30 seconds.
3. When cream mixture just comes to a boil, whisk, remove from heat, and, in a slow stream, pour half of cream mixture over yolk-sugar mixture, whisking constantly until blended.
4. Return pan to stovetop over low heat. Whisking constantly, stream yolk-cream mixture back into pan.
5. With a wooden spoon, continue stirring until mixture registers 165 to 180 degrees on an instant-read thermometer, about 2 minutes. Do not heat above 180 degrees, or eggs in base will scramble. Mixture should be slightly thickened and coat back of spoon, with steam rising, but not boiling. (If you blow on the back of the spoon and the mixture ripples, you've got the right consistency.)
6. Pour into a clean airtight container and refrigerate for 12 to 24 hours before using.
7. Use base within 3 to 5 days.

Strawberries & Cream Gelato

Makes about: 1 and 1/2 quarts Active time: 20 to 25 minutes

12 to 14 strawberries Juice of 1/2 lemon
1 tablespoon granulated sugar

Gelato Base (recipe above)

1. In a blender or food processor, puree strawberries, sugar, and lemon juice. Strain through a fine-mesh sieve into Gelato Base. Mix well.
2. Process in an ice cream maker according to manufacturer's instructions.
3. Scrape into an airtight storage container. Freeze for a minimum of 2 hours before serving.

Snickerdoodle Cookies

Makes: 20 to 24 cookies

Active time: 20 to 25 minutes

We love the word snickerdoodle—it's so much more fun to say than "sugar cookie." Cinnamon makes this perky. The butter and sugar come through here, with a dash of salt to wake up the simple pleasure.

2 sticks (16 tablespoons) unsalted butter
1 and 1/2 cups plus 3 tablespoons granulated sugar
3 large eggs
1 teaspoon natural vanilla extract
1 tablespoon ground cinnamon
2 and 1/2 cups sifted all-purpose flour (sift before measuring)
1/4 teaspoon kosher salt
1 teaspoon cream of tartar
1/4 teaspoon baking soda

1. Mix wets: Place butter in a saucepan and set over low heat until just half is melted. Cool for 5 minutes.
2. Pour cooled butter into a large bowl. Add 1 and 1/2 cups of sugar and whisk to combine. Whisk in eggs, one at a time, then whisk in vanilla. Whisk until mixture has consistency of wet sand. Set aside.
3. Mix dries: In a small bowl, whisk cinnamon and remaining 3 tablespoons sugar. Set aside.
4. In a medium bowl, whisk together flour, salt, cream of tartar, and baking soda.
5. Add dries, one third at a time, to wets, mixing with a rubber spatula or wooden spoon to combine.
6. Wrap bowl with plastic wrap and refrigerate for at least 20 minutes.
7. Preheat oven to 325 degrees, with racks in lower and upper thirds. Line two half-sheet baking pans with parchment paper.
8. Form dough into balls about the size of whole walnuts and roll them in reserved cinnamon-sugar mixture. Set cookie balls 2 inches apart on prepared baking sheets.
9. Bake for 12 to 14 minutes, or until edges are light brown and centers are still wet; don't overbake.
10. Immediately transfer cookies to a cooling rack. Let cool for 1 hour before serving.

Coolhaus Sandwich Creation:

Frank Behry: Snickerdoodle Cookies + Strawberries & Cream Gelato