



Saturday July 11th - A date for the diary. To help celebrate the opening of our new courtyard we are teaming up with Exeter FM to present 'Jazz at the Jack' - a special day of relaxed food, great wines, beers, local cider and plenty of live jazz. Some of the Exeter Chiefs will be on hand to help us raise money for the Wooden Spoon and Exeter FM will also be doing live broadcasts throughout the afternoon. Full details will be going on our website shortly.

12 Months of Flavour

June 09

June is one of our favourite months for fresh produce. Salad leaves are in abundance, local asparagus is with us for a little while longer and broad beans are now at their best. Hopefully the Met Office's prediction of a scorching summer will be spot on as our new courtyard will be ready by early July. Our menus also change this month so expect lots of fresh light flavours and plenty of colour on your plate. This goats cheese recipe is just one of our current favourites.



THE JACK IN THE
GREEN INN

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DEVONLIFE
FOOD AND DRINK AWARDS 2008
DINING PUB OF THE YEAR



Which? Good Food Guide Recommended



Pan Fried Capricorn Goats Cheese

with Beetroot Salad.

Serves 4 as a starter



Ingredients:

2 x 100g Capricorn goats cheese (not too ripe - firm to the touch)

A few tablespoons of olive oil for frying

Salt and pepper

About 4oz of your favourite salad leaves (red chard looks and tastes great at this time of year and is a great match for the beetroot!)

A little salad dressing (we like to use a little of the beetroot cooking liquor to make a fabulous coloured dressing)

1 large cooked beetroot cut into neat cubes

Method:

1). Allow the goats cheese to come to room temperature. Dip a sharp knife into hot water and slice the goats cheese into half horizontally.

2). Heat a frying pan over a moderate heat. Pour in a little olive oil and when hot carefully place in the goats cheese (cut side down) and cook quickly until a golden crust is formed (about two minutes).

3). Remove the pan from the heat and carefully turn the cheese over using a spatula. Leave in the warm pan for two more minutes and the residual heat will gently continue to warm the cheese through. The skin/rind effectively acts as a cup for the now warm and slightly runny delicious cheese centre.

4). Toss your choice of salad leaves into the dressing with the diced beetroot.

5). Carefully place the goats cheese in the centre of each plate and surround with a little salad and the beetroot.

Beautiful with some warm crusty bread, come rain or shine!

Hints and Tips:

Simply boiled or roasted beetroot is sweet and juicy and a far cry from some of the poor vinegary crinkle cut chunks I've seen.

Raw beetroot makes an amazing crunchy salad - check out your local farmers markets for the more unusual golden and striped varieties.

Capricorn goats cheese is extremely versatile as an ingredient, often requiring only simple preparation. It is carefully crafted at the Lubborn creamery in the beautiful valley of Cricket St. Thomas from locally produced goats milk.