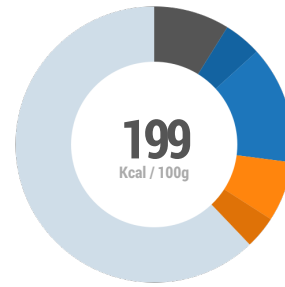


# Whipped Goats Cheese with Blackberries and Crispy Ham Crostini

Overview ...



WEIGHT:

**18.2% Carbs**

**8.8% Protein**

**10.8% Fat**

**62% Water**

Food Labelling...

Serves 1

#### CONTAINS:



WHEAT, RYE



MILK



SULPHITES

#### MAY CONTAIN:



EGGS



CELERY



MUSTARD



SESAME



SOYA

#### Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
113099 La Boulangerie Fully Baked Artisan Plain Sourdough Loaves..	70g	0.12x Each
117855 Mini Fresh Goat Cheese Log..	50g	
113883 Herb Bunched Sage (19 Oct 2023)..	5g	0.05x Each
116160 Parma Ham Slices..	20g	
33889 Font Oliva Olive Oil..	10g	
88386 Brakes Glaze with Balsamic Vinegar of Modena..	10g	
10567 Banana Shallots (19 Oct 2023)..	10g	0.01x Each
149606 Blackberries..	40g	0.27x Each
74831 Mixed Micro-Greens..	2g	Each
124179 Padron Peppers (19 Oct 2023)..	20g	0.04x Each

Products / Pack Sizes ...

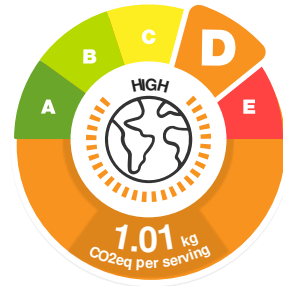
# 1 Serving



**Product code**  
**Barcode**  
**237g** / **483kcal**  
**# 1**

## Sustainability & Footprint...

Component	Grade	Contribution
<b>Food Production</b>		<b>1.01kg</b>
70.0g 113099 La Boulangerie Fully Baked Artisan Plain Sourdoug...	<b>B</b>	0.09kg
50.0g 117855 Mini Fresh Goat Cheese Log	<b>D</b>	0.75kg
5.00g 113883 Herb Bunched Sage (19 Oct 2023)	<b>A</b>	0.00kg
20.0g 116160 Parma Ham Slices	<b>C</b>	0.10kg
10.0g 33889 Font Oliva Olive Oil	<b>B</b>	0.01kg
10.0g 88386 Brakes Glaze with Balsamic Vinegar of Modena	<b>B</b>	0.01kg
10.0g 10567 Banana Shallots (19 Oct 2023)	<b>A</b>	0.01kg
40.0g 149606 Blackberries	<b>A</b>	0.02kg
2.00g 74831 Mixed Micro-Greens	<b>X</b>	-
20.0g 124179 Padron Peppers (19 Oct 2023)	<b>A</b>	0.01kg
<b>Water Usage</b>		<b>1016l</b>
70.0g 113099 La Boulangerie Fully Baked Artisan Plain Sourdoug...	<b>4</b>	113l
50.0g 117855 Mini Fresh Goat Cheese Log	<b>9</b>	471l
5.00g 113883 Herb Bunched Sage (19 Oct 2023)	<b>X</b>	-
20.0g 116160 Parma Ham Slices	<b>7</b>	122l
10.0g 33889 Font Oliva Olive Oil	<b>10</b>	144l
10.0g 88386 Brakes Glaze with Balsamic Vinegar of Modena	<b>X</b>	-
10.0g 10567 Banana Shallots (19 Oct 2023)	<b>1</b>	2.72l
40.0g 149606 Blackberries	<b>1</b>	16.5l
2.00g 74831 Mixed Micro-Greens	<b>-</b>	-
20.0g 124179 Padron Peppers (19 Oct 2023)	<b>8</b>	147l



76% Data Quality Score

### Your Transport & Packaging:

1 Serving 237g (serves 1)

## Cooking Instructions & Notes

## **Preparation:**

Defrost the bread

Pick the sage

Peel & finely dice the shallots

Mix the olive oil with the balsamic vinegar

## **Method:**

1. In a deep fat fryer @180oC cook the sage for a few seconds until crisp, drain onto a papered tray.
2. Repeat with the ham until crisp - cool
3. In a bowl whip the cheese and crumble in half the crispy sage and ham.
4. Oil and season the bread and toast on a grill.
5. Place the padron peppers onto a hot chargrill, season and cook until charred and soft.
6. In a pan over a medium heat cook the shallots in a little oil until soft, add in the blackberries, toss together and remove from the heat.
7. Spread the cheese onto the grilled bread and top with the warm blackberries, padron peppers, crispy ham & sage
8. Spoon over the balsamic and olive oil dressing, finish with the micro herbs - serve!