

## Courgette, Tomato and fennel goat's Cheese

Serves 4



### Ingredients

#### Fennel Puree

- 25g butter
- Small Onion, Finely chopped
- 1 large fennel bulb chopped
- 1 teaspoon horseradish
- 1 teaspoon of chopped tarragon

#### Filling

- 2 tablespoons of olive oil
- 4 courgettes
- 4 plum tomatoes
- 200 gms soft goats cheese (alternatively use Roquefort, feta or doux de montagne)
- Salt & Pepper

#### Sauce

- 2 tablespoons of midget capers
- 1 teaspoon of grain mustard
- 1 tablespoon of white wine vinegar
- 3 tablespoons of groundnut oil

### Preparation method

1. Melt the butter, add the chopped onion and chopped fennel and sweat slowly (do not allow to colour). Blend using a food blender with the tarragon and horseradish into a puree, check seasoning and cool.
2. Slice tomatoes, season and put to one side. Cut the cheese into 4 thin slices and 4 thicker slices.
3. Using metal rings or pastry cutters placed on a baking tray, layer the ingredients inside. Courgettes first (covering the bottom of the circle), then tomato, then a spoonful of fennel puree, then the thinner slices of cheese. Repeat until the ring is filled and top with the thicker slice of cheese.
4. Bake in the oven for 10 minutes at 200 degrees centigrade.
5. Whilst baking, mix together the ingredients for the sauce. Set aside.
6. Remove baking tray from oven and carefully remove the hot rings. Pour over the sauce and serve with a green salad.