



Chef Demo with Robert Gerstenecker of Park 75
June 12th 2010

Honey- Goat Ranch Dressing/Dip

Ingredients

- 1 cup Yogurt - Atlanta Fresh 2% plain yogurt
- 1 cup Buttermilk
- 1/4 cup light colored honey - Hidden Springs
- ¼ cup Goat cheese - Cole's Lake Dairy
- Salt/pepper
- 1 Lemon juice and zest
- 1 clove Garlic, minced
- Fresh herbs(whatever is fresh and in season)- Greenleaf Farms

Blend together Yogurt, buttermilk, honey and Goat cheese until a smooth consistency is achieved. If a thicker consistency is desired, add more goat cheese, if thinner consistency is desired use skim milk.

Season with Salt/pepper, add lemon juice and chopped herbs

Serve over garden greens or use as a Dip for your favorite vegetables

Honey Carrot Ginger Dressing

Ingredients

- 1 cup Carrot Juice
- 1 cup Carrot Puree
- 1/4 cup Honey
- 1 Tbsp Miso Paste
- 1 tbsp Sesame oil
- 1 tsp Chili pepper, chopped
- 1 tbsp Cilantro , chopped
- 1 clove garlic minced
- 1 shallot minced
- Salt/pepper
- 1 Lemon juice and zest

Preparation

Blend all ingredients together and season with salt and pepper

Serve over your favorite greens or as a grill sauce for fish and chicken.