



Parmesan Nests with Cheese Mousse Filling

20 minutes

Hands on

20

Portion(s)

1

Difficulty



Ingredients

- 200 g parmesan cheese, coarsely grated
- 170 g goat cheese log
- ¼ cup heavy cream, 35% fat
- ½ teaspoon fresh thyme, finely chopped
- 2 ½ teaspoons parsley, finely chopped
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

70 Calories (kcal)	5.4 Total Fat (g)	3.6 Saturated Fat (g)	0.2 Total Carbs (g)
4%	8%	18%	0%
0.19 Sugars (g)	5.3 Protein (g)	0.0 Fibre (g)	0.35 Sodium (g)
0%	11%	0%	6%

Method

Photo credit: G.

Drakopoulos - Food Styling: T. Webb

- Preheat oven to 180* C (350* F) Fan.
- Line a baking pan with parchment paper. Brush with oil.
- To make each parmesan nest, place 1 tablespoon of coarsely grated parmesan onto the baking pan, creating circles 2 ½ cm in diameter.
- The circles should be placed about 2 ½ cm apart. Bake for 3-5 minutes, until the cheese starts to bubble and the edges start to turn golden. Position small bowls, turned upside down on a working surface. Working quickly, use a spatula to transfer the cheese circles to the overturned bowls to create the nests.
- If they harden too fast and you can't make the desirable shape, put them back in the oven for 1 minute and try to make the nests again.
- Combine the goat cheese with the heavy cream, thyme, parsley, salt and pepper. Mix until smooth. Use a spoon or a piping bag to fill each nest with the cheese filling.
- Decorate with finely chopped thyme or chives (optional) and serve.