

# CAPSICUM & STENBY CHEESE BITES



## INGREDIENTS

- 2 potatoes, medium sized (3 if you want to make extra or larger bites).
- 100g of soft goat's cheese.
- 150g of roasted capsicum, cut into bite-sized pieces.
- 1 large spring onion, or 2 medium-sized spring onions.
- 1 tsp ground cumin.
- 150g bacon bits.
- chilli flakes, to taste.
- salt, to taste.
- 1/4 tsp ground black pepper.
- 50g of plain flour.
- 2 eggs, medium-sized, lightly whisked with a fork.
- 125g of Panko breadcrumbs.
- olive oil, for shallow frying.
- 1 tsp smoked paprika.

## PROCEDURE

- Preheat the oven to 180°C.
- You will eventually mash the potatoes. You can cut them in quarters and boil in water. Or, wash, prick and then wrap the potatoes in aluminium foil and bake for about an hour. Once the potatoes are soft enough to pierce, allow to cool before scooping the insides out into a large bowl and lightly mashing them.
- Stir in the spring onions, capsicum, chilli, salt, pepper and mix all the ingredients well.
- Break small pieces of goats' cheese into the bowl, then gently fold for even distribution. Form 16 equally sized balls and lay them on a large plate.
- Dip each ball into the plain flour, covering well. Dip the floured balls into the egg mixture and finally coat them with panko breadcrumbs. Leave to rest in the fridge for 30 minutes.
- Heat about an inch of vegetable oil in a wide pan over a medium-low heat. Remember that the ingredients within the bites are cooked and the breadcrumbs grow golden quite quickly.
- Shallow-fry each of the balls gently on each side (and around the middle) by gently turning them over and onto the sides with a slotted spoon. Drain on kitchen paper once golden, and allow to cool slightly before serving.