Fried Goat's Cheese Balls with Smokey Honey Sauce

EASY • 35 MINS

If you've never tried a honey and warm, gooey cheese combo before, then we have a treat for you! Creamy balls of goat's cheese are panko crumbed and lightly fried, then dipped in the most delicious smokey honey hot sauce.

They're are a sure-fire way to kick off your next get together. Just add something bubbly to match!

SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	30 mins	2-3 mins	4-6

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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Ingredients

Goat's Cheese Balls

- 300g firm goats' cheese (we used Meredith Dairy goats cheese)
- ½ cup plain flour
- 2 eggs, beaten
- 1 tbsp milk
- ¼ tsp sea salt flakes
- 2 cups panko breadcrumbs
- 2 tbsp finely chopped continental parsley
- Rice bran oil, for frying

Smokey Hot Honey Sauce

- 90g (¼ cup) Capilano Organic Raw Honey
- 2 tsp BBQ hot sauce
- 1 tsp smoked paprika

Method

1. Prepare 3 shallow bowls: In the first, add flour, the second add egg, milk and salt; in the third add panko breadcrumbs and parsley.

2. Wearing rubber gloves, roll tablespoons of goat's cheese into even-sized balls. Roll each cheese ball in the flour, then dip in the egg mix and dredge in the panko crumb.

3. Coat each ball again with the egg and panko crumb (the double crumb with make the balls extra crunchy) and set aside on a lined baking sheet. Freeze for 30 minutes or until firm.

4. While the cheese is freezing, prepare the hot honey sauce. Combine honey, hot sauce and smoked paprika in a bowl and mix until well combined.

5. Microwave for 30 seconds to warm the honey and stir again to combine.

6. To cook the cheese balls, heat 3cm oil in a large fry pan over medium-high heat. Fry balls in batches turning in the oil until golden on all sides (2-3 minutes). Remove and transfer to paper towel to drain.

7. Serve hot with smokey hot honey sauce.

Used in this recipe

Organic Raw Honey

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste
Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic
This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap

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