



## Say cheese...



Feta cheese is an acquired taste. Those who have yet to acquire it claim it is made from the scrapings off the dairy floor, mixed with spit and steeped in goats' turds. Others suggest it doesn't taste nearly as nice as that.

Personally, I love it so when I was at the [Rou Estate](#) in Corfu, above, recently and one of my favourite nutritionists, [Jenny Tschiesche](#) of spa specialist company [Health Matters 360](#) told me that feta has 20.2g of fat per 100g to cream cheese's 47.4g and that goat and sheep milk (from which feta is made) is more easily tolerated than cow-based dairy products, I just loved it all the more. Here's Jenny's favourite risotto recipe using my new cheese squeeze.

### COURGETTE, FETA AND HERB RISOTTO

2tbsp olive oil (mild)

4 courgettes – thinly sliced

2 cloves garlic – chopped very finely

350g arborio rice

Stock cube and litre of boiling water

20g mint

**Make up stock with boiling water, then pop in a pan on a very low heat. Fry the courgettes at a medium to low temperature in the olive oil until golden on both sides. Add garlic and cook for another minute. Add rice and coat in oil. Add a ladleful of stock until absorbed. Carry on adding a ladleful of stock until the rice is creamy and just tender to bite. Take off the heat and stir in the freshly chopped herbs and feta.**

Eat with a green salad. Use a dressing that is three parts walnut oil (which packs a health punch due to the rich omega 3 content) and one part apple cider vinegar (which has digestive properties).

Serves four and leaves them glowing, yes positively glowing, with health.

On another note, you can now see my video of Health Matters 360 at the Rou Estate at [www.thesundaytimes.co.uk](http://www.thesundaytimes.co.uk)

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