

Grilled Peaches with Fresh Lemon Ricotta

4	Peaches, fresh, halved and pit removed
1 Tbsp	Coconut or avocado oil
1 Tbsp	Aged balsamic vinegar
1 Tbsp	Local honey
½ Tsp	Ground cinnamon
Pinch	Sea salt
½ Cup	Toasted pecans or walnuts, chopped

Heat grill to medium high or 350 degrees. Place halved peaches flesh side up on platter. In small mixing bowl, whisk together oil, balsamic vinegar, honey and sea salt. Brush peaches with mixture and place peaches on hot grill, turning once, for about 3-4 minutes each side. Remove from grill and place back on platter. Top with Fresh Lemon Ricotta Cheese and garnish with toasted pecans.

Fresh Lemon Ricotta Cheese

4 Cups	Organic whole milk
1 Cup	Organic cream or half & half
½ Tsp	Kosher sea salt
2 Tbsp	Fresh squeezed lemon juice
	Zest of 1 lemon

In a large saucepan, bring milk, cream and salt to a gentle boil. When at the boiling point, turn off burner and remove from heat. Add lemon juice and stir until mixture starts to curdle. Let stand for 5 minutes before adding lemon zest and stir. Pour curdled mixture into a cheese-clothlined fine mesh strainer and set in a large bowl to drain off liquid whey. Let liquid drain for about 15-20 minutes or until desired ricotta consistency. Squeeze excess liquid from cheesecloth if needed for a more crumbled consistency. Refrigerate ricotta in an airtight container for up to 1 week. Save the liquid whey for smoothies for a protein boost!



ATLANTA BOTANICAL GARDEN

Recipe by Garden Chef Megan McCarthy