



Cooking Demonstration Recipe by Francesca Zito

May 18, 2013

Spring Salad

Freshness at its best! Serves 4.

Shopping List

One head of lettuce
One beet
Half onion, Southern Sweet
Parsley, Mint, a good handful of each
One Peach
Chevito
Fava beans, about a dozen
Tuscan Olive Oil
Balsamic Vinegar
Seasoned Rice Wine Vinegar
Salt and Pepper

LCFF Vendor Who Provided Produce/Product for Recipe

Morgan Valley Farms
Sky Hoyt Specialty Grower
Sky Hoyt Specialty Grower
F+G Farms

La Violetta Farms
Yerba Santa Dairy
Morgan Valley Farms
Chacewater Olive Co.
Chacewater Olive Co.
*From your pantry
preferably kosher salt / freshly ground
pepper*

Directions

Dice the beet and place in small bowl. Sprinkle with salt and pepper and cover with rice wine vinegar. Let sit while you prepare the remainder of the recipe.

Slice the onion into thin slices and place in small bowl. Sprinkle with salt and pepper and cover with rice wine vinegar. Let sit while you prepare the remainder of the recipe.

Dice the peach and set aside. Crumble about 1/3 cup of Chevito, set aside. Shell the fava beans and set aside.

Wash and tear the lettuce into bite size pieces and place in serving bowl. Wash the parsley and mint. For the parsley, tear leaves from stems and place in serving bowl. For the mint, pull the leaves from the stems and stack. Roll them up and cut crosswise so that they are in thin strips. Place in serving bowl.

Dress the lettuce/herb mix with about 1/4 cup of olive oil, 1-1/2 T. of balsamic vinegar and a splash of rice wine vinegar (or some of the vinegar from the onions you pickled). You can either do this directly into the serving bowl or in a separate bowl. Sprinkle with salt and pepper to taste. Drain the pickled beets and onions, and toss into serving bowl along with peach and Chevito.

Variations

You can add kale for a little more crunch. Substitute any fruit or put in more fruit, fresh or dried. Add other types of beans. Put in your favorite herbs – tarragon, basil, etc. This is a celebration of the bounty of spring, feel free to create!

Suggested Wine Pairing

Try with Chardonnay, Viognier, Marsanne or Rousanne. .



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Tuscan Bread and Beet Salad

A riff on the classic Tuscan bread salad – warning this will be a pink dish!

Shopping List

Half a loaf of sourdough bread,
day old or fresh
Two beets
One onion, Southern Sweet
Mint, Oregano, a good handful of
each
Two small nectarines
Chevito
Fava beans, about a dozen
Tuscan Olive Oil
Balsamic Vinegar
Seasoned Rice Wine Vinegar
Salt and Pepper

LCCF Vendor Who Provided Produce/Product for Recipe

Main Street Bakery

Sky Hoyt Specialty Grower
Sky Hoyt Specialty Grower
F+G Farms

Neufeld Farms
Yerba Santa Dairy
Morgan Valley Farms
Chacewater Olive Co.
Chacewater Olive Co.
*From your pantry
preferably kosher salt / freshly ground
pepper*

Directions

Dice the beets. Place half the beets into a small bowl, sprinkle with salt and pepper and cover with rice wine vinegar. Let sit while you prepare the remainder of the recipe. Put remaining beets into serving bowl.

Slice the onion into thin slices. Place half the onions into a small bowl, sprinkle with salt and pepper and cover with rice wine vinegar. Let sit while you prepare the remainder of the recipe. Set aside remaining onions.

Dice the nectarine (set aside half), crumble about 1/3 cup of Chevito and shell the fava beans and place into serving bowl.

Cut bread into approximately 1" cubes and place into serving bowl.

In a large skillet over medium high heat add 2 T. of olive oil. Add onions and sauté until translucent and starting to color (about 3-4 minutes). Add the remaining nectarine and sauté for a few minutes. Remove from pan and place into bowl with bread.

To change things up, you can sauté the pickled beets in their own pickling juice. That way you have a little cooked and raw mix.

Wash the parsley and mint. For the parsley, tear leaves from stems and place in serving bowl. For the mint, pull the leaves from the stems and stack. Roll them up and cut crosswise so that they are in thin strips. Place in serving bowl.

To dress the bread salad, use about 1/3 cup of olive oil along with 2 T of balsamic vinegar and some of the pickling liquid from the onions. Salt and pepper to taste. Toss to coat. This is best when left to sit for about 15-20 minutes so the bread absorbs all of the liquids from the fruit and dressing.

Serves approximately 4-6 people.

Variations

As I am always encouraging, change out or add to your liking or based on what is available. Add more or less, the goal on this recipe is to keep the balance of fruit to vinegar and fresh to cooked.

Suggested Wine Pairing

Might as well go pink all the way – try this with a Rose such as Steele's Cabernet Franc Rose or Rosa D'Oro's Dolcetto Rosato.