



Cooking Demonstration Recipe by Francesca Zito

June 16th, 2013

Greek Dinner Appetizer

This recipe was served as an appetizer on skewers.

Shopping List

1lb of ground lamb
One large red onion
2 medium tomatoes
1 large cucumber
1 4 oz. package of Chevito
1 sprig rosemary
1 small bunch of oregano
Tuscan Olive Oil or similar
Seasoned Rice Wine Vinegar
Salt and Pepper

Toothpicks/small skewers

LCCF Vendor Who Provided Produce/Product for Recipe

Shannon Ranch
Sky Hoyt Specialty Grower
Sky Hoyt Specialty Grower
Morgan Valley Farms
Yerba Santa Goat Dairy
Glo's Glee Organic Garden
Glo's Glee Organic Garden
Chacewater Olive Co.
From your pantry
*preferably kosher salt / freshly ground
pepper*
From your pantry

Directions

You will be making lamb meatballs and a chunky Greek salad that you can place on a skewer.

Prepare the vegetables and herbs. For the onion, tomatoes and cucumbers you will chop them into 1" chunks. Reserve a quarter of the onion to finely dice. Seed tomatoes and cucumber if needed. Mince the rosemary extremely fine, set aside. Remove oregano leaves from stems and lightly chop.

Place all vegetables into a bowl and season with approximately 1/3 cup of olive oil and 1/8 cup of rice wine vinegar. Add oregano. Sprinkle with salt and pepper. Lightly toss. Taste. Adjust oil/vinegar and salt/pepper to your liking. Set aside salad to marinate while you prepare lamb meatballs.

In a skillet, add 1 T. of olive oil and over medium-low heat sauté the diced onion until onions are translucent and take on a little color. Remove from heat and let cool.

For the meatballs, add ground lamb, rosemary and cooked onions into a bowl, season lightly with salt and pepper, Mix using a spoon or your hands until onions are incorporated. Do not over mix as this can make the meat tough. Take about a tablespoon of the well mixed mixture and roll into a ball. You can either place the meatballs to one side in the bowl or place on a waxpaper lined tray, whichever works for you. In the skillet you were using for the onions, over medium heat add one meatball and cook until browned all over and there is little to no pink on the inside. Taste it to check seasoning, add what you need. Make remaining meatballs and cook. Set aside on a plate, keep warm.

Dice Chevito into 1/2" cubes, set aside.

At this point your salad is marinated and you are ready to assemble! Skewer one piece each of tomato, red onion and cucumber onto toothpick, then add the meatball and the little chunk of Chevito. Place on a tray to serve. Makes approximately 2-3 dozen. Yum!

Variations

Skip the skewer! Serve it up to your family on a dinner plate with salad on the bottom and meatballs on top. Alternately you could place the meatballs into a pita bread pocket, add a little yogurt and top with the salad.

Suggested Wine Pairing

A Syrah/Shiraz or Sangiovese would work well with this complementing both the lamb and the salad.



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Fruit and Vegetable=Fruits Salad

This fruit salad with tomatoes and cucumbers strikes the balance with sweet and savory element.

Shopping List

2 nectarines
2 peaches
1 yellow watermelon
1 small tomato
1 good sized cucumber
1 small red onion
Tuscan Olive Oil or similar
Seasoned Rice Wine Vinegar
Salt and Pepper

LCFF Vendor Who Provided Produce/Product for Recipe

EGB Farms
EGB Farms
Morgan Valley Farms
Sky Hoyt Specialty Grower
Sky Hoyt Specialty Grower
Morgan Valley Farms
Chacewater Olive Co.
*From your pantry
preferably kosher salt / freshly ground
pepper*

Directions

Chop nectarines, peaches, melon, tomato and cucumber in to 1/2" – 3/4" pieces. Quarter onion and slice thinly.

Place all fruit and vegetables (although tomatoes and cucumbers are fruits too) in to a bowl. Toss with approximately 1/3 cup of olive oil and 1/8 cup of vinegar. Sprinkle with salt and pepper. Taste, adjust to your liking.

Serve!

Variations

If you had some of the Greek salad leftover from the previous recipe you could just add the fruit to that and voila! I prefer the onion as a minor vs. equal ingredient.

Suggested Wine Pairing

It's summer – go for a dry Rose!