



Cooking Demonstration Recipe by Francesca Zito

August 6th, 2013

Mediterranean Salad

Using the bounty of the season from our Mediterranean climate.

Shopping List

2 large tomatoes
1 large red onion
1 Diva cucumber
1 Lipstick pepper
1 Carmen pepper
Crema cheese
Olive oil
Rice Wine Vinegar
Salt and Pepper

LCCF Vendor Who Provided Produce/Product for Recipe

Sky Hoyt Specialty Grower
Sky Hoyt Specialty Grower
Sky Hoyt Specialty Grower
Sky Hoyt Specialty Grower
Sky Hoyt Specialty Grower
Bodega Goat Cheese
From your pantry
From your pantry
*preferably kosher or sea salt / freshly
ground pepper*

Directions

Chop tomatoes into 1" chunks. Slice cucumber into 1/4" thick rounds and then halve into moons. Dice peppers into 1/4" pieces. Add all to a large bowl.

For onion, halve then chop into 1/2" dice. In a large sauté pan over medium heat, gently sauté the onions in about 2 T. of olive oil. When they start to take on a little color, remove from heat and set aside to cool. Sprinkle with some sea salt and some good grinds of pepper, toss. Add to bowl with veggies when cool.

For the dressing, mix together 2 T. of Crema (it is a crème fraiche type of cheese), 1 T. of olive oil and 1 teaspoon of rice wine vinegar. Season with salt and pepper. Taste and adjust to your taste – more creamy, more tangy, more peppery! Pour the dressing over the vegetables and toss. Serves 4 to 6.

Variations

Mix in mint and basil for a fresh contrast. Toss in grilled zucchini.

Suggested Wine Pairing

With the creamy dressing try a Chardonnay that has been aged in steel, or Viognier.

Dualing Nectarines

Another dessert highlighting the perfect ripeness of this seasonal fruit.

Shopping List

2 ripe yellow nectarines
2 ripe white nectarines
3 sprigs of lime basil
White Balsamic vinegar
Salt

LCCF Vendor Who Provided Produce/Product for Recipe

EGB Farms
EGB Farms
Glo's Glee Organic Garden
Hue de Laroque Farm
preferably kosher salt

Notes

I used a food mill (manual version of a food processor) to make this dish. You can use a blender or food processor.

Directions

Slice the two white nectarines in half, remove pits and cut into wedges (about 8-12 per half).

Puree the yellow nectarines using either a food mill (or blender). In a sauté pan over low heat, add the puree mixture, a tablespoon of the balsamic and a pinch of salt. Gently heat until the mixture is blended and slightly reduced, about 10 minutes.

Finely chop the lime basil. For a more refined look, stack the leaves, roll them and thinly slice across the roll creating a chiffonade.

Divide the slices into 2 medium or 4 small bowls. Drizzle with nectarine/balsamic puree, top with lime basil. Serves 2-4.

Variations

This is a variation on the August 3rd Peach and Strawberry Bliss. You could take any two wonderful seasonal fruits that you like, slice one, puree the other, add a touch of acidity, some salt and or pepper, and top with herbs or blend them into the puree. Light, fresh and elegant!

Suggested Wine Pairing

Try with a dry sparkling wine such as a Prosecco.