



Cooking Demonstration Recipe by Francesca Zito August 20th, 2013

Thai Inspired Salad

A little Asian flavor for variety!

Shopping List

1 medium tomato
2 Diva cucumbers
2 cloves garlic
1 medium carrot
2 Lipstick pepper
1 Carmen pepper
1 large sprig of basil
Seasoned rice wine vinegar
Olive oil
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
Sky Hoyt Specialty Grower
Sky Hoyt Specialty Grower
From your pantry
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*preferably kosher or sea salt / freshly
ground pepper*

Directions

Mince garlic and sauté in pan with 1 T. of olive oil over medium heat until a few pieces start to brown. Remove from heat and empty oil and garlic into a bowl..

Create different textures by cutting vegetables into various thicknesses and shapes. Add all vegetables to the bowl with the garlic and oil as you complete cutting. For cucumbers, use a mandolin to cut paper thin slices of cucumber (be sure to use the safety guard in order to avoid slicing off the top of your finger!). Using the finer side of your grater, shred carrot. Cut tomato and Carmen pepper into 1/4" dice. Julienne Lipstick peppers. For basil, stack leaves, roll, and slice thinly (chiffonade).

Toss with 2-3 T. of seasoned rice wine vinegar, season with salt and pepper.

Variations

Add some lime thyme, lime juice and a bit of soy for full Thai flavor.

Suggested Wine Pairing

Riesling, a still Moscato, sparkling hard cider would all work nicely with this quick salad.

Jammin' Fruit Salad

Pretty, elegant and delicious.

Shopping List

1 firm but ripe white nectarines
1 firm but ripe yellow peach
1 pluot
1 bunch of Thompson seedless
grapes
2 T. dried rosemary
2 T. raspberry jam

LCCF Vendor Who Provided Produce/Product for Recipe

EGB Farms
EGB Farms
EGB Farms
F+G Farms
F+G Farms
Two Chicks Tasty Treats

Notes

I used a food mill (manual version of a food processor) to make this dish. You can use a blender or food processor but run juice through a fine mesh strainer before using.

Directions

Slice the nectarine, peach and pluot in halves, remove pits. Julienne nectarine, cut peach into 1/2" chunks and pluot into 1/4" dice. Place all fruit in a bowl.

Remove grapes from stems and juice in food mill.

Gather rosemary and mince extremely fine. Should be the size of a poppy seed or smaller.

Pour juice over fruit, stir in jam and rosemary. Turn to coat fruit thoroughly. Serves 4-6 as a wonderful dessert or 2-4 as a side salad.

Variations

Vary the jam and the herbs – use blackberry jam and fresh basil, apricot and thyme.

Suggested Wine Pairing

A glass of dry sherry would complement this savory, fruity dish.