



## ***Cooking Demonstration Recipe by Francesca Zito*** ***August 24th, 2013***

### **Goat Cheese Aioli and Crudités**

A French inspired dip with veggies.

#### **Shopping List**

1 package Chevre  
2 Diva cucumbers  
2 or more cloves, garlic  
2 medium carrot  
2 Lipstick pepper  
1 green Carmen pepper  
1 bunch of long beans  
Olive oil  
Seasoned Rice Wine Vinegar  
Salt and Pepper

#### **LCFF Vendor Who Provided Produce/Product for Recipe**

Yerba Santa Dairy  
Sky Hoyt Specialty Grower  
Sky Hoyt Specialty Grower  
Sky Hoyt Specialty Grower  
Sky Hoyt Specialty Grower  
Sky Hoyt Specialty Grower  
F+G Farms  
Chacewater Olive Oil  
*From your pantry*  
*preferably kosher or sea salt / freshly*  
*ground pepper*

#### **Directions**

To make the aioli, mince garlic cloves starting with 2. If you like your garlic a little less pungent and you can lightly sauté the garlic in a bit of olive oil being careful not to burn it, just let it get soft with a touch of color. In a bowl, mix the garlic and the small package of chevre. This is the time to use your good olive oil! Add olive oil to mixture starting with 1 T. adding more to your desired consistency (it should be firmer than a sour cream dip, but not as thick as tomato paste). For the vinegar, just add a small splash to help brighten the overall flavor. Taste then if desired, add salt and pepper or more garlic or vinegar.

For the crudités, chop cucumbers, carrots and peppers into batons approximately 1/4" thick and 3-4" long (in other words into sticks).

Serve aioli in a bowl with crudités on a platter or in jars depending on your setting. If it's for a picnic you can place a tablespoon of the aioli at the bottom of an 8oz jar and place at least 3 of each vegetable in each. Top with the lid and you have individual servings for your guests.

#### **Variations**

Add fresh herbs from your garden for an herbally taste. You can also serve with small tomatoes, jicama, fennel, beets, green beans, boiled or roasted small potatoes or crackers.

#### **Suggested Wine Pairing**

Perfect with Rose, try Steele's or Rosa D'Oro's.



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### **Crazy Fruit Salad**

Pretty, elegant and delicious.

#### **Shopping List**

1 firm but ripe white nectarines  
1 firm but ripe yellow peach  
1 pluot  
1 Diva cucumber  
1 Armenian cucumber  
1 medium onion  
Olive oil  
Seasoned Rice Wine Vinegar  
Salt and Pepper

#### **LCFF Vendor Who Provided Produce/Product for Recipe**

EGB or Neufeld Farms  
EGB or Neufeld Farms  
EGB or Neufeld Farms  
Sky Hoyt Specialty Grower  
Glo's Glee Organic Garden  
Sky Hoyt Specialty Grower  
*From your pantry*  
*From your pantry*  
*preferably kosher or sea salt / freshly  
ground pepper*

#### **Directions**

Slice the nectarine, peach and pluot in halves, remove pits. Chop all fruit into 1/2" chunks and place in a bowl.

For cucumbers, depending on thickness, slice into 1/8" thick rounds or 1/4" thick moons (slice into round then cut in half). Add the Armenian to the bowl.

Chop onion into 1/4" dice.

In a sauté pan over high heat, add 1 T. of olive oil then toss in the onion and the Diva cucumber and sauté until onions are translucent and cucumber takes on a little color.

Toss onion and cooked cucumber with raw cucumber and fruit, add another 1 T. of olive oil and 2 tsp. of vinegar, a scant 1/2 tsp. of salt and several grinds of pepper. Taste, adjust as needed.

#### **Variations**

Add herbs, tomatoes, grilled eggplant, grapes, etc. This is just one of those great salads where you take what you have, mix it up a little by having some items cooked and some raw and dressing it.

#### **Suggested Wine Pairing**

A Riesling, perhaps a Viognier.

### **Cucumber Basil Soda**

When the cucumber and basil plants are out of control, here is a way to take the abundance and use it in an unexpected way.

#### **Shopping List**

2 Diva cucumbers  
6 large sprigs of basil  
Sugar  
Water  
Carbonated Water, Club Soda

#### **LCFF Vendor Who Provided Produce/Product for Recipe**

Sky Hoyt Specialty Grower  
Glo's Glee Organic Garden  
*From your pantry*  
*From your tap*  
*From your pantry*

#### **Directions**

Grate or finely chop cucumbers. Set aside. Rough chop basil. Set aside.

In a sauce pan, add 2 lbs of sugar and 1 pint of water, stir. Heat until sugar is dissolved and mixture begins to simmer.

Remove sauce pan from heat and add cucumbers and basil. Let stand for 30 to 45 minutes. Using cheese cloth or a fine mesh strainer, strain the liquid from the solids. Store this cucumber-basil infused simple syrup in a clean bottle or jar.

To make soda, in a 8 oz. glass add approximately 1-2 T. of syrup, ice as wanted, and top with carbonated water/club soda. Drink!

#### **Variations**

Add gin or vodka for a yummy cocktail. Garnish with a slice of cucumber or a sprig of basil.