



Cooking Demonstration Recipe by Francesca Zito ***September 6th, 2013***

Sangrita

A fresh, non-alcoholic version of sangria

Shopping List

2 large clusters of grapes
1 nectarine
1 peach
1 plum

LCCF Vendor Who Provided Produce/Product for Recipe

F+G Farms or Loasa Farms
EGB or Neufeld Farms
EGB or Neufeld Farms
EGB or Neufeld Farms

Notes

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

Directions

Remove grapes from stem and juice in food mill. You should have a nice clear green or purple juice. It will oxidize and if you are trying to preserve color try a little squeeze of lemon or a product such as Fruit Fresh.

Chop remaining fruit into 1/4" dice.

To serve, place a little of each fruit in the bottom of a glass and fill with juice. Refreshing.

Cocktail Variation

Add vodka to make it a little boozy. Garnish with some basil or a slice of lime or orange.

Corn Salsa

So fresh and summery!

Shopping List

1 ear of corn
1 large tomato
1 large red pepper or 2 small
1 large green pepper
1 large onion
Olive oil
Seasoned 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
From your pantry
From your pantry
preferably kosher or sea salt / freshly ground pepper

Directions

Cut corn off of ear. I place the ear flat on the board and slice of each side then slice each corner. Chop onion, tomato and peppers into 1/4" dice. Place corn, tomato and pepper in bowl. Set aside onions.

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

Toss onion and residual oil into bowl with corn, tomato and pepper, 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.

We served this as a salad on it's own and also as a condiment to scrambled eggs courtesy of Bistro & Co., a food truck that provides breakfast and lunch specialties at the market.

Variations

Add herbs such as cilantro, parsley or oregano. Serve with grilled chicken, carne asada, seared Portobello mushrooms... it's a refreshing salsa. If you want it hot, just add some finely diced jalapeno for a little kick.

Suggested Wine Pairing

Depends on how you are using, over eggs, it goes well with Sparkling wine. With the chicken, a lighter red such as Grenache, with the carne asada and mushroom a nice Cabernet or Syrah would work.