

Golden Gazpacho with Crispy Croutons

Serves 4

Ingredients

1 ear fresh corn, shucked and rinsed (or 3/4 cup frozen corn kernels, thawed)
4 yellow tomatoes, seeded and finely diced
1/2 small red onion, minced
1/2 large yellow bell pepper, peeled, seeded and finely diced
1/2 large cucumber, peeled, seeded and finely diced
1/4 cup nonfat chicken (or vegetable) broth
1 tbsp chopped fresh parsley
2 tbsp extra-virgin olive oil
1/4 tsp coarse salt (kosher or sea salt)
1/4 tsp freshly ground black pepper
2 Tbsp white wine vinegar or sherry vinegar
Fresh parsley sprigs

Crispy Croutons (see recipe below)

Cut kernels off cob. (You can eat fresh corn raw; it provides crunchiness.) In a large bowl, combine corn, tomatoes, onion, bell pepper, cucumber, broth, parsley, oil, salt, and black pepper. At this point you can add all soup ingredients, in batches, to a blender to blend completely OR use an immersion blender to puree part of the soup. Cover and refrigerate until chilled. Add the vinegar to the soup right before serving.

Serve soup cold and garnish with croutons and parsley.

Crispy Croutons

2 cups day old or stale bread, sliced into 1" cubes
1 tablespoon olive oil
1 tablespoon butter, melted
1 teaspoon salt
1/2 teaspoon dried parsley flakes
1/2 teaspoon dried thyme leaves

Preheat oven 350°F

Mix everything in a bowl and spread in a single layer on a sheet pan. Toast in the oven for 10-12 minutes, they should be dried out and golden brown. If not getting the color you want, turn on the broiler and keep an eye on them for another minute or two.

Salmon and Vegetables in Foil Packets

Serves 4

1 cup julienned fennel bulb
1 cup julienned leeks, white part only
1 cup julienned carrots
1 cup julienned snow peas
Kosher salt and freshly ground pepper
Ground coriander
4 (5 ounces each) salmon fillets
2 orange cut into wedges with white, pithy membrane removed
4 tablespoons dry vermouth

Directions

Preheat the oven to 400 degrees F.

Sprinkle salmon with 2 teaspoons olive oil, salt, and pepper.

Divide the julienned fennel, leeks, carrots, and snow peas on each of the sheets of foil. Mix together salt, pepper, and ground coriander. Sprinkle vegetables with 1/2 of salt, pepper, and coriander. Lay salmon on top of vegetables and season with remaining salt, pepper and coriander. Top with the orange wedges and sprinkle with vermouth.. Wrap the ends of the foil to form a spiral shape. Fold the sides of the foil over the fish and vegetable mixture, covering completely; seal the packets closed. Place the foil packet on a heavy large baking sheet. Repeat until all of the salmon have been individually wrapped in foil and placed on the baking sheet. Bake until the salmon is just cooked through, about 18-20 minutes.

Open foil packets carefully and serve for a complete meal.

Grill or Campfire: Preheat a grill to medium high or light a campfire and put a cooking grate in place. Grill the foil packets until the fish is just cooked through, 10 to 12 minutes. Let the packets sit for 5 minutes, then carefully open and add your topping.

Grilled Peaches Stuffed with Sweet Ricotta

Serves 4

Ingredients

- 4 peaches halved and pitted
- 1 teaspoon olive oil
- ⅛ teaspoon sea salt

Sweet Ricotta

- 1 cup whole milk ricotta, drained for 4-5 hours
- 2 tablespoons sugar
- 2 tablespoons clover honey
- 1 1/2 teaspoons pure vanilla extract
- Optional: ¼ tsp lavender buds

To Garnish:

- 2 tablespoons slivered almonds lightly toasted, sprinkled over the top
- 4-5 amaretti cookies crushed and sprinkled over tops of peaches
- 8 basil sprigs

Instructions

1. Preheat the grill to medium-high.
2. Brush the cut sides of the peaches with olive oil and sprinkle with sea salt.
3. For an **outdoor grill**: Place peaches cut side down on the greased hot grill. Close lid cover and grill for 2-3 minutes or until they are lightly charred.
4. For an **indoor grill**: Lay a piece of parchment paper on the grill and place the peaches cut side down. Grill for 2-3 minutes or until they are lightly charred.
5. **Optional**: For a softer and tender texture, carefully transfer the peaches to a small baking pan and cover lightly with aluminum foil. For the outdoor grill, place off direct heat and allow the peaches to slowly cook and soften for 10-15 minutes or until a knife can easily be inserted. For an indoor grill, place in a preheated oven (325°F).
6. In a small bowl whisk together the ingredients for the sweet ricotta and set aside.
7. Carefully transfer peach halves on a serving plate to slightly cool.
8. Spoon 1-2 tablespoons of sweet ricotta in the cavity (can also use a small scooper).
9. Sprinkle with slivered almonds and crushed amaretti cookies.
10. Garnish with basil leaves.
11. Serve immediately.

