

## Golden Gazpacho with Crispy Croutons

Serves 4

### Ingredients

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  
Fresh parsley sprigs  
White wine vinegar/sherry vinegar (optional)  
Crispy Croutons (see recipe below)

### Directions

In a large blender combine tomatoes, onion, bell pepper, cucumber, broth, parsley, oil, salt, and black pepper. Cover and refrigerate until chilled. Serve soup cold and garnish with croutons and parsley.

**\*\*note\*\*** In class we used an immersion blender to puree part of the soup. A splash (about 2 Tbs) of white wine vinegar or sherry vinegar would give an extra zip factor.

### 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 flakes

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.

# Corn and Crab Chowder

Serves 4

## Ingredients

1 tablespoon vegetable oil or extra-virgin olive oil,  
2 tablespoons unsalted butter  
2 medium Russet potatoes, peeled and diced  
2 ribs celery, chopped  
1 medium yellow onion, chopped  
1 small red bell pepper, seeded and diced  
1 bay leaf, fresh or dried  
Salt and freshly ground black pepper  
1 tablespoon Old Bay seasoning blend  
3 tablespoons all-purpose flour  
2 cups vegetable or chicken stock or broth  
1 quart whole milk  
3 cups corn kernels, scraped fresh from the cob, or frozen kernels  
8 ounces cooked lump crab meat, fresh is available in plastic tubs at many fish counters

## *Optional Toppings*

Oyster crackers  
Hot cayenne pepper sauce  
Sliced scallions

## Directions

1. Heat a deep pot over moderate heat. Add oil and butter. Add the chopped vegetables to the pot: potatoes, celery, onion, and red bell pepper. Add bay leaf. Season vegetables with salt and pepper and Old Bay seasoning. Saute veggies 5 minutes, then sprinkle in flour. Cook flour for 2 minutes, stirring constantly. Stir in broth and combine. Stir in milk and combine. Bring soup up to a bubble. Add corn and crab meat and simmer soup for 5 minutes. Adjust the soup seasonings. Remove bay leaf.
2. Ladle soup into soup bowls and top with oyster crackers, hot sauce and sliced scallions.

# Peach, Tomato and Goat Cheese Salad

Adapted from The New York Times

## INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon sherry vinegar (red wine vinegar can be substituted)
- 1 tablespoon whole-grain mustard
- ½ teaspoon fresh lemon zest, plus 2 teaspoons juice
- Kosher salt and black pepper
- ¼ small red onion, very thinly sliced
- 4 ounces soft goat cheese or feta
- 6 tablespoons heavy cream
- 2 large heirloom tomatoes (about 14 ounces total), cored and cut into 1-inch wedges
- 2 medium peaches (about 12 ounces), halved, pitted and cut into 1/2-inch wedges
- 1 packed cup torn watercress, arugula or baby spinach (optional)

## PREPARATION

1. In a large bowl, whisk the olive oil, vinegar, mustard and lemon juice. Season generously with salt and pepper, stir in the red onion and set aside.
2. Crumble the goat cheese into the bowl of a food processor and whip until creamy, scraping down the sides of the work bowl as needed, 1 to 2 minutes. Add the heavy cream and lemon zest and whip just until fluffy, about 1 minute, scraping the bowl as needed. Transfer to a bowl and season to taste with salt.
3. Add the tomato wedges, peach wedges and greens to the dressing and toss to coat. Season to taste with salt and pepper. Place the salad on individual plates, or one large serving platter. Using two spoons, place dollops of the whipped goat cheese atop the salad and serve immediately.

## Moroccan Lentil Salad

Serves 4

### Ingredients

1/2 cup chopped red onion

4 cups cooked lentils (1 1/2 cups dry- **do not use *split lentils***- use whole black lentils, brown lentils, green lentils )

2 cups celery, chopped

1 cup dried apricots, chopped

1/4 cup almonds, chopped or slivered, toasted

1 cup cilantro or flat-leaf parsley (or use part mint, or a blend of all three, chopped

zest and juice of one orange

### Moroccan Dressing:

2 tablespoons honey or maple syrup

1/4 cup olive oil

1/4 cup vinegar- apple cider vinegar

2 garlic cloves, finely minced (use a garlic press)

1/2 teaspoon salt, more to taste

1/2 teaspoon pepper

1 teaspoon cumin

1/2 teaspoon cinnamon

1/8 teaspoon ground cloves

pinch or two chili flakes (optional, but good)

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Cook lentils according to package directions (do ahead)

Place lentils, celery, apricots, almonds, drained onions, herbs and orange zest in a large bowl. Squeeze with the orange juice.

Mix dressing ingredients into the bowl. *If using **honey**, mix dressing ingredients separately (easier). Toss with salad ingredients.*

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