



Everyone yearns for a new salad dressing from time to time. This one is a retake of a of a reduced calorie elegant classic. You've even had it frequently at catered events! Here it is, ready for you own kitchen ...

Raspberry Balsamic Vinaigrette

INGREDIENTS

8 oz. Extra Virgin Olive Oil
3 oz. balsamic vinegar
3 oz. Raspberry Syrup (Kedem makes a nice one)
Salt and Pepper to Taste
1 TBSP Dried Herbs or 2 tsp fresh (thyme works well, as does rosemary)

PREPARATION

- 1) Blend all ingredients except olive oil.
- 2) Slowly drizzle in the olive oil beating until emulsified.
- 3) Taste and adjust if necessary

Note: Can be increased proportionately as needed.



Tuscan Country Style Minestrone

Minestrone di verdura – this is a really special soup from Tuscany – a single bowl meal, even better when adding a tablespoon of freshly grated parmesan!

Preparation - Easy (takes a few hours of cooking, though)

Serving 4 - 6	Item	Process
1	Onion, large	Dice
2	Carrots, large	Dice
2	celery ribs - dark green	Dice
2 T	extra virgin olive oil (you can optionally add a few additional T of olive oil to each bowl when serving)	
10 oz	Cooked white cannellini beans	5 oz dry
9 oz (250g)	Italian canned peeled tomatoes or the equivalent weight of peeled and chopped fresh tomatoes	
4	Tuscan cabbage leaves – outer leaves, dark	1.5" x 3" ribbons
2	potatoes - large	Peeled, diced
as needed	stock (beef or chicken broth) as needed	
8 oz	Plum tomatoes (or ½ can [28 oz])	Large dice
1	a small bunch of parsley	minced
	salt and freshly ground black pepper to taste	
Optional	Pesto	Add at table

1. Make the *trittata* by chopping the onion, carrots and celery (the *odori*) into small dice. In a large saucepan heat up the olive oil and in it cook these chopped *odori* until they have softened.
2. Next add the white beans, mixing them into the *trittata*, then in go the tomatoes which you break up as you stir them. At this point you may add a little stock if necessary.
3. Next to go into the pot are the diced potatoes and the roughly torn cabbage leaves.
4. Add a ladleful or two of stock and the parsley sprigs, which can be discarded after they have given up their flavor.

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5. Season the soup with salt and pepper and allow the minestrone to simmer over a gentle flame until the vegetables are tender. Characteristically minestrone is laden with vegetables; there should only be enough liquid to keep them moving easily in the pot.

When it is time for supper, ladle the soup into deep soup bowls and into each bowl pours a little best olive oil. This enriches the soup and the hot liquid releases the fruity perfume of the oil, thus enhancing the flavor of the vegetables.



The Raw, the Cooked, and the Pureed: Asparagus Three Ways

This is an elegant but relatively simple festive recipe. Excellent for a Sunday or holiday brunch.

Time: 1 hour 40 minutes

Equipment needed: cutting board, 6" chef's knife, vegetable peeler, whisk, ramekins (custard cups or muffin tins)

INGREDIENTS

2 pounds	asparagus	medium thickness
	Salt	
½ TBSP	olive oil	
1	whole egg	
2	egg yolks	(reserve whites for meringues)
	black pepper	freshly ground
1 TBSP	white wine vinegar	
3 TBSP	extra virgin olive oil	
2 TBSP	crushed black truffles	1 TBSP black olive paste or 1 TBSP genuine balsamic vinegar

Pre- Preparation – The Asparagus

1. Check & clean your asparagus.
2. Snap off ends of asparagus stalks where they break naturally. Discard ends & peel tough lower outside skin.
3. Select 16 of the most uniform and thickest spears and set aside.
4. Cut remaining stalks in half, place in a saucepan of well-salted water and simmer until very tender, about 5 minutes.
5. Drain, and puree in food processor or blender. You should have about 1 cup.

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The Custard

6. 2. Heat oven to 250 degrees.
7. Lightly butter 4 small round ovenproof containers, preferably 3- to 4-ounce size. Porcelain ramekins or custard cups, heatproof glass bowls or tiny nonstick muffin or dariole molds can be used.
8. Combine cup puree with egg and egg yolks. Season to taste with salt and pepper.
9. Transfer to oiled molds (if using muffin tins, use paper & plastic inserts). Place molds in a baking dish, and add simmering water to come halfway up sides of molds.
10. Bake 45 minutes or until custards are set and surface is fairly firm to the touch. Remove from oven, leaving molds in water bath.

Asparagus Tips & Ribbons

11. While custards bake, cut a 2-inch-long piece from the tip of each reserved asparagus stalk. Cut each tip piece in half length-wise, place in a saucepan of salted water, bring to a simmer and cook until just tender, about 2 minutes. DO NOT OVER COOK. Cool in iced water. Drain, and set aside on absorbent paper.
12. Using a vegetable peeler, shave 4 or 5 ribbons lengthwise from remaining pieces of stalk, leaving center portion intact. Place ribbons in a bowl of ice water.
13. Mince centers no larger than peppercorns. Fold the minced asparagus into remaining puree, and season to taste with salt and pepper.

Finishing

14. Beat vinegar and oil together but not enough to emulsify completely. Season to taste with salt and pepper. Add truffles, olive paste or balsamic vinegar, and stir lightly to combine but not blend thoroughly. Vinaigrette should remain somewhat broken.

Serving

15. Spoon asparagus puree with minced raw asparagus in a circle to center of each of 4 large salad plates.
16. Unmold custards on top of puree.
17. Surround each with 8 cooked halved asparagus tips, cut side down, like spokes of a wheel.
18. Drain raw asparagus ribbons and pat dry. Scatter over cooked tips, and pose one that's nicely curled on top of each custard. Drizzle vinaigrette on plate around asparagus

Yield: 4 servings



Quick & Easy Smoked Turkey and Sun-Dried Tomato Wraps

These flavorful, fresh-tasting wraps make a delicious quick lunch or light dinner!

Prep Time: approx. 5 Minutes.

Ready in: approx. 20 Minutes.

Makes 4 servings.

INGREDIENTS

7 ounce pesto with Sun-Dried Tomatoes

¼ cup mayonnaise*

2 (10 inch) burrito-size flour tortillas,
warmed

8 slices smoked turkey breast (2 oz each)
or 1 lb left-over chicken (shredded)*

3 cups shredded romaine lettuce

2 cups finely diced tomato

½ cup thinly sliced red onion or alfalfa
sprouts

DIRECTIONS

1 CREAM ¼ cup of pesto and mayonnaise all the evenly over each tortilla. Place turkey slices, lettuce, tomato and red onion or alfalfa sprouts over bottom third of tortillas, making sure ingredients don't touch edges.

2 FOLD the bottom edge of tortilla toward the center and gently roll until tortilla is completely wrapped around the filling. Wrap tightly in plastic wrap. Refrigerate for 15 minutes.

3 Cut in half to serve using remaining pesto for dipping.

* vegan alternative: grilled vegetables; if so: use ¼ lb cream cheese, mixed with pesto in step 1