

Martin's School of Cooking

Simply Summer Salads

Hosted by Chef Eileen Quinn

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**Martin's Super Markets at Heritage Square
Mishawaka, Indiana**

Shish Taowk with Salad Pita and Garlic Sauce

This recipe was generously offered to me by Chef/Owner Georges Elou of Schlomo Gourmet Deli in Palm Harbor, Florida. Of course, I had to do a bit of "tasting" with Chef Georges to be able to develop the recipe in smaller amounts ... a nice perk! Be sure to seek him out when on the Gulf Coast!

Ingredients

For Marinade:

- 1 quart heavy cream
- 1/3 cup fresh lemon juice
- 1/3 cup light oil
- 6 garlic cloves, minced
- 1 large white onion, cut into chunks
- 1 tablespoon dried oregano
- 1 teaspoon ground allspice
- 1 tablespoon dried mint
- 1 teaspoon ground cinnamon
- 1 tablespoon dried Italian herbs
- 1 teaspoon cayenne pepper
- 1 tablespoon Kosher salt

For Shish Taowk:

3 pounds skinless, boneless chicken breast, cut into 1 and 1/2 inch cubes

1 large green pepper, deveined and seeded, cut into rings

For Toum Garlic Sauce:

6-8 cloves fresh garlic

1 teaspoon salt

2 eggs

2 cups light oil

2 lemons, juiced

Instructions

Place all marinade ingredients in the bowl of a food processor and pulse until mixture is blended. Next, place chicken pieces and green pepper rings in a large ziploc bag and pour marinade over all. Refrigerate from 8 to 24 hours, occasionally turning bag to marinate the chicken evenly. For garlic sauce, place garlic and salt in a blender or food-processor and blend to a smooth puree. Add eggs and blend again until smooth. Very slowly pour in oil in a steady stream till sauce is the consistency and color of mayonnaise. Add lemon juice and blend until smooth. Taste and add more lemon if necessary. Heat grill to medium hot. Remove chicken from marinade and discard liquid. Allow chicken to sit at room temperature for 10 minutes. Grill chicken to a light and crunchy finish. Serve Shish Tavouk with fresh salad, tomatoes, and cucumber. Serve Toum on the side with pita.

Pesto Salad Skewers

This is good for a crowd and is a beautiful presentation!

Ingredients

For Pesto:

2 garlic cloves

2 cups fresh basil leaves (from about 2 large bunches)

1/3 cup pine nuts

1/4 cup freshly grated Parmesan cheese

1 teaspoon coarse kosher salt

1 cup olive oil

For Skewers:

1 bunch fresh basil

1 pound bocconcini (mozzarella balls)

1/2 pound sliced pepperoni

16 fresh cherry or grape tomatoes

16 long wooden skewers
1 small melon, halved.

Instructions

Combine first 3 pesto ingredients in blender. Blend until paste forms, stopping often to push down basil. With the machine running, slowly add the oil. Add both cheeses and salt; blend until smooth. Place 1/4 of the pesto in a bowl and add the bocconcini. Toss to coat. Begin to construct the skewers. Thread one each of the cheese, meat, and tomato, including one fresh basil leaf. Display skewers by sticking them in the melon, arranging a starburst effect. Place on an attractive platter and serve pesto alongside in a tall glass for dipping.

Roasted Pears du Provence in Bacon on Greens

Ingredients

1/2 pound goat cheese
1/2 pound cream cheese
2 tablespoons Herbes de Provence
2 tablespoons extra-virgin olive oil, plus more for drizzling
Kosher salt and freshly ground black pepper
12 baby pears
12 slices bacon, about 1/2 pound, cut in 1/2
2 tablespoons honey
zest of one or two limes
1/3 cup roasted pistachios
Greens for garnish

Instructions

Heat the oven to 375 degrees F. In a small bowl, mix the goat cheese, herbs, and 2 tablespoons olive oil; season with salt and pepper. Halve the pears and scoop out the seeds and cores. Stuff each pear half with about a tablespoon of the cheese. Wrap each stuffed pear with a slice of bacon and place it on a baking sheet. Drizzle some olive oil over the pears and season them with salt and pepper. Bake them until the pears are tender and the bacon is crisp, about 25 to 30 minutes. Scatter greens on platter. Place the pears onto the platter, drizzle with the honey, lime zest, and nuts.

Bacon Loves Tomato Stacked Salad

Ingredients

1 bunch or bag arugula
1 pint cherry tomatoes
1 bunch scallions
4 green tomatoes, cut in 1/2 inch slices
salt and pepper
1 cup flour
3 beaten eggs
1 cup cornmeal
vegetable oil
8 slices Provolone cheese
8 slices crisp bacon
4 eggs, sunnyside up
1/2 cup chopped almonds
4 Roma tomatoes, halved and seeded
1/4 cup Balsamic vinegar
1/4 cup canola oil
dried Italian herbs
salt and pepper

For Dressing:

4 roasted Roma tomatoes (above)
1/4 cup balsamic vinegar
1/4 cup red or white wine vinegar
1 tablespoon brown mustard
1/2 cup olive oil
fresh basil leaves
lemon or lime zest,

Instructions

Ahead of time ... Preheat oven to 300 degrees. Place Romas on a baking sheet, add vinegar, seasonings, and oil and mix well. Bake for 1 hour or until tomatoes are reduced and caramelized. In a blender or a food processor, blend roasted tomatoes, vinegars, and mustard. Slowly add oil until dressing emulsifies. Taste and adjust salt and

pepper. Before serving, add, citrus zest and fresh basil. Heat vegetable oil on medium high heat in large saute pan. Season green tomatoes on both sides with salt and pepper. Dip each slice in flour, then egg, then in cornmeal, making sure each is well covered. Place in pan and cook on one side for 3-4 minutes or until golden. Turn and cook until color is reached. Place on a plate and keep tomatoes warm in a 250 degree oven as the rest of the salad is prepared and plated. On individual salad plates, arrange arugula and cherry tomatoes and add a small amount of salad dressing. Build a green tomato stack ... first tomato, then two strips of bacon, 1 slice of Provolone. Repeat and place on a small baking sheet - warm in a 325 degree oven just until cheese is melted. With a spatula, carefully place stack on top of salad. Top with egg and spoon dressing all around.

Roasted Beet and Crispy Goat Cheese Rounds on Mixed Greens

Ingredients

3 medium beets
1 tablespoon olive oil
1 (11-ounce) log plain or herbed chevre (goat cheese)
2 extra-large egg whites, beaten with 1 tablespoon water
Fresh white bread crumbs or panko bread crumbs
1 large box of mixed greens
1/2 cup lemon or balsamic vinaigrette
1/2 cup toasted pine nuts

Heat the oven to 375°F and arrange a rack in the middle. Rinse the beets and trim off any leafy tops. Wrap in aluminum foil and place in the oven. Roast until tender and easily pierced with a knife, about 1 hour. Remove from the oven and let cool. When the beets are cool enough to handle, peel using a paring knife or by pushing the skin with your fingers. Dice beets and set aside. Slice the cheese into 12 (1/2-inch-thick) slices. (The easiest way to slice goat cheese is to use a length of dental floss.) Dip each slice into the beaten egg whites, then the bread crumbs, being sure the cheese is thoroughly coated. Place the slices on a rack and chill them for at least 15 minutes. Melt 1 tablespoon oil and 1 tablespoon butter in a sauté pan over medium-high heat until just under smoking. Cook the goat cheese rounds quickly on both sides until browned on the outside but not melted inside. Place washed and dried greens on an attractive platter.

Sprinkle beets over the greens. Top with vinaigrette and toss, adding salt and pepper to taste. Place goat cheese rounds and shower with pine nuts.