



MORE from Chef Debrina:

Here are some different thoughts on EASY but flavorful Summer Menus using what is fresh and available that you might also like to try:

- **Tender Greens with Roasted Grapes, Walnuts and Chevre**
- **Crispy Polenta with Mozzarella & Caramelized Cherry Tomatoes**
- **Roasted Chicken with Fennel and Orange**
- **Salmon with Peach Bulgur**
- **Peaches in Wine and Honey**
- **Honey-Balsamic Strawberries with Vanilla Mascarpone**

Tender Greens with Roasted Grapes, Walnuts and Chevre

Serves 4 generously

NOTE: The mixed salad greens could include a field mixture and/or arugula, frisee, escarole, watercress, mache and any of the sweet baby lettuces carefully torn into bite-sized pieces.

6 ounces (about 8 cups) mixed salad greens

1/2 cup walnut pieces

1/2 pound table grapes, sliced in half diagonally

1 (6-ounce) log mild goat cheese or chevre, frozen and cut into 1/2-inch-thick slices

Walnut Oil Vinaigrette, recipe follows

Additional walnut oil for garnish

Carefully rinse the greens in a 70-degree water bath and gently drain. Lift the greens out of the tepid water and transfer them to another container full of cold tap water with some ice added. When the greens are chilled, lift them out of the ice-water bath and gently drain and spin them dry.

Toast the walnuts in a 350-degree oven until they are golden brown and smell toasted, about 5 minutes. Remove them from the oven and set them aside to cool. Place grapes on a baking sheet lined with parchment paper and roast at 350 degrees until they are bubbling and bursting, about 10 minutes.

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Put the frozen chevre slices on the baking sheet and put the pan back in the oven just until the cheese slices melt, about 3 minutes. Mound the salad on individual plates. Drizzle with the vinaigrette. Carefully arrange the warmed chevre and roasted grapes artistically over each salad. Garnish with the toasted walnuts and a final drizzle of walnut oil.

Other presentation/Appetizer: when doing this for a bread and cheese buffet, I make the grapes as above in a nice ceramic or glass roaster (that I will serve in) and then just put the whole chevre log on top to melt those last 3-5 minutes then I top with the toasted walnuts and serve with sliced baguettes. This really is YUMMO!

Walnut Oil Vinaigrette *Makes 4 servings*

Toasted walnut oil is available at specialty shops or at www.chefshop.com.

3 tablespoons toasted walnut oil
3 tablespoons extra virgin olive oil
2 tablespoons red wine vinegar
2 teaspoons finely minced shallots
1/2 teaspoon Dijon mustard
1/2 teaspoon each sea salt and fresh cracked pepper

Whisk walnut and olive oils, the vinegar, shallots, mustard, salt and pepper together and use the vinaigrette to dress the salad with roasted grapes and chevre.

Crispy Polenta with Mozzarella & Caramelized Cherry Tomatoes Serves 4, as an appetizer

1 cup water
1 cup milk
3/4 cup polenta
1 tsp salt
1/4 cup parmesan
1-2 cups grated mozzarella or if using fresh slice into rounds
1/2 cup toasted Pine Nuts

Bring water and milk to a boil. Add salt and the polenta, and stir until the polenta is thick. With the polenta I use, this takes two or three minutes, but if you're using something that takes longer, just keep stirring. Add the parmesan. Spread the polenta in an oiled sheet pan in an even layer, or on a cutting board. Leave to cool. Use a cookie cutter or a glass to cut eight rounds of polenta. Rub with olive oil on each side and fry in the oven at 350 for about 20 minutes. (Or my FAV: do it in a grill pan, or even on the barbecue.) Turn after half the time, and add the mozzarella when there's about five minutes left. Plate Polenta top with the caramelized tomatoes and sprinkle with Pine Nuts and finely chopped basil.

NOTE: The polenta that's left after you've cut out the rounds, can be used to make lovely crunchy chips - just cut it into small pieces, toss with a little oil and salt, and fry in another pan in the oven alongside the rounds. Awesome.

Caramelized Cherry Tomatoes

1 container cherry tomatoes, halved

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4 shallots, thinly sliced
3 tbsp brown sugar
2 tbsp butter
2 tbsp sherry vinegar

Mix everything in a pot. Cook at very low heat for about 30 minutes, or longer. It should be thick and syrupy, but the tomatoes should still retain most of their shape. Divide on top of the mozzarella topped polenta rounds, and serve straight away.

Roasted Chicken with Fennel and Orange Serves 4

1 large fennel bulb, cut into thin slices
1 red onion, in thin slices
2 tbsp white wine vinegar
1 large leek, cut into large pieces
2 oranges
1 whole organic roasting Chicken (**I Butterfly it:** cutting the back bone out so it lays flat in the roasting dish)
1 tsp dried thyme
1 tbsp olive oil
salt, black pepper

Preheat the oven to 400. Mix fennel and red onion with the vinegar, and let it steep for ten minutes. Mix the chicken with fennel, the red onion, leek, thyme and olive oil in a large roasting pan. Season with salt and pepper. Roast for about 10 minutes. Then turn the heat down to 300 for 30 minutes. Stir a couple of times. Peel the oranges with a knife and cut out nice segments - garnish the dish with these, and serve with potatoes or rice but my FAV is with a corn soufflé and bread stuffing.

Salmon with Peach Bulgur - serves 4

4 pieces of salmon fillets
2 tbsp salt
2 tbsp sugar
2 tbsp Lemon zest
(0.8 cups a little less than a cup) bulgur wheat or you can use a box of cous cous mix like Near East
1 red onion
1-2 peeled fresh summer peaches (that I grill just to get some marks)
1 handful arugula (rocket) leaves
2-3 tbsp olive oil
½ cup toasted Pecan pieces
juice of half a lemon or more to taste
salt, pepper

Mix the salt and the sugar, and 1 tbsp of the lemon zest rub this mix into the salmon, on all sides. Let rest at room temperature for 20 minutes. Boil the bulgur, and let it cool. Slice the onion thinly, and cut the peach halves into wedges. Roughly chop the arugula. Toast Pecan Pieces in a bit of butter till fragrant. Mix all the salad ingredients, add the olive oil and the lemon juice, and season with salt and

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pepper. Grill or Grill-pan the salmon on both sides. It should take about three minutes per side. Sprinkle toasted Pecans over Salads Serve immediately

Peaches in Wine and Honey serves 2, generously

3 small peaches
1 nectarine
1 tbsp light sugar
pat of butter
4-6 oz white wine (gewürztraminer) or you experiment
1 tbsp honey
1/2 tsp cinnamon or to taste/ginger works too

Peel and Cut the peaches and nectarines into rough chunks. (OK If you don't feel fiddly, don't peel the peaches it will be fine.) Put them in a small saucepan with the butter and the brown sugar - heat on medium heat until the butter is melted. Add the white wine, and let the peaches simmer for 2-3 minutes until somewhat softened but definitely not mushy. Stir in the honey. Finish with a sprinkle of cinnamon, and serve with great vanilla ice cream.

Honey-Balsamic Strawberries with Vanilla Mascarpone Serves 4

2 containers of strawberries
4 tbsp honey
4 tbsp balsamic vinegar
4 tbsp whipping cream
4 tbsp mascarpone
1 vanilla bean
1 tbsp sugar

Clean the strawberries and cut them in halves or quarters. Divide into four portions - glasses or bowls, it doesn't matter. I like to use Martini **NOTE:** g

et strong glass (cheaper) ones that will NOT break when bumped by a spoon as some of me EXPENSIVE fancy ones have. Whoops.

Mix honey and vinegar in a small pot, and gently heat. Let it simmer for a few minutes, until the sauce thickens slightly.

Mix mascarpone and cream with the sugar in a bowl. Score the vanilla, and scrape out the seeds into the mix. Beat until thickened and fluffy.

To assemble, pour the sauce on top of the berries, and finish with a generous dollop of vanilla mascarpone.

Serve immediately.

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