



STRAWBERRIES WITH TOASTED BROCHE

Brioche toasted on a griddle and topped with strawberry compote, and topped with vanilla low fat yogurt.

This is a quick and easy summer dessert that takes advantage of the fruit of the season, peaches or apricots could be substituted. The berries are marinated in honey, basil and lemon juice for an hour and then some of them are pureed in a blender. The toasted brioche could be topped with plain berries or spread with nutella or mascarpone and then the berries.

ASPARAGUS AND VEGETABLE SANDWICHES

An open faced sandwich of assorted baby and shaved vegetables, served on a griddled piece of whole grain bread. The sandwich can be topped with blue cheese, parmesan or a garlic spread.

The vegetable sandwich is a great spring and summer snack that requires no cooking and minimal cutting. The asparagus can be shaved and served raw or briefly blanched in salted water. The radishes are shaved thinly and the avocado is diced and seasoned with salt and lemon juice. The tomatoes are cut in half and tossed with olive oil and balsamic vinegar. The bread is toasted after brushing with olive oil and seasoned with salt and pepper. If using the spread, put it on the toast and top with the vegetables. If not, place the vegetables and then top with cheese. The blue cheese will be crumbled and add a more spicy, pungent kick to the sandwich. The parmesan will be shaved over the vegetables.

TOASTED BROCHE WITH SUMMER BERRIES

Serves 4

Chef Bradford Thompson

Ingredients

4 slices brioche or pound cake, cut 1" thick

2 pints strawberries

1 pint raspberries

3 limes, juice and zest

½ cup maple syrup

Pinch salt

12 basil leaves, torn

Low Fat Vanilla Yogurt

Procedure

Wash the strawberries and raspberries and allow them to drain well. Reserve 4 whole strawberries for garnish. Remove stems and slice the remaining strawberries in half.

In a large stainless steel bowl, mix the lime juice, salt and brown sugar to dissolve and then add the berries and toss well. Allow the fruit to sit for at least 1 hour in the refrigerator and then remove.

Take about 1 cup of the marinated berries and puree in the blender, add more sugar if desired

Assembly

Toast the bread or pound cake on the grill pan until well toasted and then spread with a spoonful of the berry puree and then a heaping spoonful of the marinated berries. Add one spoon of whipped cream or sour cream and the torn basil leaves.

ASPARAGUS AND VEGETABLE SANDWICHES

Serves 4

Chef Bradford Thompson

Ingredients

4 slices whole grain bread

GARLIC SPREAD:

1 cup mascarpone cheese

12 garlic cloves, peeled and blanched 3 times

1 T. chopped chives

VEGETABLES:

1 bunch French breakfast radishes cut in 4 or shaved

12 asparagus spears, cut in 2" pieces and blanched

1 avocado, large dice

12 baby tomatoes cut in half

12 olives pitted

2 lemons

DRESSING:

1 cup olive oil

1/3 cup white balsamic vinegar

1 egg yolk

1 shallot, minced

2 t. mustard

Salt and pepper

12 torn basil leaves

OPTIONAL:

½ cup crumbled blue cheese

Or

3 oz. shaved parmesan cheese

Procedure

SPREAD:

Peel the garlic cloves and place them in cold water in a saucepan and bring to a boil, drain the water and repeat two more times. Place the garlic cloves in a food processor or a mixing bowl and puree until smooth and then mix in the mascarpone cheese and the chives. Season with salt and pepper

VEGETABLES:

Dice the avocado and toss with lemon juice, salt and pepper and place in a covered bowl. Slice the radishes and place in cold water to keep crisp. Cut the tomatoes in half and season with salt and pepper and a little olive oil.

Cut the bottom third off the asparagus spears and blanch in salted water for 2 minutes and then shock in ice water and drain.

DRESSING:

In a mixing bowl place the mustard, egg and shallot and whisk well. slowly drizzle the oil into the bowl while whisking and alternately add some of the vinegar until it is a smooth emulsified dressing and season with salt and pepper and the torn basil leaves.

ASSEMBLY:

Toast the bread on a Panini or grill pan until golden brown, then spread the mascarpone mix. Lay the asparagus spears and top with avocado, radishes and tomatoes. Drizzle with the dressing and a little blue cheese or parmesan.