

Summer Picnic Recipes

Recipes provided by Douglas Katz —
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Local Greens Salad

Local kale and/or local greens, blueberries, peeled and shaved red or candy striped raw beets, sliced English cucumbers and sliced radishes tossed with sea salt, freshly cracked black pepper and dijon mustard-tarragon vinaigrette.

Dijon Mustard-Tarragon Vinaigrette

Ingredients (yields 6 servings):

- 1 shallot, peeled and sliced
- Sea salt, to taste
- Freshly cracked pepper, to taste
- 1/4 cup Sherry Vinegar
- 1 tablespoon tarragon, loosely packed, picked and chopped
- 1 tablespoon dijon mustard
- 3/4 cup extra virgin olive oil, chilled

Vinaigrette Directions

1. Combine all of the ingredients except the oil in a high speed blender container. Allow to rest for 5 minutes before blending.
2. Blend the ingredients for 5-10 seconds and slowly stream in the oil until incorporated and thick, about 1 minute.
3. Taste for seasoning and chill until ready to use.

Open Faced Whole Grain Sandwiches

Pick ingredients from your favorite local shop or farmers market.

Thickly slice 6 slices of whole grain bread, spread about 2 ounces of your favorite locally made goat cheese or other local cheese on each slice and top with freshly sliced cured meat such as salami or ham. Drizzle with a bit of local honey. Top with some freshly picked parsley or arugula.



MetroHealth



Tomato Gazpacho

Use local vegetables whenever possible

Ingredients (yields 6 servings):

- 1/2 red onion, peeled and quartered
 - 1 rib of celery, coarsely chopped
 - 1 clove of garlic, peeled
 - 4 roma tomatoes, stemmed and halved
 - 1 seedless cucumber, peeled and roughly chopped
 - 1 red pepper, cored and chopped small
 - 1/2 jalapeno pepper, stemmed
 - Fresh lemon juice to taste
 - 1/2 tablespoon worcestershire sauce
 - 1/2 teaspoon tabasco sauce
 - 1 quart V-8
 - 1/4 teaspoon cumin toasted, ground
 - 1/2 tablespoon cilantro, chopped
 - Sea salt to taste
 - Cayenne to taste
 - 2 ounces extra virgin olive oil
4. Add lemon juice, Tabasco, Worcestershire, cumin and cilantro and puree for five minutes.
 5. Add V-8 and puree until smooth.
 6. Add oil in a steady stream while continuing to mix.
 7. Taste and season. Store in pint or quart-size jars on ice.
 8. Top with your choice of grilled corn, peppers, onions, cucumbers, avocado or drizzled extra virgin olive oil

Directions:

1. In a large bowl, combine onions, celery, garlic, tomatoes, cucumber and peppers.
2. Season lightly with salt and pepper and allow to rest for five minutes.
3. Puree the mixture in batches using a high speed blender.

Mini Gluten-Free Peanut Butter-Cinnamon and Bittersweet Chocolate Chip Cookies

Ingredients:

- 1 cup smooth peanut butter
- 3/4 cup light brown sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- Pinch of sea salt
- 1 large local egg
- 1 teaspoon vanilla extract
- 1/2 cup 70% chocolate chips

Directions:

1. Preheat your oven to 350°F.
2. Beat the peanut butter, brown sugar, cinnamon, baking soda, and salt in a stand mixer with the paddle attachment until well-blended. You can use a hand mixer as well.
3. Add the egg and vanilla, and blend on low-medium speed until incorporated.
4. Add the chocolate chips and blend for 15 more seconds until incorporated.
5. Scoop the dough by the tablespoonful onto a parchment-lined baking sheet and push the top of the dough to flatten just slightly.
6. Bake the cookies for 8 to 10 minutes or until they begin to brown.



Ice Cold Jars of Mint-Watermelon Water

Cut watermelon into 1 inch thick slices (cleaned of all rind) and freshly pick mint. Place a few pieces of watermelon and some fresh mint in the jars and top with ice and filtered cold water. Store in the refrigerator until ready to serve.

These jars help keep your food cold when traveling to your picnic destination too.

