

Summer Crunch Salad

Combine **diced carrot, avocado, capsicum, tomatoes** and **cucumber, celery, red or white onion** and **chopped parsley**. Toss with a dressing of **extra virgin olive oil, lemon juice** and **black pepper**. Serve in **crisp lettuce cups** with **crusty bread**.

Quick Tomato & Capsicum Relish

Stir-fry 1/2 **red onion** in 2 tablespoons **olive oil**, then stir in 1 diced **capsicum**, 2 diced peeled **tomatoes** (see tip) and 6 sliced **pitted** or **stuffed olives** until vegetables are soft and juicy. Serve hot, warm or cold with antipasto platters of crisp **baby Cos lettuce leaves, marinated vegetables, cured meats, specialty cheese** and **crusty bread**.

TIP For a change, replace the smoked salmon with sliced feta cheese and add some black olives.

Cos Lettuce, Tomato & Salmon Salad

Arrange **Cos lettuce leaves, avocado wedges**, sliced **cucumber**, sliced **smoked salmon** and quartered **tomatoes**, on serving plates or platter. Combine equal parts **olive oil** and **white wine vinegar** with sliced **chives** and **coarse black pepper**. Drizzle dressing over and serve at once.

Summer Fruit Platter

Wash and drain fruit. Arrange on large platter – *Mango Fans* (see below), peeled sliced **pineapple, peaches, nectarines** and **apricots, whole cherries, lychees, strawberries, raspberries, blueberries** and small bunches of **grapes**. Serve as is or with bowl of *Honey Mint Dipping Sauce* or *Tangy Raspberry Sauce* (see recipe) alongside for dipping.

Mango Fans

Wipe **mangos** over with damp cloth. Using sharp serrated knife, and cutting close to the pip, cut 'cheeks' from both flatter sides of mangos. Taking care not to pierce skin with knife, cut flesh in lattice fashion. Turn skin 'inside out' to open out sections of mango (see illustration of *Summer Fruit Platter*).

Honey Mint Dipping Sauce

Perfect for dipping summer fruits. Combine 3 tablespoons **mild flavoured honey** with juice of 1 **lemon** or **lime** and 2 tablespoons shredded **mint leaves** (see tip on reverse).

Quick Mango Relish

Combine diced **mango**, finely sliced **chillies** and **spring onions**, sliced **pitted fresh dates** with **lime juice**. Serve with **barbecued meats** or **specialty cheese** with **fresh bread** and **mixed salad greens**.

TIP To peel lychees, use small sharp serrated knife to cut cross in the skin on top of each lychee, extending 3/4 the way to stalk end. Carefully peel skin back and eat at once or arrange on platter or use in desserts.

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Creating



FRESH TASTES

Mango, Snow Pea & Chicken Salad

Serves 4

4 tablespoons **peanut oil** 6 small **radicchio leaves**
1 teaspoon **sesame oil** 125 g **snow peas, blanched**
1 tablespoon **honey** 1/2 punnet **snow pea shoots**
1 teaspoon finely sliced 1 large or 2 small **mangos,**
red chillies, seeds removed peeled and sliced (see tip)
Juice of 1 **lime or lemon** 2 **Lebanese cucumbers, sliced**
2 **chicken breast fillets,**
skin removed
12 small **Cos lettuce leaves**

1. Combine peanut oil, sesame oil, honey, chillies and lime (or lemon) juice in small bowl.
2. Arrange chicken on plate and pour half chilli-lime mixture over. Cover and refrigerate 1 hour.
3. Cook chicken on a hot barbecue or under a hot grill until golden brown and cooked through. Allow to cool, then slice and arrange on platter with remaining ingredients.
4. Drizzle with remaining chilli-lime mixture and serve at once.

TIP For a quick and easy vegetarian dish, arrange slices of your favourite cheese with the mangoes and vegetables (try Brie, Camembert or smoked cheddar)



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Poached Peaches with Tangy Raspberry Sauce

3 cups water
2/3 cup sugar or 1/3 cup mild flavoured honey
6 yellow peaches, washed

Tangy Raspberry Sauce:
1 punnet raspberries
2 tablespoons honey
Juice 1 lemon

1. Bring water and sugar (or honey) to boil. Add peaches and bring to simmer. Immediately reduce heat and cook gently until peaches are cooked through, about 15 minutes.
2. Using slotted spoon, remove peaches from syrup. Place in bowl of cold water to prevent further cooking and make peaches cool enough to handle. Carefully remove skin.
3. Arrange peaches in glasses, small bowls or large serving bowl. Bring syrup to boil and cook until reduced by half. Allow to cool, then pour over peaches.
4. To make *Tangy Raspberry Sauce*, combine raspberries, honey and lemon juice and push through sieve with wooden spoon to remove pips. Drizzle sauce over peaches just before serving.



Fruity Freezies

Combine equal parts **low fat vanilla yoghurt** and fruit – such as **whole raspberries, blueberries** or **grapes**, halved pitted **cherries, mangos** or sliced **strawberries, peaches, apricots** or **nectarines**. Transfer to plastic tumblers or disposable cups or icy pole moulds (available from larger supermarkets). Add wooden icy pole sticks and freeze until solid, about 4 hours. To remove freezies, stand containers briefly in a bowl of hot water.

Summer Pizzas

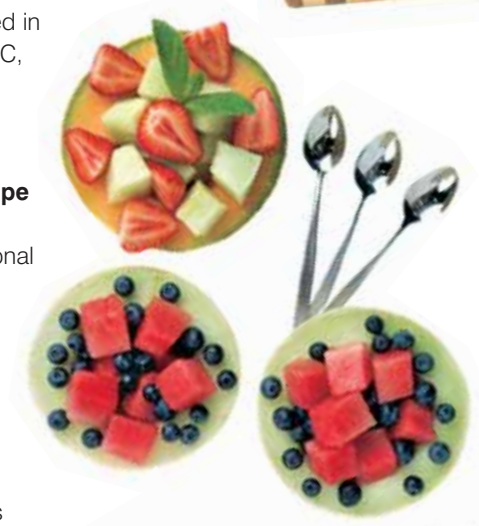
Pizzas are a great stand by for casual summer eating, and making individual pizzas allows everyone to use their favourite ingredients for the topping. Use **mini pizza bases** (available from larger supermarkets), individual **pita breads** or **English-style muffins** for the base. Then top with **tomato paste** or **pesto** and your choice of: sliced **tomatoes, capsicums, baby spinach leaves**, sliced or grated **cheese, olives**, sliced **red, brown** or **spring onions, pinenuts** and **fresh** or **dried herbs**.

Bake until lightly browned in pre-heated oven at 210°C, about 15 minutes.



Melon Bowls

Allow 1/2 small **cantaloupe** or **honeydew melon** per serve and an additional melon for filling. Wash and dry melons. Using a large sharp knife, cut melons in half crossways and slice off the base to allow melons to sit flat. Using spoon, scoop out seeds and discard. Slice and peel watermelon and extra honeydew melon, then cut into 2 cm cubes. Pile cubed melon into seed cavities of prepared melons, sprinkle with **blueberries** and **strawberries** and decorate with **mint leaves**.



Asparagus Frittata

Serves 6
2 tablespoons olive oil
1 onion, chopped
6 spring onions, sliced
2 bunches asparagus, trimmed and sliced
6 eggs, beaten
Dash of Tabasco sauce
Coarse black pepper

1. Heat frying pan over medium heat, add half oil and stir-fry onion 2 minutes. Add spring onions and asparagus and cook, stirring occasionally, 4 - 6 minutes.
2. Remove vegetables from pan and allow to cool. Combine with eggs, Tabasco sauce and pepper.
3. Heat frying pan over medium heat with remaining olive oil and add egg and vegetable mixture.
4. Cook until mixture almost completely sets, then brown the top under a hot grill. Serve hot, warm or cold cut into desired shapes – topped with steamed, fresh or roasted vegetables and fresh herbs.

Mountain Bread Roll Ups

Spread **mountain bread** (available at larger supermarkets) with mashed **avocado, pesto, salsa** or **houmous** dip. Top with **fresh, grilled** or **roasted vegetables** such as shredded **lettuce**, sliced **tomatoes**, grated **carrot**, steamed **asparagus**, roasted **capsicum, eggplant** and **zucchini**. Roll up firmly and cut into desired lengths.



TIP This is such a quick dish, but to make your life easier, use a non-stick pan!

Corn Frittata

Replace asparagus with 1 chopped **capsicum** and kernels from 2 sweet **corn cobs**.

TIP To peel tomatoes, place in heatproof bowl and cover with boiling water. Allow to stand 1 minute. Drain and place in bowl of cold water to cool. Remove skins.

TIP Keep a pair of scissors to use exclusively for food. They are great for snipping parsley, coriander and chive leaves, and for shredding basil without bruising leaves.



Tomato & Basil Breakfast Eggs

Serves 4
2 tablespoons olive oil
1 onion, sliced
8 large Roma tomatoes, peeled (see Tip)
1 teaspoon honey or 2 teaspoons brown sugar
Salt and pepper
12 basil leaves, shredded (see Tip)
4 eggs

1. Cut 4 tomatoes in half lengthways and chop the rest.
2. Heat frying pan with oil and stir-fry onion 1 minute. Reduce heat, cover and cook 5 minutes. Add all tomatoes, honey (or sugar), salt and pepper and shake pan over heat until tomatoes become soft and juicy. Add half basil leaves.
3. Drop eggs into mixture and cook gently until cooked to your liking. Dust with coarse black pepper, sprinkle with remaining basil and serve with hot toast.

Sesame Corn

Remove leaves and silk from **corn cobs**. Cook until tender – steam, boil or microwave. Cut into serving sizes, then pierce with skewers. Dip in mixture of **sesame oil, peanut oil, sweet chilli sauce, coarse black pepper** and sliced **chives**. These are great as they are – or reheated on a hot barbecue.