

Farmers Market Recipes, August 1st, 2009

Niçoise Salad

- 1 LB. Grilled albacore Tuna: *from Stone Wall Banks Seafood*
- 6 Oz. Green beans: *from May's Produce and Flowers*
- 1 Each Grilled bright yellow Squash: *from Parsons Farms*
- 4 Oz. Kalamata olives
- 4 Oz. baked Fingerling Potatoes
- 2 Oz. Swiss Chard Stems biased cut: *From Farm to table*
- 1 Pint Cherry tomatoes: *From Garden Ripe*
- 1 Head Red Leaf: *From Parsons Farms*
- 3 Lb. Field Greens: *Wild Horse Produce*
- Feta Vinaigrette (see recipe below)

We marinated the tuna in a little bit of the vinaigrette before we grilled it and seasoned with salt and pepper. The grill was 550°F; we grilled the tuna until medium; about 3 minutes per-side. The grilled beans and squash were lightly oiled and seasoned with salt, pepper and parsley and then grilled. The fingerling potatoes were pre-baked (Baked at 350°F for 20 to 30 minutes, or until golden brown), then chilled and seasoned with old bay seasoning, olive oil and parsley.

Feta Vinaigrette

- 1 cup white wine vinegar
- ¼ cup red wine vinegar
- ½ Tbsp. kosher salt
- 1 tsp. white pepper
- 2 Tbsp Greek oregano
- 1 Tbsp Dill
- 1 Tbsp Rosemary
- 1 ½ Tbsp. sugar (or to taste)
- 3 Tbsp. Crumbled Feta cheese: *from Alsea Acres*
- 3 Cups Pomace Olive oil

Place the Vinegar in large bowl with Feta. Add the Salt, Pepper, Oregano, Dill, Rosemary, with the sugar. Now slowly add oil until well combined. * *Remember this is a broken style of vinaigrette it will separate, stir or shake well before using.* Adjust seasoning with sugar and salt and pepper to taste .



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Thank you to the Farmers Market Vendors who gave us samples of their fine products to use in Chef Castellani's demonstration:

Stonewall Banks Seafood: 503 867-5070

May's Produce and Flowers

Garden Ripe: 503-873-5406

Parsons Farms

Wild Horse Produce: 503-631-7224

Hansen Family Farm: 503-913-5559

Alsea Acres: 541-487-GOAT

Family Table Farm: 503-631-8866