



FINEMARK
NATIONAL BANK & TRUST®
Women's Series

Spring Clean Eating

Ideas for sprucing up your recipe box with the fresh flavors of spring!
Easy and elegant recipes using whole foods and bright flavors.

Presented by:

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Menu

Cucumber Mint Wine Spritzer

Mediterranean Layer Dip

with toasted pita and fresh vegetables

Fresh Spring Vegetable Salad

with white balsamic, orange and ginger vinaigrette

Chicken Nicoise Salad

with tarragon vinaigrette

Balsamic Strawberries

with pistachio brittle and whipped cream





Cucumber Mint Wine Spritzer

Honey Mint Simple Syrup

- 1 cup honey
- 1 cup water
- 1 bunch fresh mint
- Pinch salt

Combine honey and water in a small sauce pan and bring to a simmer, stirring occasionally until well combined. Add salt and mint and remove from heat. Cover and let sit for 5 minutes. Pull out the mint and let cool completely. Store in the fridge in a covered container.

Spritzer

- ½ recipe Honey Simple Syrup
- Fresh mint leaves
- Sliced cucumber
- 2 bottles light white wine
- Sparkling water
- Fresh fruit add-ins (optional)

In a large pitcher, lightly crush mint leaves with a wooden spoon. Add cucumber, simple syrup, wine and stir to combine. Pour into glass and top with sparkling water. Garnish with additional cucumber slices, a mint leaf and any fruit you like.



Mediterranean Layer Dip

Hummus

- 2 cans drained and rinsed chickpeas
- ½ cup tahini
- 5 garlic cloves
- Lemon zest and juice
- Salt and pepper
- Cumin
- Olive oil

Place chickpeas in food processor and pulse until coarsely chopped. Add in tahini and grate in garlic cloves and lemon zest. Process and scrape down the sides of the bowl. Slowly add olive oil until you reach a smooth consistency. Season with salt, pepper and cumin.

Tzatziki Sauce

- 1 pint plain low fat yogurt (strained if necessary)
- 1 seedless cucumber
- Splash red wine vinegar
- Fresh parsley
- Fresh dill
- Salt and pepper

Strain yogurt through cheesecloth lined strainer overnight if too thin. Slice cucumber in half lengthwise and scrape out seeds. Grate cucumber, toss with a pinch of salt and place in cheesecloth lined strainer for about 10-15 minutes and squeeze out as much liquid as possible. Combine yogurt, cucumber, vinegar and herbs. Season to taste with salt and pepper.

Fresh Mediterranean Salsa

- 1 pint cherry tomatoes
- Finely chopped red onion
- 1 bell pepper chopped
- Fresh oregano finely chopped
- 1 teaspoon fennel seeds
- 1 tablespoon red wine vinegar
- Drizzle extra virgin olive oil
- Salt and pepper

Slice cherry tomatoes in half and toss with remaining ingredients.

Final Assembly

Hummus, tzatziki sauce, fresh mediterranean salsa, chopped spinach, chopped olives, crumbled feta, fresh lemon zest, and any remaining herbs. Start by spreading hummus in the bottom of a shallow serving dish. Pour over tzatziki sauce. Layer on the salsa, then the spinach, olives and feta. Finish with a grate of fresh lemon zest and chopped herbs. Serve with toasted pita and fresh veggies.



Fresh Spring Vegetable Salad

Roasted Asparagus

- 1 bunch asparagus, trimmed
- Drizzle of olive oil
- Salt and pepper

Place a sheet pan in cold oven. Preheat oven to 450. Toss asparagus with enough olive oil to coat and season to taste with salt. Once pan and oven are hot, carefully toss the asparagus onto the hot pan and roast for 2-3 minutes. Let cool.

Chili Pickled Mango

- 1 ripe mango
- 2 tablespoons sugar
- 2 tablespoons salt
- 1 teaspoon ancho chili powder
- 1 sliced jalapeno (optional)

Peel and chop mango and place in a wide mouthed bowl. Toss with sugar and salt until dissolved. Add chili powder and jalapeno and toss. Pack into a sealable glass container that is just big enough to hold the mango. Cover with vinegar and let sit in fridge overnight.

White Balsamic, Orange and Ginger Vinaigrette

- ¼ cup orange marmalade
- ¼ cup white balsamic vinegar
- 1 teaspoon fresh grated ginger
- 1 tablespoon dijon mustard
- Salt and pepper
- Extra virgin olive oil

Whisk marmalade, vinegar, ginger and mustard in a bowl until well combined. Season with salt and pepper. Gradually whisk in up to ¾ cup olive oil.

Final Assembly

Snap peas, radish, roasted asparagus, chili pickled mango, sliced almonds, endive, arugula and white balsamic orange and ginger vinaigrette. Toss all ingredients or arranged on large platter. drizzle with vinaigrette.





Chicken Nicoise Salad

Poached Chicken Breast

- 2 boneless, skinless chicken breasts
- 2 carrots, peeled and chopped
- 2 ribs celery, peeled and chopped
- 1 small onion, peeled and chopped
- Any herbs you like
- Salt and pepper

Place all ingredients in a medium pot and cover with water by about an inch. Slowly bring to a boil over medium heat. Reduce the heat to low and cover. Let simmer for about 1 ½ -2 hours or until the chicken is tender. Strain the broth, **SAVE THE BROTH!** Pull the chicken with two forks and just barely cover with a little leftover broth to keep from drying out. Allow to completely cool in the fridge.

Tarragon Vinaigrette

- 2 tablespoons dijon mustard
- ¼ cup red wine vinegar
- Fresh lemon zest and juice
- Fresh tarragon
- Salt and pepper
- Extra virgin olive oil

Whisk together dijon, vinegar, lemon zest and juice. Season with salt and pepper. Gradually whisk in up to ½ cup olive oil. Finish with fresh chopped tarragon.

Perfect Hard Boil Eggs

In a heavy bottomed pot place just enough eggs that will evenly cover the bottom of the pot. Cover with cool water by an inch. Slowly bring to a boil over medium heat. Remove from heat and let sit for 10 minutes. Drain and place in ice water for 5 minutes.

Final Assembly

Poached pulled chicken breast, hard boiled eggs, chopped, boiled red skinned potatoes, cubed green beans, blanched peas, yellow tomato, nicoise olives, and the tarragon vinaigrette. Toss all ingredients in the dressing and serve with lettuce cups.





Balsamic Strawberries

Balsamic Reduction

- ½ cup balsamic vinegar
- ½ cup pomegranate juice
- 2 star anise
- 2 tablespoons sugar

Place all ingredients in a small sauce pan and bring to a boil. Reduce heat to a simmer and let reduce until thick and syrupy, about 15 minutes.

Pistachio Brittle

- 1 cup roughly chopped pistachios
- ½ cup light brown sugar
- ½ stick butter
- Pinch salt

In a small sauce pot, melt butter over low heat and let slowly brown. Add in pistachios and brown sugar. Stir until sugar melts and begins to bubble. Pour onto parchment lined tray and let cool. Snap into pieces.

Final Assembly

- Fresh strawberries
- Whipped cream
- Pistachio brittle
- Balsamic reduction

Cut strawberries into quarters and place on plate. Drizzle with balsamic and top with whipped cream and pistachio brittle.

