

Farm to Table

By: FineMark's Executive Chef, Lauren Simon

Roasted Vegetable Salad with Beetroot Hummus and Kale in basil vinaigrette with Dehydrated Fruit and Veggie Chips

Ingredients

- 1 bunch baby carrots
- 1 large eggplant, cut into wedges
- 1 bunch asparagus, trimmed
- 1 bunch curly kale, stemmed and roughly chopped
- Olive Oil
- Salt and Pepper
- Basil Vinaigrette (Recipe follows)
- Dehydrated Fruit and Veggie Chips (Recipe follows)
- Beetroot Hummus (Recipe Follows)

Directions

Preheat two baking sheets in the oven at 425 F. Leave carrots whole, and toss with Olive oil, salt and pepper. Place on preheated sheet pan and roast until beginning to brown, about 12 minutes. Toss eggplant and asparagus with olive oil, salt and pepper and place on the second preheated pan. Roast until beginning to brown, about 6-7 minutes. Allow veggies to cool.

In a large mixing bowl, massage the kale with the basil vinaigrette until it begins to break down and soften a bit. Place on a large platter and top with roasted vegetables. Drizzle with more vinaigrette and top with fruit and veggie chips. Serve with beetroot hummus for dipping.

BASIL VINAIGRETTE

Ingredients

- 1 Tablespoon Dijon mustard
- 2 Tablespoons white wine vinegar
- 1 Tablespoon honey
- ¼-1/2 cup extra virgin olive oil
- Fresh Basil, finely chopped
- Salt and Pepper to taste

Directions

In a small mixing bowl, whisk together mustard, vinegar and honey until well combined. Slowly drizzle in olive oil until it emulsifies then gently stir in the basil and season with salt and pepper. Store in the refrigerator until ready to use.

DEHYDRATED FRUIT AND VEGGIE CHIPS

Ingredients

- 1 Red Apple
- 1 Sweet Potato
- 1 Zucchini

Directions

Preheat oven to 200 F. Using a mandolin, slice fruit and veggies on the first setting and lay on a parchment lined baking sheet. Bake until dried and crisp, about two hours. Flip the slices halfway into the cooking time. Store in an airtight container and use with 3 days.

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Roasted Vegetable Salad with Beetroot Hummus and Kale in basil vinaigrette with Dehydrated Fruit and Veggie Chips

BEETROOT HUMMUS

Ingredients

- 1 can Chickpeas, drained and rinsed
- 2 Tablespoons Tahini
- ¼ cup olive oil
- Zest of one lemon
- Salt and Pepper to taste
- 1 cup roasted beets, chopped
- Pinch of cumin (optional)

Directions

In a food processor, blend chickpeas with tahini and lemon until smooth. Drizzle in olive oil until creamy and add a little water if it seems too thick. Blend in the beets and season with salt, pepper and cumin. Store in refrigerator.

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Berries and Cheese

Fresh mint macerated berries with
Farmer's Cheese and Graham Cracker Crumble

Ingredients

- 1 pint blueberries
- 1 pint strawberries
- 1 pint raspberries
- 2 Tablespoons fresh mint, chopped
- 2 Tablespoons sugar
- 1 Package Farmer's Cheese
- Graham Cracker Crumble (Recipe Follows)

Directions

In a mixing combine berries with sugar and mint and allow to macerate at room temperature for at least 10 minutes but up to one hour. Serve over crumbled cheese and top with Graham Cracker Crumble.

GRAHAM CRACKER CRUMBLE

Ingredients

- 1 sleeve honey graham crackers
- 3 Tablespoons softened butter
- 1 Tablespoon Demerara Sugar

Directions

In a Ziploc bag, crunch of the graham crackers into crumbs and then work in the butter and sugar until it is well combined.

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Watermelon Infused Green Tea with Honey Basil Simple Syrup

Ingredients

- 6 cups unsweetened brewed Green Tea
- 1 cup watermelon juice
- ½ cup honey basil simple syrup (recipe follows)
- Cubed fresh watermelon for garnish

Directions

In a large pitcher, combine green tea with watermelon juice and simple syrup. Let chill in the refrigerator for at least an hour. Stir before serving. Pour over watermelon cubes.

HONEY BASIL SIMPLE SYRUP

Ingredients

- 1 cup water
- 1 cup honey
- 1 bunch basil

Directions

In a sauce pot, heat water and honey together until dissolved. Remove from heat and stir in fresh basil leaves. Cover and let steep for 10 minutes. Cool completely and store in refrigerator.

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Chilled Corn Gazpacho

topped with tarragon crab salad and red chili infused oil

Ingredients

- 2 cups fresh corn
- 1 peeled, seedless cucumber
- ½ yellow bell pepper roughly chopped
- 1 shallot
- 1 yellow tomato
- 1 cup fresh mango, cubed
- 2 Tablespoons white wine vinegar
- 1 cup lump crab meat
- 2 Tablespoons mascarpone cheese
- 4 Tablespoons heavy cream
- Zest of one lemon
- 2 Tablespoons fresh tarragon, minced
- ¼ cup minced bell pepper
- Salt and Pepper to taste

Directions

In a food processor, blend all ingredients until smooth. Chill thoroughly in the refrigerator and serve cold. Top with crab salad and chili oil.

In a mixing bowl, whisk together mascarpone cheese and heavy cream until it reaches a mayonnaise consistency. Add in lemon zest, tarragon and bell pepper. Gently fold in the crab and season with salt and pepper. Serve immediately.

RED CHILI INFUSED OIL

Ingredients

- 1 red chili (sometimes called a Fresno Pepper)
- 1 cup Extra Virgin Olive Oil

Directions

Remove stem from pepper and blend with oil in a blender until thoroughly mixed. For a milder oil, halve the pepper and scrape out the seeds before blending.

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Avocado Toast with trio toppings

BASIC AVOCADO TOAST

Ingredients

- 1 loaf fresh, unsliced bread of choice (Something on the softer side)
- Olive Oil
- 2 ripe avocados
- Juice of one lime
- Salt and Pepper to taste

Directions

Cut thick sliced of the bread and lay on a sheet pan. Drizzle with olive oil and toast in the oven at 350 until beginning to brown. In a mixing bowl, whisk together avocado with lime, salt and pepper. Top the toast with the avocado mixture and serve immediately.

BABY HEIRLOOM TOMATO SALSA

Ingredients

- 1 pint baby heirloom tomatoes
- Extra Virgin Olive Oil
- Fresh Basil
- Salt and Pepper to taste

Directions

Halve the tomatoes and mix with a drizzle of olive oil and season with salt and pepper. Stir in fresh basil and let marinate for at least 20 minutes on the counter.

ROASTED RED PEPPER, WALNUT AND CAPER RELISH

Ingredients

- ½ cup roasted red pepper, chopped
- ¼ cup toasted walnuts, chopped
- 2 Tablespoons capers
- Extra virgin olive oil
- Salt and Pepper to taste

Directions

In a mixing bowl, combine roasted red peppers, walnuts and capers. Drizzle with olive oil and season with salt and pepper. Refrigerate until ready to use.

ORANGE AND GREEN APPLE SALSA

Ingredients

- ¼ cup orange marmalade
- 1 green apple, unpeeled and chopped
- 2 Tablespoons minced jalapeno (optional)
- Juice of ½ lemon
- Salt and Pepper to taste

Directions

In a mixing bowl, combine marmalade with apple and jalapeno. Stir in lemon juice and season with salt and pepper. Refrigerate until ready to use.