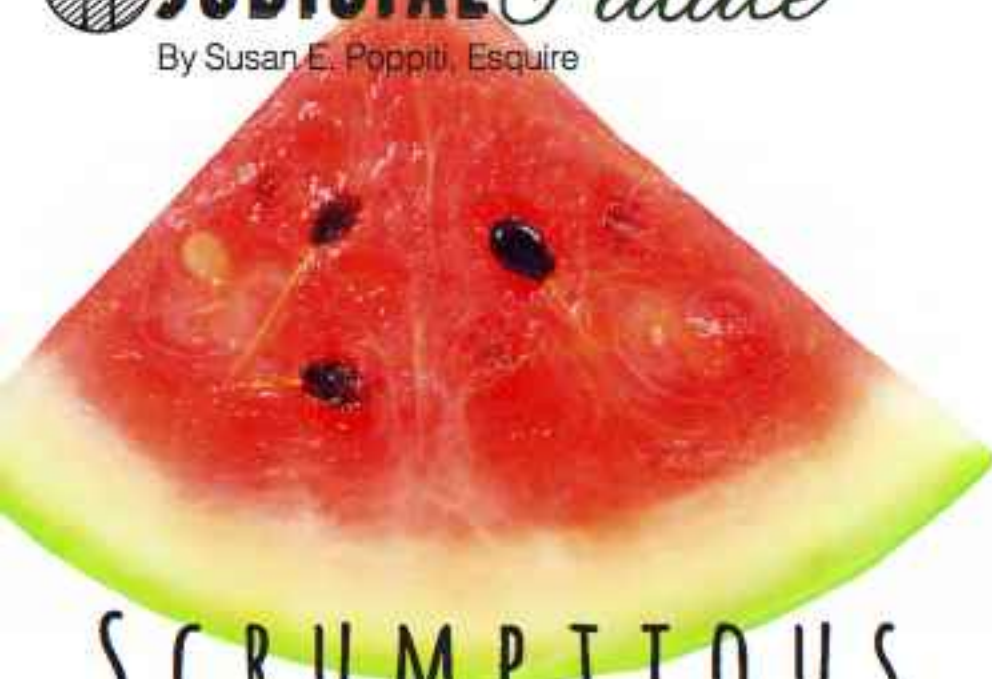


JUDICIAL *Palate*

By Susan E. Poppiti, Esquire



SCRUMPTIOUS SUMMER SALADS

Salad greens...a great source of iron. Yet, not all salads are just greens. In this summer issue, I share some salad recipes created by current and past Iron Chefs (from the famous *Food Network* cooking show) that are more than just greens.

Have a wonderful summer – one that's full of iron! 🍷



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Heirloom Tomato and Watermelon Salad

By Chef Geoffrey Zakarian

<http://www.geoffreyzakarian.com/>

Ingredients

- 6 to 8 ripe heirloom tomatoes, varying in size, at room temperature
- 1 small to medium yellow watermelon (about the size of a cantaloupe)
- 1 small to medium red watermelon (about the size of a cantaloupe)
- 1/8 cup extra virgin olive oil
- 1 teaspoon cracked coriander seed
- Maldon sea salt and cracked black pepper
- 1 1/2 teaspoons finely chopped fresh dill
- 1 1/2 teaspoons finely chopped Italian parsley


Instructions

Cut the tomatoes into chunks of varying sizes (about 1 to 1 1/2 inches long). Core watermelons, and chop into cubes of varying sizes (about 1 to 1 1/2 inches).

Combine tomatoes, watermelon, oil, coriander, and salt and pepper in a large bowl, and gently toss, taking care not to bruise the fruit.

Sprinkle with fresh dill and parsley, and serve immediately.





Focaccia Panzanella

By Chef Marlo Batall

<http://www.mariobatall.com>

Ingredients

- 1 pound day-old focaccia with crust, cut into 1/2-inch cubes
- 2 overripe large heirloom tomatoes cut into 1/2 inch dice
- 2 cucumbers, peeled, seeded, and cut into 1/2 inch half moons
- 1 medium red onion, cut into 1/4 inch dice
- 1/2 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- Maldon salt and freshly ground black pepper
- 10 fresh basil leaves, torn

Instructions

Combine the bread, tomatoes, cucumbers, and onion in a large serving bowl. Drizzle the olive oil and vinegar over the salad, stirring or tossing to mix well. Season well with salt and pepper and toss again. (The salad can be dressed up to 2 hours in advance and set aside at room temperature.)

Just before serving, tear the basil leaves and scatter them over the salad, then toss again.



Spinach Salad with Warm Bacon Vinaigrette

By Chef Jose Garces

<http://garcesgroup.com/>

Ingredients

- 3 strips thickly sliced lean bacon, cut into 1/4 inch strips
- 2 tablespoons extra virgin olive oil
- 1 shallot, minced
- 2 tablespoons sherry vinegar
- 1 tablespoon whole-grain mustard
- 1 teaspoon chopped thyme
- 2 small plums, sliced into thin wedges, or 4 fresh purple figs, quartered
- One 5 ounce bag of baby spinach
- Salt and freshly ground pepper
- 1/4 cup Marcona or other salted roasted almonds, coarsely chopped
- 2 ounces crumbled blue cheese, such as Cabrales
- 1/4 pound thinly sliced prosciutto (8 slices)

Instructions

In a large skillet, cook the bacon in the olive oil over moderately high heat until browned and crisp, about 6 minutes. Remove from the heat and stir in the shallot, vinegar, mustard, and thyme.

Scrape the dressing into a large bowl. Add the plums and spinach, season with salt and pepper and toss. Add the nuts and crumbled blue cheese and toss again. Transfer the salad to plates, top with the prosciutto and serve.

Grapefruit and Jicama Salad with Pistachios

By Chef Cat Cora

<http://catcora.com/>

Ingredients

- 3 large grapefruit (peeled and segmented)
- 3/4 pound jicama (peeled and coarsely shredded)
- 1 medium carrot (about 1/4 cup; peeled and grated or finely shredded)
- 1/3 cup fresh cilantro leaves (plus 2 tablespoons)
- 2 tablespoons pistachios (toasted and crushed)
- 1 Serrano chile
- 1 large garlic clove
- 1 tablespoon dark brown sugar (packed)
- 3 tablespoons fresh lime juice (about 2 medium limes)
- 1 1/2 tablespoons Asian fish sauce (preferably Nuoc Mam)

Instructions

For the Vinaigrette: Cut the chile in half, scrape out the seeds, and mince it, being careful to wash your fingers and the knife when you're done. (You should have about 1 1/2 teaspoons.)

In a small bowl, whisk together the chile, garlic, brown sugar, lime juice and fish sauce until the sugar has dissolved.

For the Salad: In a large serving bowl, toss together the grapefruit, jicama, carrot, and 1/3 cup of the cilantro leaves. Add just enough of the vinaigrette to lightly coat the grapefruit and vegetables. Scatter the pistachios over the salad and garnish with the remaining 2 tablespoons cilantro leaves.

Cat's Note: A food processor is the fastest way to shred the jicama and carrot, but you can also use an old-fashioned box grater.

