

Summer Tomatoes!

July 14, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



*Summer is here and so are tomatoes! This is the perfect time to do all things tomato. This versatile magical fruit which acts as a vegetable can transform itself into many different dishes. It also comes in many different sizes and shapes such as cherry, beefsteak, plum or heirloomthe list can keep going. Most of us use tomatoes in our dishes or create sauces with them. But today I don't want to cook the tomato, but **INSTEAD** enjoy in its natural form in*

a delicious tomato salad and even with PEACHES! You can eat as a main or side dish and its perfect for hot summer days...

Serves: 6 Total time: 15 minutes

- 1/4 cup red onion sliced
- 4 ripe peaches or nectarines pitted and sliced – optional
- 3 cups heirloom cherry tomatoes cut in quarters – use any tomatoes you have
- 1 cup baby mozzarella balls cut in half – feta works great too
- 1 small bunch of Basil leaves
- salt & freshly cracked black pepper to taste
- 2 tablespoons red wine vinegar – apple cider works great too
- 1 lemon juiced
- 1/4 cup olive oil
- 1/4 tsp Dijon mustard

Combine the onions, peaches, tomatoes, cheese of choice in a large serving bowl and set aside. In a smaller bowl combine vinegar, lemon juice, olive oil, Dijon and honey to create the vinaigrette. Add salt and pepper and taste. If you have any dried spices you love or heat sources you can add in to personalize your vinaigrette. Make it your own using your favorite ingredients. To your salad ingredients you can also beef it up by boiling eggs and adding them in or cook off some bacon, crumble and add in. Plums and strawberries work well in this salad too, feel free to personalize your salad or keep as is. Once your dressing is done drizzle over the top, add in basil leaves, toss together and taste. If you need to add a little salt and pepper that's fine too. This salad is perfect for hot days and if you have old crusty bread feel free to break some off and toss in too or if you have fresh bread you may want to slop up some of those delicious juices at the end! Options are endless with summer salad. Keep in fridge until ready to serve and enjoy!