

Dinner and A Book Episode #711

Menu:

Tarragon Chicken Breasts with Sautéed Chard
Rosemary Scented Baby Summer Squash
Farmer's Market Salad
Fresh Blueberry Pie

Recipes:

If at all possible use only the freshest local ingredients for these recipes

Farmer's Market Salad

Pick up an assortment of the freshest greens you can find at your local farmer's market. For example some colorful leaf lettuce and a bunch of baby greens or arugula. Then find a couple of heirloom tomatoes. Lay a lettuce leaf or two on your salad plates. Across the top arrange a few slices of tomato. Opposite at the bottom a pile of baby greens or arugula that has been tossed in Dijon vinaigrette.

Dijon Vinaigrette

1 T aged balsamic vinegar
5 T extra virgin olive oil
1 T Dijon mustard (add a little honey for a honey mustard vinaigrette)

Briskly whisk the mixture together until full emulsified (will be thick and creamy)

Rosemary Scented Baby Summer Squash

12 baby summer squash (can use baby zucchini or patti pans as well)
5 or 6 sprigs of rosemary bruised
Place in shallow pan with one half-inch water in the bottom. Cover and steam at medium heat until tender (5-7 minutes).
Tarragon Chicken Breasts Poached in White Wine
4 skinned chicken breast halves
2 T fresh-chopped tarragon
1 medium onion finely sliced
1 pinch salt
1 pinch pepper
1 T extra virgin olive oil

Place large sauté pan over medium heat. Add oil and once hot add onions. Sauté for 3 to 5 minutes. Push onions towards edges of pan and place chicken

breasts in the middle. Brown breasts on both sides (2-3 min each side), then add 1/2 cup white wine (chardonnay or sauvignon blanc are good choices) and cover. Turn heat to low simmer and poach until done (5-7 min).

Blanched Chard

One or two bunches chard
1 T extra virgin olive oil

Carefully wash chard to make sure all sand had been removed. Cut chard into 1/2-inch ribbons. Heat oil over medium flame then add chard and cover. Stir occasionally. Liquid from chard will help to blanch it. Cook until tender (4-6 minutes).

To assemble final dish, place small pile of chard off center on plate. Slice breasts into 3 or 4 slices and arrange across chard. Place baby summer squash into open space on plate then ladle in a little of the onion and wine sauce from pan. For some extra color and snap, sprinkle with some crushed pink peppercorns.

Fresh Blueberry Pie

Use 1 baked piecrust.

In a saucepan heat 2 T. cornstarch, add 1/3-cup sugar and 1/3 of a quart of fresh blueberries. Heat until thickened, about 5 minutes. Take pan off the heat. Add 2 T. fresh squeezed lemon juice and the rest of the uncooked blueberries. Stir thoroughly. Pour into the pie pan. Top with dollops of freshly whipped cream (no canned whipped cream). Top each dollop with a fresh pansy.