

FOOD & WINE

AUGUST 2008

best of local flavors

local flavors

15 BEST VEGETABLE RECIPES FOR SUMMER

Extraordinary chefs from around the country share their most delicious recipes for August's most available, plus, a local resources guide.

50 delicious, fresh recipes

Amazing Italian wine party

plus great summer desserts

Tomatoes with Sesame-Miso Sauce and Plum Vinaigrette

TOTAL: 45 MIN

6 SERVINGS

At her Chapel Hill, North Carolina, restaurant, Lantern, chef Andrea Reusing combines her focus on local foods with her predilection for Asian flavors. In the tangy vinaigrette here, *ume* plum vinegar (available in the Asian foods aisle of most grocery stores) adds a lovely, salty edge that's delicious with tomatoes. A clever sauce made with toasted sesame seeds and miso gives the salad a nutty richness.

- 1/3 cup sesame seeds
- 1/4 cup mayonnaise
- 2 tablespoons white miso
- 1 1/2 teaspoons dry sake
- 3 tablespoons water
- 2 tablespoons *ume* (Japanese plum) vinegar
- 2 tablespoons freshly squeezed lemon juice
- 2 teaspoons Asian sesame oil
- 1 tablespoon mirin
- 1/4 cup canola oil

Salt

- 2 pounds heirloom tomatoes, peeled and cut into wedges
- 4 scallions, white and tender green parts only, thinly sliced crosswise
- 1 sheet of nori (dried seaweed), crumbled

1. In a small skillet, toast the sesame seeds over moderate heat until golden, about 3 minutes; transfer the seeds to a spice grinder and let cool. Finely grind the seeds and transfer them to a bowl. Whisk in the mayonnaise, miso and dry sake, then whisk in the water.

2. In a large bowl, whisk the *ume* vinegar with the lemon juice, sesame oil and mirin. Gradually whisk in the canola oil and season with salt. Add the tomato wedges and sliced scallions and toss. Spoon the tomato salad with its juices onto a large platter and drizzle with the sesame-miso sauce. Garnish the salad with the crumbled nori and serve immediately.

Honey-tomato bruschetta with ricotta & a crisp Sauvignon Blanc

RECIPE, PAGE 86

