

Summer-Friendly Recipes

Written by Written by Cassandra Weinman

Monday, 02 August 2010 01:00 - Last Updated Thursday, 29 July 2010 15:19

Scorching heat can leave even the most bountiful appetites feeling subdued and the most dedicated foodie feeling anything but enthused. Thanks to these delectable summer recipes, even the hottest Valley days will still ignite taste buds.



Sandia Salad

A zesty salad is an ideal pick-me-up during the Valley's hot summer days. Thanks to this recipe from Azucena Tovar at Los Sombreros Mexican Café & Cantina, everyone can enjoy a little taste of escape. **480.994.1799**, www.lossombreros.com.

3 C Fresh watermelon

1/3 C Sliced jicama

¼ C Sliced cucumber

¼ Diced red bell pepper

¼ C Diced panela cheese

1 tbsp. Chopped cilantro

Honey Lime Dressing:

1 C Olive oil

1/3 C Lemon juice

2 tsp. Salt

1 tsp. Black pepper

1 tsp. Oregano

½ C Honey

2 tsp. Vinegar

Blend salad ingredients together and then add dressing.



Warm Goat Cheese Salad with Wild Mushrooms

Eddie V's Prime Seafood chef Brian Feirstein utilizes some of summer's freshest ingredients in a delectable recipe that invites company and a delicious bottle of wine. **480. 538. 8468**, www.eddiev.com.

4 oz. Fresh goat cheese, 2 each (2-ounce. medallions)

3 C Baby arugula

1 Head of Belgian endive

8 Shitake mushrooms, stemmed

8 Oyster mushrooms, stemmed

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2 T Brandy

2 Shallots, sliced thin

Any wild mushroom may be substituted.

For Vinaigrette:

1 C Olive oil

1 Shallots, finely diced

5 T Champagne vinegar

Salt and pepper to taste

1 pinch Sugar

Vinaigrette: Combine all ingredients and whisk well. Salad: Sauté mushrooms with shallots in olive oil, season with salt and pepper. Splash with brandy. Broil goat cheese until lightly browned. Toss arugula and endive ears in vinaigrette. Arrange lettuces in salad bowls. Arrange mushrooms around lettuces and place cheese in center. Serve Immediately. Serves two.



Chilean Sea Bass

This delicious, single-serving recipe from Wildfish Seafood Grille's executive chef Jennifer Anderson is the perfect dish for those languid summer nights that beg for something sumptuous. **480.994.4040**, www.wildfishseafoodgrille.com.

8 oz. Chilean seabass

1 Scallion (green part only), sliced diagonally in 2-inch pieces

1 oz. Fish stock

1 T Lemon juice

1 T Water

1 T Whole salted butter

All-purpose flour seasoned with salt and white pepper, enough to coat fish Season the fish with salt and white pepper. Dredge in seasoned flour, shake off excess. Sautee skin-side-up over medium high heat until golden brown. Flip, and sauté the other side. Make a broth of the stock, juice, water, butter and a little salt to taste. Place sautéed fish in a bowl. Arrange scallions around it, and pour the broth into the bowl and over the fish.

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Spa Mex Jicama Salmon Taco

Carefree Station Grill and Bar has found a true summer staple with their Spa Mex Tacos. The lighter, seasonal flavors tantalize in this unique twist on the traditional taco making it a dish that will delight from sunrise to sunset. **480.488.8182**, www.carefreestation.com.

Taco:

4 Slices of large jicama (layer more slices if using smaller jicama)

½ C coleslaw (green cabbage, green and red bell peppers, carrot and cilantro, to taste)

¼ of a Cucumber

1 Lime

1 Salmon fillet, seared (approximately 8 ounces)

½ C Guacamole

¼ C Red pepper puree

2 T Casero Cheese

Coleslaw:

1 Head green cabbage

1 Green bell pepper

1 Red pepper

2 Carrots

Guacamole:

3 Tomatillos

2 Jalapenos

1 T chopped cilantro

¼ C White onion

1 Avocado

1 Garlic clove

Pinch of salt and pepper

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Red Pepper Puree:

16-ounce Jar roasted red peppers

4 ounces Canned artichokes

Pinch of salt and pepper

Coleslaw: Slice cabbage, chop bell peppers, shred carrots and combine. Guacamole: In a blender or food processor, combine tomatillos, jalapenos, cilantro, onion, salt, pepper and garlic. Pulse until combined. Add mixture to a bowl, and fold in by hand the avocado. Red Pepper Puree: In a blender or food processor, puree roasted red peppers, artichokes, salt and pepper. Salmon: With olive oil, salt, and pepper, cook in hot skillet until lightly colored on each side. Taco: Peel and slice jicama into 1/16 of an inch thin slices. Jicama should be the diameter of a small corn tortilla. If using smaller jicama, layer slices to create larger shell. Slice cabbage and combine with chopped green and red bell pepper, shredded carrots and chopped cilantro to taste. Place cabbage mixture on top of jicama slices. Peel and slice cucumber and add three slices to each taco. Squeeze fresh lime juice on top. Place seared salmon on top of coleslaw and cucumber. Then layer with guacamole, red pepper puree, and cheese. Top with more lime juice. Yield: 4 tacos.



Bryan's Black Mountain Barbecue Watermelon Wedges with a Cardamom and Jalapeno Honey

This diner favorite from Bryan Dooley, chef and owner of Bryan's Black Mountain Barbecue, captures the essence of the season in a summer dessert perfect for the palate and the weather. **480.577.7155**, www.bryansbarbecue.com.

1 C Honey

1/2 tsp. Ground cardamom

Diced Jalapeno (3 to 4), no membrane or seeds

1 Watermelon, cut into quarter-sized slices

Chill one watermelon. Take one cup of honey, stir in half teaspoon of ground cardamom. Dice the jalapenos being sure to remove all membrane and seeds. This will ensure that the jalapenos are not too hot as the garnish. Cut the watermelon into quarter-sized wedges, drizzle the honey and cardamom over the chilled slices. Garnish with diced jalapeno. Serve the wedges on a platter for guests, drizzle all slices and garnish.

