

June 2009

Lisa Dupar of Lisa Dupar Catering and Pomegranate Bistro in Redmond, (<http://www.duparandcompany.com/>), began our Market Guest Chef Series last week. She prepared two delicious, cooling salads that were just right for the hot, sunny day.

Market shoppers crowded around her booth, listening intently to her tips and waiting eagerly for the samples. It's unfortunate we don't have a photo of the end results—the salads were as lovely to look at as they were delicious to devour.

As Lisa Dupar looked around the Market, she found some lovely sugar snap peas that she added to her asparagus recipe below. To make the peas even more appealing, she made a small diagonal slice across the top of each pea to remove much of the string while exposing all the little peas inside. It was a delightful effect.

She graciously agreed to share her recipes. We thank her.

Cucumber Slaw

with cilantro, mint, basil and tomato vinaigrette

Using a Benriner mandolin (Japanese mandolin slicer) slice the clean cucumbers in long thin julienne strips.

Pick the tips of the cilantro, basil and mint- rough chop and toss with the cucumbers. Season with salt and pepper to taste.

Tomato – Mint **(or any fresh herb) Dressing**

Yield: approx. 1 ½ cups

Ingredients:

¼ cup	Red Wine Vinegar
2 tbsp	Mustard-French's
2 tbsp	Sugar
2 tbsp	Mint, chopped
½ tsp	Black Pepper
¾ cup	Canola Oil
1 big	Market Tomato, diced

Method:

- 1) Blend together the vinegar and mustard.
- 2) Stream in the oil whisking constantly.
- 3) Check the seasoning and add the chopped mint and diced tomato.
- 4) If you want a smooth dressing you can put the whole thing in the blender and it will smooth out.
- 5) Drizzle the dressing over your cucumber slaw. You can serve with heirloom tomato garnish and sprig of mint!

You can save this dressing in a jar in your refrigerator and it will last a few weeks.