

FINAL BOW FOR HIGH SCHOOL ACTORS

rockland

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MAGAZINE

CELEBRATE
summer

TOMATOES,
GRILLING,
GARDENING
... AND MORE

A wealth of
HEIRLOOMS



Great, old-fashioned flavor is our reward for holding out for summer's best tomatoes

If you've ever picked a ripe tomato from its vine, smelled its leaves and bitten into it right there in the garden, you know there's nothing like it: slightly sweet, a tad tangy and extraordinarily flavorful. The tasteless tomatoes you find year-round in the supermarket will never measure up.

Fortunately, our farmers markets and farm stands, even our backyards, are loaded with these beauties all summer long. Their color and shape make them one of the most gorgeous fruits to look at, but they are also extremely versatile and easy to cook with, whether sliced and tossed in a salad, tucked in a sandwich, or slowly simmered into a deep sauce.

But tomatoes are not all alike, not even locally grown ones. The beefsteak tomato, with its voluptuous curves, is always a showstopper; but what about the multicolored, odd-shaped, yet mesmerizing heirlooms? Each has its own different flavor.

Here are three simple, classic recipes — a gazpacho, an insalata caprese (Italy's famous tomato and mozzarella salad), and a summery cold pasta. Dress them up with different colorful heirlooms, and you'll find each recipe highlights the unique taste of its special tomato.

But all are beautiful, gourmet dishes you'll want to make all season long.

Stories, photos and recipes by Viviane Bauquet Farre



Yellow Heirloom Tomato Gazpacho with Lime Oil and Fresh Mint

PREP TIME 30 minutes

TOTAL TIME 3 hours (including chilling)

DID YOU KNOW? Yellow heirloom tomatoes — like the Yellow Taxi, Golden Jubilee, Amana Orange, Yellow Brandywine or Bicolor Mortgage Lifter — are slightly sweet, juicy and fleshy. They also have very few seeds, making them perfect candidates for gazpacho. The lime-infused oil drizzled just before serving brings out the tomatoes' flavor even more.

3 pounds ripe yellow heirloom tomatoes, peeled, quartered and seeded (seeds strained and juices reserved)

1 yellow pepper (8 ounces), halved, seeded and cut in 3-inch pieces

1/2 seedless cucumber (8 ounces), peeled and cut in 3-inch pieces

1 jalapeño pepper, seeded and cut in 1/2-inch pieces

1/4 small red onion, peeled

1 garlic clove, peeled

2 tablespoons extra virgin olive oil

1 tablespoon sherry vinegar

1 tablespoon fresh lemon juice

1 teaspoon maple syrup

1 teaspoon sea salt

1/2 cup spring water

Lime- or lemon-infused oil, available in specialty markets

Mint sprigs or leaves as garnish

STEP 1 Place all ingredients, including the reserved tomato juices, in the bowl of a food processor. Pulse at high speed with a steel blade until all ingredients are finely chopped, then process until soup is very smooth, about 2 to 3 minutes.

STEP 2 Transfer to a large bowl and refrigerate 2 hours or overnight, until well chilled.

STEP 3 Place the soup in the freezer for 30 minutes before serving so it is very chilled. Ladle the soup in bowl or cocktail glasses. Place a spoonful of the lime-infused oil in the center. Garnish with the fresh mint and serve.

SERVES 4 to 6.

TIP If you want to dazzle dinner guests, serve this gazpacho in cocktail or wine glasses, like these 13-ounce Edge Wine Glasses from Crate & Barrel. But this chilled soup is also perfect for a casual summer barbecue. Place it in a large bowl on ice and let your guests pour it in small teacups or tumblers. The soup is refreshing and light; it won't spoil anyone's appetite.



Don't have mint? Basil makes an appropriate — and delicious — garnish instead.



HOW TO PEEL AND SEED FRESH TOMATOES

STEP 1 Bring 4 to 6 quarts of water to a boil, depending on how many tomatoes you need to peel. While waiting for the water to boil, prepare a large bowl of cold water and set aside. Then, with a paring knife, make an incision in the shape of a cross around the entire surface of each tomato.

STEP 2 Once the water is boiling, plunge the tomatoes in the water and boil for 15 to 45 seconds until the skins start to peel back on their own (the riper the tomato, the faster the skins will peel back). Immediately transfer the tomatoes to the bowl filled with cold water and let stand for a minute or two until cooled.

STEP 3 Drain the tomatoes and remove the skins; they should come right off.

STEP 4 Once peeled, quarter the tomatoes and cut off the core and hard, white parts around the core with a paring knife. Hold the quarter over a medium sieve placed over a bowl and seed each quarter by pushing the seeds and their juices out with your thumb.

STEP 5 With a silicone spatula, stir the seeds until all the juices have been strained through the sieve into the bowl. Discard seeds.



Pasta Salad with Heirloom Tomatoes, Zucchini, Fresh Corn and Goat-Milk Feta

PREP TIME 45 minutes

TOTAL TIME 1 1/4 hours

DID YOU KNOW? This cold pasta is a summer festival in a bowl: delicious, crunchy sweet corn, earthy pan-roasted zucchini, refreshing fresh herbs, salty feta cheese — and most of all, the flavorful heirlooms. The Black Russian, Pruden's Purple or any red heirloom beefsteak tomatoes will be marvelous in this dish.

FOR THE ZUCCHINI

2 tablespoons olive oil

3 baby zucchini (about 6 inches long), ends trimmed and cut in 1/2-inch dice

1/4 teaspoon sea salt

FOR THE PASTA

2 ears fresh corn, husks removed

2 garlic cloves, peeled and crushed (use microplane grater)

1 1/4 teaspoons sea salt or to taste

Freshly ground black pepper to taste

2 teaspoons aged balsamic vinegar

6 tablespoons extra virgin olive oil

2 pounds red, purple or black heirloom tomatoes, seeded and cut in 1/2-inch dices

1 bunch chives, cut in 1/4-inch slices (use kitchen scissors)

24 large basil leaves, torn in 1-inch pieces

1 pound mezzì rigatoni, penne rigate, ziti or ditali pasta

1 tablespoon sea salt for the pasta water

7 ounces goat milk feta cheese, crumbled as garnish

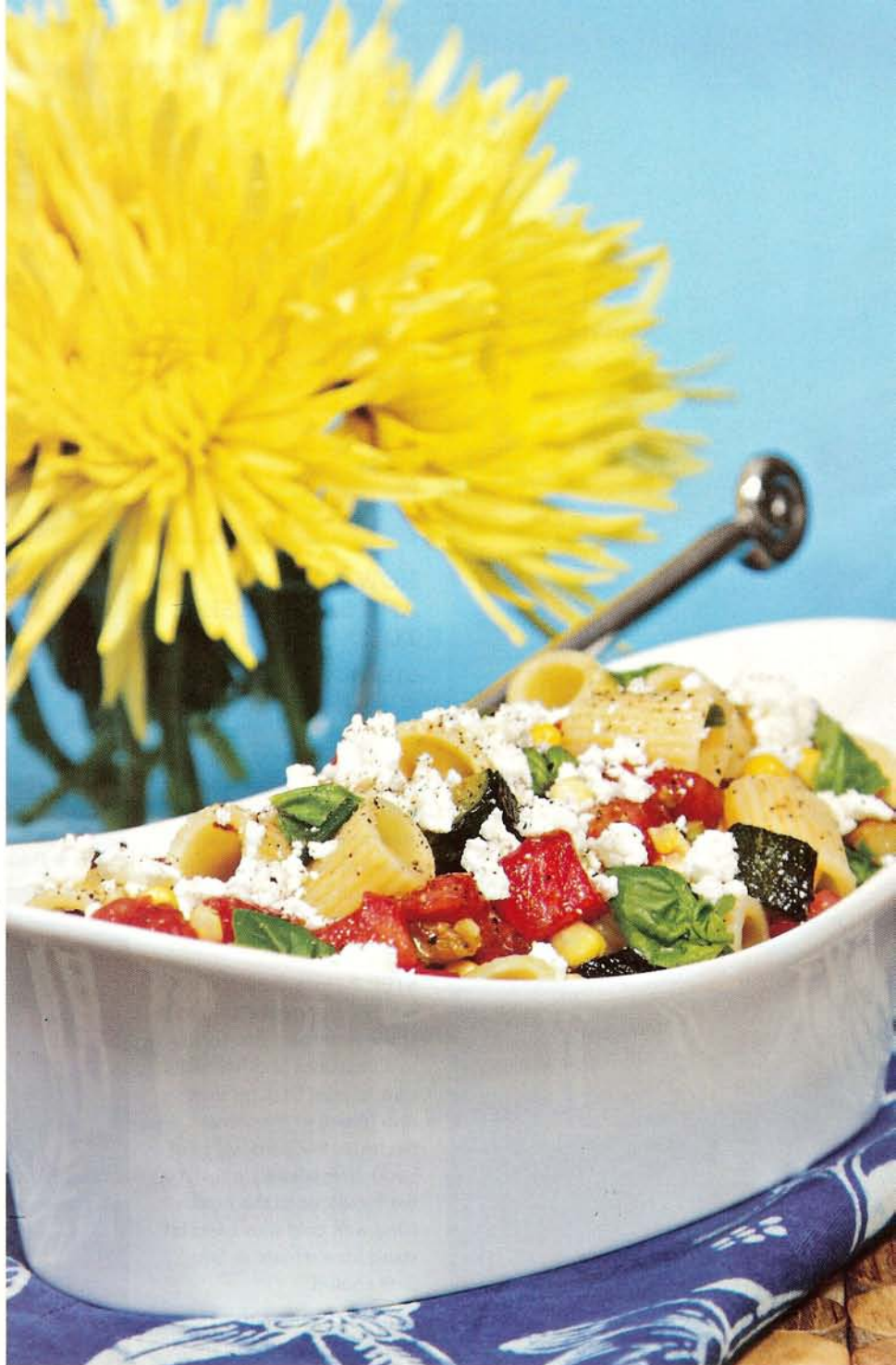
Small basil leaves as garnish

STEP 1 Heat a wide skillet over medium-high heat. Add the olive oil and zucchini. Sauté for 7 to 8 minutes, until golden-brown, tossing only occasionally. Sprinkle with the salt. Toss again and transfer to a bowl to cool. Set aside.

STEP 2 Fill a medium pot with water and bring to a boil. Add the corn and boil for 3 minutes. Remove from pot and transfer to a bowl filled with cold water. As soon as the corn has cooled, transfer to clean kitchen towel and pat dry. Using a sharp knife, shave the kernels from the corn. Set aside.

STEP 3 In a large bowl, combine the garlic, salt, pepper, balsamic vinegar and oil. Whisk until well blended. Add the corn, tomatoes, chives and basil. Toss until well mixed and set aside.

STEP 4 Bring 6 quarts of water to a boil.



Any variety of summer squash will taste great in this salad. If you come across yellow zucchini or pat-typan squash at the farmers market, feel free to substitute them.

When the water is boiling, add 1 tablespoon of salt and the pasta. Cook pasta according to package instructions, except al dente, about 1 minute less than what package calls for. Drain and rinse with cold water until cooled. Shake off the excess water. Add to the tomato mixture. Mix well and let stand at room temperature for 15 to 30 minutes.

STEP 5 Add the pan-roasted zucchini to the pasta and stir well. Spoon pasta into individual bowl or a large serving platter. Crumble the feta on top and garnish with small basil

leaves. Drizzle with a little more olive oil. Finish with freshly ground black pepper and serve.

SERVES 4 to 6.

TIP Since the pasta has to stand at room temperature for at least 15 minutes (preferably 30) for all the flavors to mingle, the pasta will absorb more liquid and have a tendency to lose its al dente-ness. Undercooking the pasta by one minute will guarantee yours stays toothy.

Serve this salad as an appetizer, alongside the main course, or as part of a summer buffet.



Heirloom Tomato Salad with Bocconcini

PREP TIME 20 minutes.

TOTAL TIME 20 minutes.

DID YOU KNOW? The classic caprese salad is a simple but brilliant combination of tomatoes and mozzarella slices with basil leaves tucked in. Here we use baby mozzarella balls (bocconcini) and an assortment of heirloom tomatoes. The basil is replaced with zingy, fresh oregano and chopped Italian parsley. And of course, a spicy, fruity olive oil is de rigueur. Laraia's Cheese Co. in Nanuet makes fresh handmade mozzarella.

2 medium red heirloom tomatoes, cut in 1/4-inch slices
1 medium yellow or orange heirloom tomato, cut in 1/4-inch slices
1 medium green heirloom tomato, cut in 1-inch pieces
1/2 pint mixed heirloom cherry tomatoes, halved

1 pound bocconcini (baby mozzarella balls), drained on paper towels
Extra virgin olive oil
2 sprigs fresh oregano, leaves removed from stems
1/4 cup finely chopped Italian parsley
Sea salt and freshly ground black pepper to taste

STEP 1 Arrange the tomatoes and mozzarella onto 4 plates or in a large platter. Drizzle with the olive oil. Sprinkle with salt and pepper.

STEP 2 Garnish with the herbs and serve with crusty country bread.

SERVES 4.

TIP Cut the heirloom tomatoes in small slices or pieces so their juices are released and mingle with the spicy olive oil and the seasoning. (That's the secret to a mouthwatering caprese.) Serve the salad with a crusty loaf of bread – the ideal tool for mopping up the ambrosial juices!



About Viviane

A native of New Caledonia in the South Pacific, Viviane Bauquet Farre now lives in Piermont. She is a self-taught cook who writes a blog about seasonal cooking and wine at foodandstyle.com. She is also a contributor to The Journal News, Vegetarian Times and her recipes have appeared on bonappetit.com and saveur.com, where her blog was crowned "Best of the Web."