

COOKING FRESH



The intoxicating sun and waves at the beach may leave you too overheated and relaxed to start your oven. Thankfully, Mother Nature provides a cornucopia of local foods to help beat the summer heat; just visit your local farmers' market and pick up the season's freshest produce on the way home. Salads of crisp lettuce, tomatoes, cucumbers, peppers and broccoli refresh on scorching afternoons. Why slave away in a hot kitchen when these veggies need little more than to be chopped and tossed with a light dressing?

After a day by the ocean, nothing tops dinner on the grill. Summer desserts are equally effortless—peaches, melons, and a basket of berries deliver juicy, cool sweetness. Spend your evenings laughing with friends, sipping iced tea or a glass of chilled local wine. Hot summer nights were made for this.

By Nikki Batsford and Kelly Dull

PROSCIUTTO WRAPPED SCALLOPS WITH PICKLED WATERMELON AND SPICED APPLE CIDER GLAZE

From Executive Chef Christian Piper, Mills Tavern, Providence

Pickled Watermelon:

- ¾ cup rice wine vinegar
- 1 star anise
- ½ cup granulated sugar
- 1 Tbsp kosher salt
- 4-2"x2" cubes of fresh watermelon, seeded

In a small saucepan, heat rice wine vinegar, star anise over low to medium heat. Add the sugar and salt. Once salt and sugar are dissolved, remove pan from heat and cool.

Add the watermelon cubes to the mixture and let sit for 15-20 minutes.

Cider glaze:

- 4 cups apple cider
- 1 Tbsp grated fresh ginger
- 1 Tbsp crushed red pepper
- 1/8 cup low sodium soy sauce
- 3 Tbsp cornstarch
- 3 Tbsp cold water
- ½ cup + 4 Tbsp chopped cilantro

In a small saucepan, heat the apple cider with the ginger, crushed red pepper, and soy sauce. Bring this mixture to a boil, and then simmer for five minutes, stirring occasionally.

Combine cornstarch and water in a small bowl. Add the cornstarch mixture to the apple cider to thicken.

Using a whisk to stir, cook the apple cider sauce for several minutes to cook out the starch and then add the fresh cilantro.

Scallops:

- 4 extra large scallops
- 2 very thin slices of prosciutto, cut in half lengthwise
- 2 Tbsp olive oil
- 1 Tbsp unsalted butter
- salt and pepper to taste

Wrap the scallops with the prosciutto and lightly salt and pepper. Heat two tablespoons of olive oil in a sauté pan and sear the scallops on medium high heat until edges are browned and nicely caramelized. Add 1 tablespoon butter to the pan, flip the scallops and cook until medium rare. Remove from heat.

Final Assembly:

- 4 large basil leaves, washed and dried
- 1 small bunch fresh arugula, washed and dried
- 1 tsp lemon juice
- 1 tsp extra virgin olive oil
- salt and pepper

Place one leaf of basil atop each cube of watermelon and divide among four salad plates. Place a scallop on each plate and then drizzle the apple cider sauce around the scallops. Toss the arugula with lemon juice, olive oil, salt, and pepper to taste. Garnish each plate with the arugula.

Place one leaf of basil atop each cube of watermelon and divide among four salad plates.

Place a scallop on each plate and then drizzle the apple cider sauce around the scallops.

Toss the arugula with lemon juice, olive oil, salt, and pepper to taste. Garnish each plate with the arugula.

Serves 4 as an appetizer

IN SEASON

VEGETABLES-

Arugula, Beans, Beets, Broccoli, Broccoli Rabe, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chard,

Chilis, Collards, Corn, Cucumbers, Eggplant, Fennel, Garlic, Herbs (Basil, Cilantro, Dill, Lavender, Mint, Oregano, Parsley, Rosemary, Sage, Thyme, etc.), Kohlrabi, Kale, Leeks, Lettuces and Mixed Greens, Mushrooms, Okra, Onions, Peas, Peppers, Parsnips, Potatoes, Radishes, Scallions,