



Cooking Demonstration Recipe by Francesca Zito ***September 2nd, 2013***

Aqua Fresca

Just the juice!

Shopping List

1 Agava Melon

Notes

I used a food mill (manual version of a food processor) to make this recipe. You can use a blender or food processor but run juice through a fine mesh strainer before using.

Directions

Chop melon into chunks, place in food mill and puree. Serve!

This recipe relies on nice ripe melon. If your melon is not super sweet just add sugar, agave syrup or honey (heat it before you add it so that it's less likely to crystallize). If the mixture is too thick add water.

Variations

You can take any fruit and do this. Mix two for complexity. Add a squeeze of lime or lemon for some zing.

Cocktail Variation

Add vodka or rum for a refreshing beverage. Garnish with chunk of fruit or a complementary herb such as tarragon, basil or a sprig of rosemary.

LFFF Vendor Who Provided Produce/Product for Recipe

Sky Hoyt Specialty Grower

Stone Fruit Chutney

A great relish type condiment with origins from India.

Shopping List

2 firm large ripe yellow peach
1 large tomato
1 large red pepper or 2 small
1 large green pepper
1 large onion
1/2 c. raisins
3 sprigs of Basil
Honey
Olive oil
Cider Vinegar
Salt and Pepper

LFFF Vendor Who Provided Produce/Product for Recipe

EGB or Neufeld Farms
Sky Hoyt Specialty Grower
Sky Hoyt Specialty Grower
Sky Hoyt Specialty Grower
Sky Hoyt Specialty Grower
F+G Farms or EGB/Neufeld Farms
Glo's Glee Organic Garden
Wildcat Bees or Dollar Mountain Apiary
From your pantry
From your pantry
preferably kosher or sea salt / freshly ground pepper

Directions

Slice the peach n half, remove pits. Chop into 1/2" chunks and place in a bowl. Chop onion, tomato and peppers into 1/4" dice.

In a large sauté pan over medium heat, add 2 T. of olive oil then toss in the onion, tomato, peppers, and peaches. Add 1/2 c. of vinegar, 1/4 c. honey, raisins, a 1/2 tsp. salt and several grinds of black pepper. Chop basil roughly and add to mixture. Cook until all fruit and vegetables are soft and mixture has a more jam like consistency vs. salsa consistency.

Serve with grilled chicken, pork or sausages. Good with curries!

Variations

At the market I am limited to what's on hand. At home you can add ginger, cinnamon, allspice, mace, clove, a little brown sugar to flavor it as you like it. If you like it hot, add some jalapenos or crushed red pepper flakes. Add some garlic. Change out the fruit and use nectarines or plums. This is also good to put over cheese as an hors d'oeuvres, serve with rustic bread.

Suggested Wine Pairing

Serve with Beer if you're pairing with sausages; Viognier, Gewürztraminer with chicken or pork.