

LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH

Jason Long of Favored Flavors



Caprese Tomato Sandwich

your choice of fresh bread
fresh tomatoes
sliced mozzarella
fresh basil leaf
Favored Flavors Oregano Infused EVOO
Favored Flavors 25 Star Traditional Style
Dark Balsamic Vinegar
Favored Flavors Roasted Garlic Sea Salt
Favored Flavors Tellicherry Peppercorns
(ground to liking)

Preparation:

Slice bread and tomatoes to preferable thickness— $\frac{1}{2}$ inch works well for both. Combine 2 tsp salt, 1 tsp ground pepper, $\frac{1}{4}$ cup oil and $\frac{1}{4}$ cup vinegar in a bowl and whisk thoroughly. Coat tomato slices in the bowl with mixture. Spread mixture on top slice of bread. Place slices and fresh basil leaf in preferred arrangement on bread and enjoy.

Side suggestions:

- sliced cucumbers lightly pickled in Favored Flavors Cabernet Sauvignon Red Wine Vinegar
- edamame
- soft pretzels
- sweet potato fries