

LYNCHBURG

is for 

LOCAVORES

COOKING DEMONSTRATION WITH MARISA JONES

ALL RECIPES ARE BY MARISA JONES



Watermelon

Watermelon Feta Bruschetta with Strawberry Balsamic Glaze

For the toast:

- 1 baguette
- Extra virgin olive oil
- Kosher salt
- Fresh ground black pepper
- Garlic cloves

Preheat the oven to 350°F.

Slice the baguette 1/4 inch thick on a bias and place slices on a sheet tray. Drizzle with olive oil and season to taste with salt and pepper. Toast until crisp on the outside but still soft on the inside, 6-8 minutes. Remove and cool slightly, rub each slice with the garlic cloves.

For the topping:

- 2 cups diced watermelon
- 1 cup crumbled feta
- 2 tablespoons chives, chopped
- 2 tablespoons mint, chopped
- 2 tablespoons extra virgin olive oil
- Pinch Kosher salt
- 2-3 grinds fresh black pepper

Combine the ingredients.

For the glaze:

- 1 cup strawberry Balsamic vinegar
 - 2 tablespoons natural sugar
 - Pinch of salt
 - 3-4 grinds fresh black pepper
- Combine in a small saucepan. Reduce over medium heat until thickened, 8-10 minutes.

Place toasts on serving dish. Top with watermelon topping. Drizzle with glaze. Serve immediately.

MORE RECIPES ON THE BACK! 

Watermelon Gazpacho

5 cups watermelon, chopped
1 yellow onion, chopped
1 red bell pepper, chopped
1 jalapeno, seeds and pith removed, chopped
1 teaspoon salt
4-5 grinds fresh black pepper
1 teaspoon cumin
1 teaspoon smoked paprika
Cayenne pepper, to taste
Zest and juice of 1 lime
1/4 cup cilantro, chopped
Combine the ingredients in a food processor or blender.
Puree until smooth. Chill, 1 hour.

For garnish:
1 cup watermelon, small dice
1/2 avocado, small dice
Finely chopped cilantro
Salt, to taste
Fresh ground black pepper, to taste

Combine the ingredients. Serve the gazpacho with a dollop of garnish. Place a small bunch of cilantro leaves for additional garnish.

Tarragon Shrimp Salad on Watermelon Squares

For the salad:
1 pound large shrimp, peeled and deveined, cooked, chopped
1 shallot, minced
1 stalk celery, trimmed, small dice
3 tablespoons mayonnaise
2 tablespoons tarragon, finely chopped
Zest and juice of 1 lemon
Salt, to taste
Fresh ground black pepper, to taste

Combine the ingredients and let stand while preparing the watermelon.

For assembly:
Watermelon, cut into 1 inch thick small rectangles
Specialty salt
Fresh ground black pepper

Place watermelon pieces on a platter. Season with specialty salt and pepper. Top each piece with a dollop of shrimp salad.

For the garnish:
2 cups baby arugula, finely chopped
Zest and juice of 1/2 lemon
Specialty salt

Toss the arugula with the zest and juice. Season with specialty salt. Garnish on top of shrimp salad and serve.

Seared Skirt Steak with Mango and Watermelon Chutney

For the steak:

- 1 tablespoon light brown sugar
- 1 teaspoon salt
- 1 teaspoon cumin
- 1/2 teaspoon roasted garlic powder
- 1/2 teaspoon ground ginger
- 5-6 grinds fresh ground black pepper
- 2 skirt steaks, trimmed

Combine all spices and rub on steaks. Let stand while preparing chutney.

For the chutney:

- 1 teaspoon extra virgin olive oil
- 1/2 white onion, thinly sliced
- 2 mangoes, peeled, cubed
- 1 tablespoon minced ginger
- 1/3 cup cider vinegar
- 2 tablespoons light brown sugar
- Zest and juice of 1 lime
- 1/4 teaspoon salt
- 1/4 teaspoon red pepper flake

1. In a medium sauce pan, heat the olive oil over medium heat.
2. Add the onion and mango and sauté until beginning to soften, 4-6 minutes.
3. Add the ginger and continue to cook, 1 minute.
4. Add vinegar, sugar, zest, juice, salt and pepper. Simmer until thickened, 5-7 minutes.
5. Remove from the heat allow to stand to room temperature while preparing steak.

For assembly:

- Vegetable oil
 - Skirt steaks
 - 2 cups watermelon, small dice
 - 2 tablespoon cilantro, finely chopped
 - 2 tablespoons mint, finely chopped
6. Heat the oil over high heat in a large skillet.
 7. Sear the steaks for 2-3 minutes per side.
 8. Remove and let stand a few minutes before slicing against the grain.
 9. Combine the watermelon, cilantro and mint.
 10. Arrange steak slices top with chutney and generously garnish with herbed watermelon.

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TO PREPARE OUR SPOTLIGHTED PRODUCE ITEM: PEACHES!



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