

LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH
Ivy Frank of Forest Kroger



Fresh Corn & Apple Salad

4 ears of corn, husks and silks removed and grilled or roasted
1/3 cup olive oil, plus 2 extra tablespoons for roasting or grilling the corn
1 Gala apple, cored and finely diced to the size of corn kernels
1/4 cup fresh chives, chopped
2 tablespoons fresh tarragon
1 shallot, finely diced
3 tablespoons apple cider vinegar
1 tablespoon honey
2 tablespoons Dijon mustard
Salt and pepper to taste

Rub the corn with olive oil and roast or grill until cooked. Allow to cool and cut the corn kernels from the cob. Whisk together the remaining olive oil, vinegar, Dijon mustard, tarragon, diced shallot and chives in a large bowl. Add diced apple and cut kernels and blend well. Adjust seasoning to taste. Serve warm or at room temperature.

Fruit Salad & Ginger Simple Syrup

2 cups sugar
2 cups water
1 large piece of fresh ginger, peeled and sliced into thin rounds
Various types of fruit cut into chunks: Apples, watermelon, pineapple, cantaloupe, peaches, etc.

To make ginger simple syrup, bring the sugar and water to boil over medium high heat until the sugar dissolves. Add the ginger and allow to simmer for 2 minutes. Remove from the heat and let steep for 1 hour. Use a mesh colander to pour the syrup into a container and discard the ginger. Place cut fruit into large bowl and drizzle ginger syrup over the fruit. Lightly toss to combine and serve.