Taste and Savor

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Vidalia Onion, Corn and Tomato Salad

3 Cups Chopped Vidalia Onion, about 2 small onions
1 Cup Chopped Grape Tomatoes
1 ½ Cups Fresh or Frozen *Corn, (about 3 ears)
1 Jalepeno, seeded and chopped
¼ Cup Chopped Basil
2 TB Freshly Squeezed Lime Juice
1 Tsp Raw Sugar
Sea Salt and Freshly Ground Pepper
2 Large Ripe Tomatoes, sliced

Add the Vidalia onion to a bowl of ice water while you prep the rest of the ingredients. Add the tomatoes to a colander and sprinkle with salt, allow the tomatoes to drain for 15 - 20 minutes. Add the corn, jalepeno, basil, lime juice and sugar to a large bowl. Drain the onions pat dry and add, then add the chopped tomatoes. Scoop the salad out on the sliced tomatoes. Season to taste with salt and pepper.

2 Kitchen Scoop

*You can quickly cook fresh corn in the microwave at high power. Shuck the corn and put on a plate - place in the microwave. To calculate how long to cook it - Start with 3 minutes for the first cob, then add 1 minute for each additional. Three cobs = 5 minutes in the microwave.

3 Clever Idea

I love using this salad as a pita pocket stuffer sandwich, just place in the pita, add a couple of slices of avocado and you've got lunch. It's also yummy as a topper for a piece of fish from the grill. Once you make this salad - you'll find lots of ways to enjoy it!

4 Cheers!

Buttonwood Grove Rosé

Finger Lakes NY
About $16

Bright berry aromas that jump out of the glass? Yes please. Its time for Rosé! Although summer is when rosé wine comes to mind most often - rosé like this one can be savored all year long. This was my final week of Finger Lakes Wine Camp, and with the last class, we tasted other varietals from the region, including this vibrant rosé from Buttonwood Grove. Made from the Cabernet Franc grape, it has enough "stuffing" to stand up to not only salads and veggies, but fish and chicken from the grill. I especially like it with dishes that have a little zing to them - like the jalepeno - the berry flavors in the wine rock!

Nancy Waldeck nwaldeck@tasteandsavor.com