



## 1 QUICK RECIPE:

### Creamy Feta and Tomato Salad

1 (8 OZ) Block of Feta  
 ¼ Cup EVOO  
 Sea Salt and Freshly Ground Pepper  
 Red Pepper Flakes  
 1 TB Honey  
 2 Cups Grape Tomatoes, halved  
 1 Head Romaine, torn  
 ¼ Cup Red Wine Vinegar  
 Chopped Basil, Mint and Parsley for garnish

**Step One** Preheat oven to 400F. In a small ovenproof dish, drizzle the feta with oil and sprinkle with salt and pepper and pepper flakes. Roast for 8 to 10 minutes. Remove and drizzle with the honey. Slide it back into the oven for a few minutes or until golden brown.

**Step Two** While the feta is roasting, add the romaine and tomatoes to a platter.

**Step Three** While still hot, drain the oil from the feta into a jar with the red wine vinegar. Shake and pour over the platter of lettuce and tomatoes. Chunk the feta and sprinkle over the top. Garnish with herbs.



## 2 KITCHEN SCOOP

Depending on where it's from, feta can be made with cow, sheep or goat's milk. In the EU, it must be made with mostly sheep's milk and can have a little goat's milk added. That's why you may see the name "white cheese" instead of "feta" on a label from some parts of Europe, but the cheese still tastes like salty tangy feta we are familiar with. In other parts of the world like the United States, feta cheese can be made with a variety of milks.



If you're not lucky enough to have a garden with tomatoes, grape or cherry tomatoes are a good option, as they tend to be more flavorful and juicy than "slicing" tomatoes. Campari tomatoes are another type which are delicious any time of the year - even from the super market!

## 4 CHEERS!

The Palm Rosé  
 Provence France

About \$17.00

Cinsault is not a grape name that comes to mind immediately, but Cinsault is a major player in the rosé wine world of Provence. The Palm wine is the entry level offering from Chateau D'Esclans, famously known for its Whispering Angel rosé and its pricy but delicious luxury offering, Garrus. It's always a great idea to enjoy a wine that comes from a winery that also makes high end wines - you'll often find their entry level wines to contain grapes that are ones not able to be used in their more expensive wines, which makes entry level wines like this one even more delicious!