



Featuring Today's Food Compliments of:

Sur la table

THE ART & SOUL OF COOKING

Summer Corn and Blueberry Salad with Candied Bacon

Salad

3 ears fresh sweet corn
1 cup blueberries
1 (10 oz) pkg mixed green salad greens
4 ripe pluots pitted and thinly sliced
2 Tbs finely chopped mint

Vinaigrette

1 cup extra virgin olive oil
1/3 cup balsamic vinegar
1 tsp finely minced garlic
3/4 cup crumbled blue cheese
1 small shallot
1 Tbs Dijon mustard

Candied Blueberry Bacon

1/2 cup light brown sugar
3 Tbs water
1 tsp vanilla bean paste
1/2 cup blueberries

To prepare the salad: In boiling heavily salted water add corn. Cook, covered, 5 minutes, or until tender. When cool enough to handle remove husks. Season well with salt and pepper. Next cook the corn on the preheated grill, turning occasionally, until the corn is tender and specks of black appear, about 6 minutes; set aside until just cool enough to handle. Slice the kernels off of the cob and place in a bowl. In a serving bowl combine corn, blueberries, pluots, greens and mint. Season with salt and pepper; toss until evenly mixed.

To prepare vinaigrette: In a small bowl whisk together vinegar, shallot, garlic and mustard. While whisking, slowly drizzle in oil. Combine blue cheese crumbles. Taste and adjust seasoning with salt and pepper.

To prepare blueberry glaze: In an immersion blender, puree blueberries. Once pureed strain through a fine mesh strainer and discard seeds and solids. In a sauce pan combine vanilla bean paste, brown sugar, water and strained blueberries. Cook until the brown sugar is dissolved.

To prepare bacon: In a cold cast iron skillet, lay down the strips of bacon in the skillet before you turn on a low to medium-low flame. Soon the bacon will begin to release some of its fat. Cook until crisp and dark on each side. Move bacon to a cooling rack with a sheet tray underneath and pour blueberry glaze over the bacon. Reserve bacon fat.

To serve: In a large bowl combine all of the salad ingredients with the dressing. Toss the salad with enough vinaigrette to coat all of the ingredients. Garnish with candied bacon and serve immediately.