

## Recipe File



### Cool off with ice pops on a hot summer day at newspress.com:

- Fresh Ginger Moscow Mule Pop
- Cantaloupe-Basil Ice Pops
- Pineapple Chipotle Ice Pops
- Strawberry Paletas

## Picks of the WEEK



### Miniature white cucumbers

While the exterior of this variety is more of a pale yellow color, the flesh is bright white. When only a couple of inches in length, these sweet, crunchy cucumbers are perfect for slicing and adding to a salad, skin and all. When larger, they are excellent for pickling, as the skin becomes heartier. I recently prepared *Spicy White Cucumber Garlic Pickles*, the Fix of the Week on page A7. These certified organic cucumbers are available from Los Olivos-based *Roots Organic Farm* at the Tuesday Santa Barbara, Wednesday Solvang, Friday Montecito and Saturday Santa Barbara farmers markets. \$3 per pound.



### Ha'ogen melons

Also known as an Israel melon, this variety displays a vibrant yellow color with alternating green stripes. Once sliced open, the green flesh, which is sweet and soft, is exposed. On the smaller side, these melons are no more than a couple of pounds each. Slice into wedges and eat right out of the rind, add to fruit salad or incorporate into a smoothie. An excellent source of vitamin C, these melons are available from *Shepherd Farms* at the Tuesday Santa Barbara, Thursday Carpinteria, Friday Montecito, Saturday Santa Barbara and Sunday Camino Real markets. \$1 per pound.



### Fresh cranberry beans

You can see where these beans get their name: The pods are light yellow with a spray of bright pink; the beans themselves are bright white with variegated pink. Although they can be eaten raw, right out of the pod, they are slightly astringent and crisp. To remove any bitterness and soften them up, they can be simmered for 15 to 20 minutes. Use as the base of a bean salad with diced peppers, carrots, basil, lemon juice, olive oil, salt and pepper. An excellent source of protein and dietary fiber, cranberry beans are available from *Arroyo Grande-based Two Peas in a Pod Farm* at the Tuesday and Saturday Santa Barbara markets. \$5 per pound.

*Sam Edelman is general manager of the Santa Barbara Certified Farmers Market Association; Rafael Maldonado/News-Press photos*

## Poolside Provisions



It's summer! Which means you're lounging by the pool with a few friends. You've got a fruity umbrella drink in one hand but what in the other?

Burgers? Definitely not. Too stressful worrying about ketchup squirting on your new bikini.

Hot dogs don't cut the mustard either.

No, you want something simple and sexy. Tasty and totable. And, perhaps above all else, refreshing.

Fortunately, we've got you covered — well, for the nibbles anyway. The SPF, that's on you. (Or it should be.)

— Charlotte Boechler

*Recipes and photos by Denisse Salinas, owner of Le Petit Chef*

### Melon, Feta & Mint Skewers

Watermelon, cantaloupe, feta and mint are classic flavors to combine in the summertime. One-bite snacks like these skewers are perfect for poolside snacking, but these flavors also work brilliantly in salad form. Try chilling the skewers in the freezer for a few minutes just before serving for an extra burst of cooling refreshment.

- 12 (1-inch) cubes watermelon**
- 12 (1-inch) cubes cantaloupe**
- 12 (1-inch) cubes cucumber**
- 12 (1-inch) cubes feta**
- 12 leaves mint**
- Special Equipment: 12 mini skewers**

Assemble mini skewer with 1 piece each of watermelon, cantaloupe, cucumber, feta and mint. Repeat with remaining skewers and ingredients.

**Yield:** 12 servings

### Mexican Street Corn Salad in Cucumber Cups

All the flavors of Mexican street corn come together in this lightened up form, just in time for swimsuit season. The corn salad gets a healthier spin with Greek yogurt replacing traditional mayonnaise, and is served in bite-sized cucumber cups, a low-calorie swap for tortilla chips.

- 2 ears corn, grilled, cooled and removed from cob**

- 1 tablespoon olive oil**
- ¼ cup plain Greek yogurt**
- 2 ounces Cotija cheese**
- ½ jalapeño pepper, minced**
- 1 clove garlic, minced**
- ¼ cup fresh cilantro, chopped**
- 1 tablespoon lime juice**
- Zest of 1 lime**
- ¼ teaspoon cumin**
- ½ teaspoon chili powder**
- ½ teaspoon salt**
- ¼ teaspoon black pepper**

- 4 cucumbers, peeled and sliced into 1-inch pieces**

Add all ingredients, except cucumbers, to a medium bowl and stir to combine.

Using a melon baller, scoop the middle portion out of each cucumber slice to form cups, leaving the bottom intact.

Spoon Mexican Street Corn Salad into cucumber cups.

**Yield:** about 24 servings



### Prosciutto-Wrapped Poached Plums

Prosciutto-Wrapped Poached Plums are a lovely choice for summer entertaining or a day spent by the pool. These seasonal bites are a breeze to prepare, whether making them as a stand-alone snack or as a delightful addition to a cheese or charcuterie board.

- 1 cup red, white or rosé wine**
- ¼ cup sugar**
- 1 small handful assorted fresh herbs, such as rosemary, thyme and marjoram**
- 1 (2-inch) strip lemon peel**
- Pinch salt**
- 2 plums, halved, pitted and sliced into wedges**
- 8 slices prosciutto, halved**

Bring wine, sugar, herbs, lemon peel and salt to a simmer in a small saucepan over medium heat. Simmer until sugar dissolves, then add plums and continue to cook for about 5 minutes.

Remove from heat and let stand for 10 minutes. Strain plums from poaching liquid and cool completely.

Wrap each plum with a piece of prosciutto, secure with a toothpick and serve.

**Yield:** 16 servings