

Farm Fresh Produce

By Ian Carswell

August is not a month where you want things to be too difficult. Your top priorities should be vacations, sunshine, fun with the kids (or grandkids), long beach days, and late afternoon Rosé.

You shouldn't be wasting time thinking about how or what you are going to throw together for dinner. Luckily, August is also arguably one of the best months for local produce in Lanark County. From a chef's perspective you can be a bit lazy, because when veggies are at their absolute best, you really don't need to do too much to them. A quick trip to the CP Farmer's market, Pair-A-Gardens or Nature's Apprentice will set you up with all the produce your kids could ever dream of. Just like that, dinner is done and you can get back to enjoying those summer vibes!

**Edit: I have just been informed by the editor that "Farm Fresh Produce" does not count as a recipe submission, so here is a vinaigrette recipe to help make those veggies sing.*



Alternatively, book a table and come see how we prepare them at Black Tartan....

Fine... **Easy Peasy Lemon & Basil Vinaigrette**

- 500 ml Canola oil
- 100 ml Olive oil
- 250 ml Fresh squeezed lemon juice & the zest of two lemons
- 1 pc Egg yolk
- ½ TBSP Dijon mustard
- 3 pc Garlic cloves (NOT whole heads!)
- 1 Shallot (diced)
- ½ cup Fresh basil
- TT Honey
- TT Salt & pepper

Put garlic cloves, shallot, mustard, basil, egg yolk and lemon juice & zest in a blender

and blend until smooth. Slowly drizzle the canola and olive oils into the blender on low setting. When emulsified, balance the acidity by adding as much honey as you would like. I don't know how much; I am not there. Taste it. Does it make your face pucker? You should probably add more honey. Still Sour? Add more honey. Too sweet?! Add more lemon juice. How is it still too sweet?! This was supposed to be an easy recipe...

Season with salt and pepper. Dress your favourite veggies and enjoy!



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