

With our summer season underway, it's nice to see so many people out on the water despite current economics. As I mentioned last month, I will learn to be a 'solo sailor' this season. Needless to say, I am thrilled and excited at the challenge ahead. It will also be fun to be back in the galley.

It's June and the BBQ's are being pulled out, both at sea and on land, and gatherings are planned with all our friends and family. These are always fun since they means lots of food and plenty of laughter. Along with the burgers, chicken, ribs, and fish, there are always the great side salads. I love all the fresh vegetables of summer and the salads are always my favorite part of the meal, being that I am not a big carnivore.

Most salads can be made well ahead, even the day before and chilled until served. The salad recipes given here are all made with oil-based dressing, so are safe to be out for the duration of your meal. Please be careful, though, of any salads you make that have mayonnaise or eggs since they can get you pretty sick if they are left out in the summer heat for long periods of time.

Make sure all your vegetables are washed and dried before using. A good quality extra virgin olive oil is best for dressings and freshly grated pepper is superior to the pre-ground varieties. For the following recipes, look for firm bright green asparagus and nice ripe vine or cherry tomatoes.

#### Corn & Tomato Salad with Blue Cheese

(This is a delicious recipe from chef Bobby Flay)  
 1/4 cup rice wine vinegar  
 1/4 cup chopped fresh basil leaves  
 1 teaspoon sugar  
 Salt & Freshly ground black pepper  
 1/2 cup extra-virgin olive oil



by Cathy Smith

8 ears corn, grilled in the husk, kernels removed  
 (OR 3 cups of frozen sweet corn)  
 1 sweet onion, halved and thinly sliced  
 1 pint cherry tomatoes, halved  
 8 ounces blue cheese, crumbled  
 Fresh basil, chopped, for garnish (opt)

Combine the vinegar, basil, sugar, 1/2 teaspoon of salt, 1/4 teaspoon of pepper and oil in a blender and blend until smooth. Can be made 2 hours in advance and refrigerated. Bring to room temperature before using.

Combine the corn kernels, onion and tomato in a large bowl. Add the dressing and toss to coat, season with salt and pepper. Let the salad sit at room temperature 30 minutes. Just before serving, top with the crumbled blue cheese and chopped fresh basil. Serves 4.

#### Cold Asparagus with Orange Vinaigrette

20 asparagus spears (nice young, thin), trimmed  
 1/3 cup of fresh orange juice  
 1 Tsp. fresh lime juice  
 1 Tb. shallot, finely chopped  
 1 Tsp. garlic, finely chopped  
 1 Tb. orange zest, cut into strips

2 Tb. extra virgin olive oil  
 1 Tb. red wine vinegar

Blanch the orange zest in boiling water for about 30 seconds. Remove from water and drain. In a small bowl, mix together the orange and lime juices, garlic and zest. Let stand for about 10 minutes then add the vinegar. Slowly whisk in the olive oil and set aside.

Poach or steam the asparagus spears for about 5 minutes until they are just crisp tender. Drain and refresh them under cold water. Cool and dry on paper towels and refrigerate until ready to serve. At serving time whisk the vinaigrette and pour over asparagus. Serves 4.

#### Tomato and Chickpea Salad

8 cups of baby lettuce or arugula  
 3 scallions, thinly sliced  
 2-15 oz. cans of chickpeas, drained  
 2 cup cherry tomatoes, halved  
 1/2 cup toasted walnuts  
 4 Tb. red wine vinegar  
 4 Tb. extra virgin olive oil  
 Salt and fresh ground pepper, to taste

Layer the greens, tomatoes and chickpeas in a serving bowl. Top with scallions. Whisk the vinegar into the vinegar and season with salt and pepper to taste. Pour over the salad and serve. Serves 4.

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**Luau Shrimp and Salmon**

4 5-6 oz. skinned salmon fillet  
 24 peeled shrimp  
 Bamboo skewers (soaked in water for 10-15 minutes)  
 8 fresh pineapple half moons (super sweet variety)  
 Olive Oil  
 Salt and pepper  
 Sweet chili sauce

(Note: Sweet chili sauce is usually found in the Asian specialties section of your local market. Do not confuse it with the thicker tomato version of chili sauce.)

1. Brush both sides of salmon with olive oil and season with salt and pepper.
2. After soaking the skewers, slide 6 shrimp onto each skewer, leaving room on either end. Brush both sides with olive oil and season with salt and pepper.
3. Cut the fresh pineapple into slices approximately half inch in diameter and then cut in half. Brush both sides with olive oil.
4. On a medium heated grill, place the salmon flesh side down. Grill approximately 6-7 minutes per side or until the fish reaches 150 degrees.
5. Grill shrimp approximately 3-4 minutes per side or until 150 degrees.
6. Grill pineapple for 2-3 minutes per side or until there is good caramelization.
7. Brush all items generously with the sweet chili sauce.
8. To serve, place the pineapple at the top of each plate and crisscross. Top the pineapple with a scoop of your favorite rice. Crisscross the salmon and the shrimp skewer on top of the rice. Sprinkle with fresh parsley and serve with your favorite vegetable.