



Let's Do This at Home!

Recipes and Inspiration That Make it Easier to Stay at Home

Edition #11

Melons are at their peak right now and there are more than a few varieties to try at Bayview and Ralph's! There's more to this fruit than just slicing for breakfast or enjoying at a picnic.

Explore the possibilities with our exciting recipes below!

Melon, Berry and Feta Salad

2 tablespoons extra-virgin olive oil
2 tablespoons fresh lemon juice
1 small shallot, thinly sliced
½ teaspoon minced lemon zest
¼ teaspoon crushed red pepper
Salt
Freshly ground pepper

½ green melon (about 1¼ pounds) - halved,
cut into wedges, peeled and thinly sliced
½ orange or yellow melon (about 1¼ pounds) -
halved, cut into wedges, peeled and thinly sliced
1 cup blackberries
2 ounces feta cheese, cut into thin slices
2 tablespoons snipped chives or mint

In a small bowl, combine the olive oil, lemon juice, shallot, lemon zest, and crushed red pepper and season with salt and pepper.

Arrange the melon slices and blackberries on a platter. Drizzle the dressing over the fruit. Garnish the salad with the feta and snipped chives and serve. Serves 6.

Shrimp and Melon Skillet

2 whole-wheat pitas (8-inches each),
both cut into 8 triangles
2 tablespoons extra-virgin olive oil
12 ounces medium shrimp, shelled and deveined
½ cup sliced shallots
4 cups seedless watermelon (1-inch cubed)
or honeydew

¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
1 large cucumber, peeled and chopped
2 ounces crumbled feta
2 tablespoons chopped fresh dill
2 tablespoons chopped fresh mint
2 limes, cut into wedges

Heat oven to 450°F. On a baking sheet, toast pita triangles, turning once, until crisp and brown, 4 to 5 minutes each side.

In a large skillet, heat oil over high heat. Cook shrimp and shallots, stirring, until shrimp are pink and shallots are crisp, 3 to 4 minutes; transfer to a bowl.

In same skillet, cook melon and ¼ cup water over high heat, stirring, until liquid becomes syrupy, about 3 minutes. Remove skillet from heat; add shrimp mixture, salt, and pepper; stir.

Divide shrimp-watermelon mixture (warm or chilled) among 4 plates; add cucumber and feta. Sprinkle with dill and mint. Serve with 4 pita pieces each and lime wedges.

Watermelon with Yogurt, Poppy Seeds, and Fried Rosemary

2 tablespoons olive oil	3 tablespoons fresh grapefruit juice (or fresh lemon juice plus 1 teaspoon sugar)
1 rosemary sprig (6-inches)	Flaky sea salt
½ cup plain whole-milk Greek yogurt	1 teaspoon crushed red pepper flakes
1 tablespoon honey	1 teaspoon poppy seeds
Kosher salt	
1 seedless watermelon (3-pounds), rind removed, cut into 2-inch pieces	

Heat oil, in a small skillet, over medium. Fry rosemary until crisp, about 20 seconds. Transfer to a paper towel to drain; set rosemary oil aside.

Mix yogurt and honey in a small bowl, season with kosher salt.

Toss watermelon and grapefruit juice in a large bowl; season with flaky sea salt.

Spread yogurt on a large platter. Top with watermelon and crumble fried rosemary over. Drizzle 1 tablespoon reserved rosemary oil over (save remaining oil for another use) and sprinkle with red pepper flakes and poppy seeds.

Pork Tonkatsu with Melon-Tomato Salad

2 cups watermelon or cantaloupe, ½-inch cubed	½ teaspoon kosher salt
2 cups cherry tomatoes, halved	¼ teaspoons freshly ground black pepper plus more
2 cups baby arugula, lightly packed	2 large eggs
¼ cup fresh flat-leaf parsley leaves	2 cups panko (Japanese breadcrumbs)
¼ cup extra-virgin olive oil	4 4-ounce boneless center-cut pork chops, pounded to ⅛-inch thickness
2 tablespoons Dijon mustard, divided	6 tablespoon vegetable oil, divided
1 tablespoon fresh lemon juice plus	
½ teaspoon sugar	
4 lemon wedges	

Combine first 4 ingredients in a large bowl. Whisk olive oil, 1 tablespoon mustard, juice, and sugar in a small bowl. Season dressing with salt and pepper. Set salad and dressing aside.

Whisk eggs and 1 tablespoon mustard in a medium bowl. Combine panko, ½ teaspoon salt, and ¼ teaspoon pepper on a large plate. Season pork lightly with salt and pepper. Dip in egg mixture, then in panko, pressing to adhere.

Working in 2 batches, heat 2 tablespoons vegetable oil in a large nonstick skillet over medium heat and cook pork until golden brown and cooked through, about 2 minutes per side, adding 1 tablespoon vegetable oil after turning. Drain on paper towels.

Toss salad with dressing; season to taste with salt and pepper. Serve pork with salad and lemon wedges, for squeezing over. Makes 4 servings.

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