

SATURDAY MARKET

August 18 Demo Recipe:

Steph's Tomato Caprese App

Submitted by Stephanie Burnette of The Supper Swap Girls

Typically, Tomato Caprese (or Tomato Capri) is a salad layered with basil & mozzarella, but I demonstrated it at the Market skewered on toothpicks as a perfect seasonal Summer app.

Ingredients:

4 large Heirloom Tomatoes (or 6 medium)

2 large balls of Fresh Mozzarella (I got mine at Fresh Market for about 4.75 ea)

2 handfuls of Fresh Basil

Olive Oil

Really Good Balsamic (I use 10 year old aged)

Celery Salt

Pepper

Directions:

Cut Tomatoes into chunks. Discard (translate eat) any pieces that don't have skin on them. Cut the cheese into similar chunks. Don't worry about perfect sizes, everything looks good on a toothpick. Skewer one piece of tomato and one piece of cheese on each toothpick. Pile onto a cake plate.

Use an old jar with a tight lid to emulsify dressing. Add equal parts of balsamic vinegar and olive oil. I did about 1/2 cup and 1/4 cup. Add fresh black pepper and a few shakes of celery salt. Scissor into the jar the fresh basil. Once again, this doesn't have to be perfect. Shake, shake, shake and pour over skewers on cake plate. Let marinate for at least 30 minutes before serving.

Try not to lick the cake plate.

*For more great recipes and tips visit The Supper Swap Girls' blog at www.greenvilleonline.com or www.upstatemoms.com