



Dinner at dusk

Set a place for the Fourth—or any summer soiree—with this fresh outdoor menu.

For this year's Fourth of July gathering, trade the soda and meal-on-a-bun buffet for cold glasses of white wine and a menu that inspires ooohs and ahhs before the fireworks begin. This one mingles savory with sweet, sophisticated with serendipitous. Salty prosciutto lights up a cool melon salad; breadsticks sizzle with peppercorns and sharp pecorino, and ginger sparks roasted fresh plums. This holiday weekend—or any summer weekend, really—is ideal for making memories and sharing food as good as this.

story Jason Burnett | **recipes** Joanne Weir

photography Becky Luigart-Stayner | **styling** Melanie J. Clarke

Summer Menu

(Serves 6)

*Escarole Salad with Melons
and Crispy Prosciutto*

*Spicy Peppercorn and Pecorino
Breadsticks*

*Pork Tenderloin with Fresh
Mango Salsa*

*Sweet Corn and Roasted
Garlic Custards*

*Green and Yellow Wax Beans
with Roasted Pepper*

*Roasted Plums with Ginger
and Pecans*

**Escarole Salad with
Melons and Crispy Prosciutto**
(recipe on page 108)



WINE NOTE This menu says summertime, and so do the following wines. Begin by pairing the escarole salad with a dry, crisp, and light Italian white, such as a Gavi or Vernaccia di San Gimignano. There are dozens of small producers of both of these, so a wineshop in your area is bound to have one. Next, try a dry Riesling with the pork tenderloin. It will evoke lots of fruity flavors—an ideal accompaniment for the mango and citrus salsa. Germany, Alsace, and Australia all make great dry Rieslings, or try the excellent wine known as “Eroica” from Château Ste. Michelle in Washington State (\$20). Finally, pair the roasted plums with a lusciously fruity—but not sugary—dessert wine, such as Quady Electra (\$10).

—Karen MacNeil

No Independence Day celebration is complete without fireworks, so let them begin with dinner.

Spicy Peppercorn and Pecorino Breadsticks ▲

With black and red pepper, these breadsticks pack some heat. If you don't have semolina, you can use cornmeal.

- 1 package dry yeast (about 2¼ teaspoons)
- 1⅓ cups warm water (100° to 110°)
- 3½ cups bread flour, divided
- 2 tablespoons extravirgin olive oil
- 2 teaspoons coarsely ground black pepper
- 1¾ teaspoons salt
- ¾ teaspoon crushed red pepper
- 1 cup (4 ounces) grated fresh pecorino Romano cheese
- Cooking spray
- 2 tablespoons ground semolina

1. Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Lightly

spoon flour into a dry measuring cup; level with a knife. Add ½ cup flour to yeast mixture, stirring with a whisk. Let stand 30 minutes. Add remaining 3 cups flour, olive oil, black pepper, salt, and red pepper; stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); cover and let rest 10 minutes. Knead in half of cheese; cover and let rest 5 minutes. Knead in remaining cheese.

2. Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 45 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down. Roll dough into a 12 x 8-inch rectangle on a lightly floured surface.

3. Preheat oven to 450°.

4. Sprinkle 1 tablespoon semolina onto each of 2 baking sheets. Cut dough in half lengthwise to form 2 (12 x 4-inch) rectangles. Cut each rectangle crosswise into 12 (1-inch-wide) strips. Working with 1 strip at a time (cover remaining dough to prevent drying), gently roll each strip into a 15-inch-long rope. Place rope on prepared pan, and repeat procedure with remaining strips, placing 12 on each pan. Cover and let dough rise 20 minutes.

5. Uncover dough; bake each pan at 450° for 12 minutes. Remove breadsticks from pans; cool completely on wire racks. Yield: 24 servings (serving size: 1 breadstick).

CALORIES 99 (22% from fat); FAT 2.4g (sat 1g, mono 1.2g, poly 0.1g); PROTEIN 4.4g; CARB 15.7g; FIBER 0.7g; CHOL 5mg; IRON 1.1mg; SODIUM 228mg; CALC 52mg

Pork Tenderloin with Fresh Mango Salsa

Look for mangoes that gently yield to pressure and smell fruity.

- 2 (1-pound) pork tenderloins, trimmed
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1½ cups diced peeled mango (about 2 large)
- 1 teaspoon grated orange rind
- 3 tablespoons diagonally sliced green onions
- 2 teaspoons grated peeled fresh ginger
- 3 tablespoons fresh orange juice
- ½ teaspoon ground coriander
- ¼ teaspoon ground cardamom
- 1 tablespoon olive oil

1. Cut each tenderloin crosswise into 8 pieces. Place plastic wrap over pork; pound to an even thickness using a meat mallet or rolling pin. Sprinkle evenly with salt and pepper.
2. Combine mango and next 6 ingredients (mango through cardamom).
3. Heat oil in a large nonstick skillet over medium-high heat. Add half of pork; cook 3 minutes on each side or until done. Remove from pan; repeat pro-

cedure with remaining pork. Serve with mango salsa. Yield: 8 servings (serving size: 2 pork medallions and about 3 tablespoons salsa).

CALORIES 195 (22% from fat); FAT 4.7g (sat 1.3g, mono 2.6g, poly 0.5g); PROTEIN 27.5g; CARB 9.9g; FIBER 1.2g; CHOL 67mg; IRON 1.6mg; SODIUM 349mg; CALC 15mg

Green and Yellow Wax Beans with Roasted Pepper

Red and yellow bell peppers and green and yellow beans brighten this side dish. Toasted pine nuts offer a light crunch.

- 1 yellow bell pepper
- 1 red bell pepper
- ¾ pound green beans, trimmed
- ¾ pound yellow wax beans, trimmed
- 1 teaspoon olive oil
- 1 garlic clove, minced
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons pine nuts, toasted
- 2 teaspoons grated lemon rind
- 1 tablespoon fresh lemon juice

1. Cut bell peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 10 minutes. Peel and cut into thin strips.
2. Place green beans in a large saucepan of boiling water; cook 4 minutes. Remove with a slotted spoon. Plunge beans into ice water; drain. Add wax beans to boiling water; cook 4 minutes. Drain and plunge beans into ice water; drain.
3. Heat oil in a large nonstick skillet over medium-high heat. Add bell pepper strips, beans, garlic, salt, and black pepper; sauté 2 minutes or until thoroughly heated. Remove from heat, and add the nuts, rind, and juice, tossing gently to coat. Yield: 6 servings (serving size: 1 cup).

CALORIES 70 (31% from fat); FAT 2.4g (sat 0.4g, mono 1.1g, poly 0.8g); PROTEIN 3.2g; CARB 11.6g; FIBER 4.9g; CHOL 0mg; IRON 1.7mg; SODIUM 203mg; CALC 49mg

Sweet Corn and Roasted Garlic Custards

The custard is baked in a water bath so that it's gently cooked. The reserved corn is sprinkled around the custards and can be room temperature or warmed in the microwave before garnishing.

- 1 whole garlic head
- 2 teaspoons butter
- 3 cups fresh corn kernels (about 5 ears)
- ½ cup chopped green onions
- ½ teaspoon chopped fresh thyme
- Cooking spray
- 1½ cups fat-free milk
- 3 large eggs
- 1 large egg yolk
- ¾ teaspoon salt
- ½ teaspoon freshly ground black pepper
- Thyme sprigs (optional)

1. Preheat oven to 375°.
2. Remove white papery skin from garlic head (do not peel or separate cloves). Wrap head in foil. Bake at 375° for 40 minutes, and cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins. Mash pulp.
3. Melt butter in a large nonstick skillet over medium heat. Add corn; cook 4 minutes, stirring occasionally. Remove 1 cup corn, and set aside. Add onions and thyme to remaining corn in pan; cook 1 minute, stirring frequently. Remove from heat; cool slightly.
4. Coat 6 (6-ounce) custard cups with cooking spray. Combine mashed roasted garlic, green onion mixture, milk, eggs, egg yolk, salt, and pepper, stirring with a whisk. Divide the egg mixture evenly among prepared custard cups. Place the custard cups in a 13 x 9-inch baking pan, and add hot water to pan to a depth of 1 inch.
5. Bake at 375° for 40 minutes or until a knife inserted in center of custard comes out clean. Remove cups from pan; cool 5 minutes on a wire rack. Loosen edges of custards with a knife or rubber spatula. Place a plate, upside down, on top of each cup; invert onto plates. Sprinkle reserved corn evenly around each custard. Garnish with thyme sprigs, if desired. Yield: 6 servings.

CALORIES 162 (30% from fat); FAT 5.4g (sat 2g, mono 1.9g, poly 0.8g); PROTEIN 8.4g; CARB 22.5g; FIBER 2g; CHOL 146mg; IRON 1mg; SODIUM 375mg; CALC 104mg



Pork Tenderloin with Fresh Mango Salsa; Sweet Corn and Roasted Garlic Custards; and Green and Yellow Wax Beans with Roasted Pepper



◀ Roasted Plums with Ginger and Pecans

The warm plums and syrupy sauce are best served immediately. This is also good with fresh peaches.

- 1 cup Riesling or other sweet white wine
- 1/3 cup dried apricots, chopped
- 3 tablespoons sugar
- 1 tablespoon grated peeled fresh ginger
- 1 tablespoon butter, softened
- 1 large egg yolk
- 3 tablespoons chopped pecans, toasted
- 9 plums, halved and pitted
- 2 cups vanilla low-fat frozen yogurt

1. Preheat oven to 350°.
2. Bring wine to a simmer in a medium saucepan over medium-high heat. Stir in apricots; cover and remove from heat. Let stand 20 minutes. Drain apricots in a colander over a bowl; reserve wine and apricots separately.
3. Combine sugar, ginger, butter, and egg yolk in a bowl. Stir in apricots and pecans. Fill each plum half with about 1 1/2 teaspoons of apricot filling. Place stuffed plums in a single layer in an 11 x 7-inch baking dish; pour reserved wine around plums. Bake at 350° for 20 minutes or until plums are tender.
4. Remove plums from dish; pour remaining liquid into a small saucepan. Bring to a boil, cook until slightly syrupy and reduced to 1/4 cup (about 5 minutes). Serve plum halves with sauce and frozen yogurt. Yield: 6 servings (serving size: 3 plum halves, 2 teaspoons sauce, and 1/3 cup frozen yogurt).

CALORIES 227 (25% from fat); FAT 6.7g (sat 2.3g, mono 2.9g, poly 1g); PROTEIN 4.8g; CARB 36.6g; FIBER 2.4g; CHOL 44mg; IRON 0.6mg; SODIUM 43mg; CALC 119mg

Escarole Salad with Melons and Crispy Prosciutto

The Italian combination of melon and prosciutto pair nicely in this first-course salad.

- 4 thin slices prosciutto (about 1.5 ounces), coarsely chopped
- 3 tablespoons minced shallots
- 2 tablespoons balsamic vinegar
- 1 tablespoon red wine vinegar
- 1 1/2 teaspoons extravirgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 12 cups torn escarole (about 1 1/4 pounds)
- 2 cups torn radicchio (about 4 ounces)
- 2 cups cubed peeled honeydew melon
- 2 cups cubed peeled cantaloupe
- 2 tablespoons sliced almonds, toasted

1. Preheat oven to 400°.
2. Arrange prosciutto in a single layer

on a baking sheet. Bake at 400° for 6 minutes or until crisp.

3. Combine shallots and next 5 ingredients (shallots through pepper) in a large bowl, stirring with a whisk. Add escarole and radicchio, and toss to coat. Add honeydew and cantaloupe, and toss to combine. Place 2 cups salad on each of 6 plates, and top each serving with about 2 teaspoons prosciutto. Sprinkle each serving with 1 teaspoon almonds. Yield: 6 servings.

CALORIES 105 (32% from fat); FAT 3.7g (sat 0.7g, mono 2.1g, poly 0.6g); PROTEIN 3.6g; CARB 16.4g; FIBER 4g; CHOL 4mg; IRON 1.1mg; SODIUM 228mg; CALC 68mg

Jason Burnett is the editor of *CookingLight.com*. Joanne Weir is the host of PBS's *Weir Cooking in the Wine Country*.

