

# summer Savory

*This fabulous Mediterranean lunch  
could quite possibly turn  
into an all-day affair.*

To enjoy a meal the Mediterranean way means dining at a table laden with simple, fresh foods and lined with friends and family. The residents of, say, Florence, don't rush through their lunch, but linger for hours at the table in comfortable surroundings, settling in to relax, chat, and enjoy food and wine.

You can eat this way, too. Forget the pressure of entertaining—think instead of sharing, opening your table as well as your heart to the people you most love. Invite them over for an informal late-afternoon meal, enjoyed outside in the lingering sunshine of midsummer.

Find a space dappled with shade—a patio, a deck, a corner of the yard—and bring your dining room table outside. Set it with fine yet simple linens, glasses, and plates. And whether you serve your meal in courses or put it on the table all at once, these dishes are sure to be savored.

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## Garden Party Menu

Yellow Tomato Gazpacho

Summer Bean Salad

Zucchini Custards with Tomatoes and Basil

Potato Salad with Olives, Capers, and Parmesan

Grilled Herbed Chicken

Blueberry Granita with Berry Compote

Cardamom-Lemon Polenta Cookie

### ◀ Grilled Herbed Chicken

Because the chicken is cooked over indirect heat, it needs little attention—just flip it once while it's on the grill. For this dish, 2 broiler-fryers are cut along the backbone so each flattens like a book for an impressive serving. You can use a combination of chicken pieces, though, if you prefer.

- 2 (3½-pound) whole chickens
- ½ cup chopped fresh parsley
- ¼ cup chopped fresh chives
- 2 tablespoons chopped fresh thyme
- 2 tablespoons chopped fresh oregano
- 2 teaspoons chopped fresh rosemary
- 2 teaspoons olive oil
- ¾ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 2 cups water
- Cooking spray
- Lemon wedges (optional)
- Oregano sprigs (optional)

**1.** Remove and discard giblets and necks from chickens. Rinse chickens with cold water; pat dry. Trim excess fat. Place each chicken, breast side down, on a cutting surface. Cut each chicken in half lengthwise along backbone, cutting to, but not through, other side. Turn chickens over. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.

**2.** Combine parsley and next 7 ingredients (parsley through pepper). Rub parsley mixture over breast and thigh of each chicken. Gently press skin to secure. Cut a 1-inch slit in skin at the bottom of each breast half; insert tip of drumstick into slit.

**3.** To prepare grill for indirect grilling, place a disposable aluminum foil pan in grill; pour water in pan. Arrange charcoal around pan; heat to medium. Coat grill rack with cooking spray; place rack on grill. Place chickens, breast sides down, on grill rack over foil pan. Cover and grill 1 hour and 15 minutes or until a thermometer registers 180°, turning chicken over halfway during cooking time. Remove chicken from grill; place on a clean cutting surface. Cover with foil; let stand 5 minutes. Discard skin before serving. Garnish with lemon wedges and oregano sprigs, if desired. Yield: 8 servings (serving size: 3 ounces).

CALORIES 149 (28% from fat); FAT 4.7g (sat 1.1g, mono 1.9g, poly 1g); PROTEIN 24.5g; CARB 0.8g; FIBER 0.2g; CHOL 79mg; IRON 1.5mg; SODIUM 308mg; CALC 30mg



### Yellow Tomato Gazpacho ▲

This is a sparkling beginning to an *alfresco* meal. A few ripe tomatoes and bell peppers, be they yellow, orange, or red, are the keys to this marvelous Mediterranean soup.

#### GAZPACHO:

- 1½ cups chopped seeded peeled cucumber
- 1 cup chopped Vidalia or other sweet onion
- 1 cup coarsely chopped yellow bell pepper
- 6 tablespoons white wine vinegar
- 1 tablespoon extravirgin olive oil
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 pounds chopped seeded peeled yellow tomatoes (about 6 large)
- 1 garlic clove, minced

#### GARNISH:

- 2 (1-ounce) slices French bread, torn into ½-inch pieces
- 1 teaspoon extravirgin olive oil
- 1 cup quartered grape or cherry tomatoes
- ½ cup diced peeled seeded cucumber

**1.** To prepare gazpacho, combine first 9 ingredients. Place one-third of vegetable mixture in a food processor; process until smooth. Pour pureed vegetable mixture into a large bowl. Repeat procedure with remaining vegetable mixture. Cover and chill.

**2.** Preheat oven to 375°.

**3.** To prepare garnish, place bread in a small bowl; drizzle with 1 teaspoon oil, tossing gently to coat. Spread bread mixture in a single layer on a baking sheet. Bake at 375° 10 minutes or until golden brown, stirring occasionally. Cool to room temperature. Place ¾ cup gazpacho in each of 8 soup bowls. Top each serving with a few croutons, 2 tablespoons quartered tomatoes, and 1 tablespoon cucumber. Yield: 8 servings.

CALORIES 89 (31% from fat); FAT 3.1g (sat 0.5g, mono 2g, poly 0.5g); PROTEIN 2.4g; CARB 13.8g; FIBER 2.6g; CHOL 0mg; IRON 1mg; SODIUM 203mg; CALC 24mg



### Zucchini Custards with Tomatoes and Basil

You can make the custards earlier in the day, store them in the refrigerator, and bring them to room temperature before serving.

- 1 1/3 pounds zucchini, coarsely grated
- 3/4 teaspoon salt, divided
- Cooking spray
- 1/4 cup minced shallots
- 1/4 cup all-purpose flour
- 1 1/3 cups fat-free milk, divided
- 1 tablespoon chopped fresh basil
- 2 teaspoons chopped fresh oregano
- 1/4 teaspoon freshly ground black pepper
- Dash of nutmeg
- Dash of ground red pepper
- 4 large eggs, lightly beaten
- 3 large egg whites, lightly beaten
- 1/4 cup (1 ounce) finely grated Parmigiano-Reggiano cheese
- 2 cups diced seeded peeled tomato
- Basil sprigs (optional)

- 1.** Preheat oven to 350°.
- 2.** Spread zucchini on several layers of paper towels; sprinkle with 1/4 teaspoon salt. Cover with additional paper towels. Let stand 15 minutes, pressing occasionally until barely moist. Set aside.
- 3.** Heat a saucepan coated with cooking spray over medium heat. Add shallots, and cook 5 minutes or until soft, stirring often. Remove pan from heat.
- 4.** Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and 1/3 cup milk, stirring with a whisk. Add 1 cup milk; stir with a whisk. Add milk mixture to pan; cook 3 minutes over medium heat or until thick, stirring constantly.
- 5.** Place milk mixture, 1/2 teaspoon salt, chopped basil, and next 6 ingredients (chopped basil through egg

whites) in a food processor or blender; process until well blended. Add cheese, and process until well blended. Add zucchini, and pulse until combined.

**6.** Divide zucchini mixture evenly among 8 (4-ounce) ramekins or custard cups coated with cooking spray. Place ramekins on a jelly roll pan; add hot water to pan to a depth of 1 inch. Bake at 350° 30 minutes or until puffed and brown and a wooden pick inserted in center comes out clean. Remove ramekins from pan; run a knife around edges. Invert custards onto plates. Top with tomato; garnish with basil sprigs, if desired. Yield: 8 servings (serving size: 1 custard and 1/4 cup tomato).

CALORIES 111 (32% from fat); FAT 3.9g (sat 1.6g, mono 1.3g, poly 0.5g); PROTEIN 9.1g; CARB 10.7g; FIBER 1.9g; CHOL 110mg; IRON 1.2mg; SODIUM 364mg; CALC 130mg

## Summer Bean Salad

Savory is a slightly bitter, minty herb. If you can't find it, increase the amount of thyme to 1½ tablespoons. Scarlett runner peas take a bit longer to cook than other shelled peas, so if you use them, allow a few extra minutes of cooking time before adding the beans.

1¼ cups fresh shelled peas (such as black-eyed, lima, or scarlett runner; about 3 pounds unshelled)	1½ tablespoons chopped fresh or 1 teaspoon dried savory
¾ pound green beans, trimmed and cut in half crosswise	3 tablespoons white wine vinegar
¾ pound wax beans, trimmed and cut in half crosswise	2 tablespoons extravirgin olive oil
¼ cup minced shallots	2 teaspoons chopped fresh thyme
3 tablespoons chopped fresh chives	¾ teaspoon salt
	¼ teaspoon freshly ground black pepper
	1 garlic clove, minced

1. Cook peas in boiling water 15 minutes. Add beans; cook 5 minutes or until crisp-tender. Drain and rinse with cold water. Drain; place bean mixture in a large bowl.
2. Combine shallots and remaining ingredients. Pour over bean mixture; toss well. Serve at room temperature or chilled. Yield: 8 servings (serving size: about 1 cup).

CALORIES 118 (31% from fat); FAT 4g (sat 0.6g, mono 2.7g, poly 0.5g); PROTEIN 5.2g; CARB 16.8g; FIBER 6.5g; CHOL 0mg; IRON 2.6mg; SODIUM 226mg; CALC 61mg

Grilled Herbed Chicken (recipe on page 139)  
and Potato Salad with Olives, Capers,  
and Parmesan (recipe on page 234)

## Cardamom-Lemon Polenta Cookie

Serve alongside the Blueberry Granita with Berry Compote (page 234).

- ¼ cup blanched almonds, toasted
- 1⅓ cups all-purpose flour
- ½ cup yellow cornmeal
- ½ cup granulated sugar
- 1 tablespoon grated lemon rind
- ¾ teaspoon ground cardamom
- Dash of salt
- 3 tablespoons butter
- 1 tablespoon water
- 1 large egg
- Cooking spray
- 1 tablespoon powdered sugar

1. Preheat oven to 350°.
2. Place almonds in a food processor; pulse until finely ground. Lightly spoon flour into dry measuring cups; level with a knife. Add flour and next 5

ingredients (flour through salt) to food processor; process until combined. Add butter, water, and egg; pulse 3 or 4 times or just until combined.

3. Lightly press mixture evenly into bottom of a 9-inch round springform pan coated with cooking spray. Sprinkle with powdered sugar. Bake at 350° 30 minutes or until lightly browned.

4. Remove outer ring of springform pan, and cut cookie into 12 wedges while warm. Yield: 12 servings (serving size: 1 wedge).

CALORIES 150 (29% from fat); FAT 4.9g (sat 1.9g, mono 1g, poly 0.2g); PROTEIN 3g; CARB 24.4g; FIBER 1.2g; CHOL 25mg; IRON 0.9mg; SODIUM 18mg; CALC 12mg

PLEASE SEE PAGE 234 FOR MORE RECIPES

Take it outside! We've got more menus for casual gatherings at [CookingLight.com/features](http://CookingLight.com/features).



## Blueberry Granita with Berry Compote

The more frequently you stir granita, the slushier it will be. The less you stir it, the icier it will be. You can use raspberries, blackberries, or any other delicate fresh berries instead of the blueberries in the compote. Make both the granita and the compote up to a day ahead.

### GRANITA:

- 2 quarts fresh blueberries (about 1½ pounds)
- 1½ cups water, divided
- ¾ cup sugar
- 3 tablespoons lemon juice

### COMPOTE:

- 2 cups quartered small strawberries, divided
- ½ cup water
- ⅓ cup sugar
- 1 (2-inch) piece lemon rind (removed with vegetable peeler)
- ¾ cup fresh blueberries
- 1 teaspoon lemon juice

**1.** To prepare granita, place blueberries in a food processor or blender; process until smooth. With food processor still on, slowly pour 1 cup water through food chute; process until well blended. Strain blueberry mixture through a fine sieve into a bowl; discard solids.

**2.** Combine ½ cup water and ¾ cup sugar in a small saucepan over high heat, stirring until sugar dissolves. Stir sugar mixture and 3 tablespoons juice into blueberry mixture. Pour mixture into a 13 x 9-inch glass baking dish; let cool to room temperature. Freeze ½ to 2 hours or until ice crystals begin to form. Remove mixture from freezer; stir well with a fork. Return dish to freezer; freeze 2 hours, stirring every 30 minutes or until slushy. Cover and freeze 1 hour.

**3.** To prepare compote, place 1 cup strawberries in a food processor or blender; process until smooth. Strain strawberry mixture through a fine sieve into a bowl; discard solids.

**4.** Combine ½ cup water, ⅓ cup sugar, and rind in a medium saucepan over medium-high heat; bring to a boil. Cook 1 minute; remove from heat. Discard rind. Add pureed strawberries, quartered strawberries, blueberries, and 1 teaspoon juice to pan; stir gently to combine. Let cool to room temperature. Cover and chill. Spoon compote into



each of 8 bowls; top with granita. Yield: 8 servings (serving size: ⅔ cup granita and about ⅓ cup compote).

CALORIES 174 (3% from fat); FAT 0.5g (sat 0g, mono 0g, poly 0.1g); PROTEIN 0.9g; CARB 44.5g; FIBER 3.5g; CHOL 0mg; IRON 0.3mg; SODIUM 7mg; CALC 12mg

## Potato Salad with Olives, Capers, and Parmesan

Cook the potatoes and make the olive mixture up to a day ahead, then combine them just before serving. You can throw the cooked potatoes on the grill for a moment, which makes them crisp on the outside—and pretty, too.

### POTATOES:

- 3 pounds small red potatoes
- 2 tablespoons water
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper

### OLIVE MIXTURE:

- 2 tablespoons extravirgin olive oil
- ½ cup chopped red bell pepper
- ½ cup chopped yellow bell pepper
- ½ cup green olives, pitted and halved lengthwise
- ½ cup thinly sliced green onions
- 3 tablespoons capers
- 1 tablespoon grated lemon rind
- 2 teaspoons chopped fresh oregano
- 2 garlic cloves, minced
- 2 ounces Parmigiano-Reggiano cheese, shaved (about ½ cup)

**1.** Preheat oven to 375°.

**2.** To prepare potatoes, place potatoes in a 13 x 9-inch baking dish. Drizzle

**WINE NOTE** Take Italy as your vinous *alfresco* inspiration. Begin with a dry, refreshing Italian white like San Quirico Vernaccia di San Gimignano 2001 from Tuscany, about \$12. If you'd like to have a red on hand, Washington State's Covey Run Winery makes a steal of a syrah at just \$9. It's full of juicy blackberry flavor. Finally, finish in grand form with the beautiful apricot flavors and intense, irresistibly rich fruitiness of Robert Mondavi Winery's Moscato d'Oro, about \$16 for a half bottle. It's a wonderful mate for sorbet.

—Karen MacNeil

with water; sprinkle with salt and pepper. Cover with aluminum foil; bake at 375° 55 minutes or until tender. Uncover and cool 5 minutes. Cut in half.

**3.** To prepare olive mixture, combine olive oil, bell pepper, and next 7 ingredients (bell pepper through garlic) in a large bowl. Add potatoes and cheese to bell pepper mixture; toss gently to combine. Yield: 8 servings (serving size: about 1 cup).

CALORIES 210 (30% from fat); FAT 7g (sat 1.9g, mono 4.1g, poly 0.7g); PROTEIN 7.1g; CARB 31.2g; FIBER 3.5g; CHOL 6mg; IRON 2.7mg; SODIUM 506mg; CALC 131mg

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