

Summer Dishes

With Chef Ron Fan

July 2022

Baked Ricotta with Slow Roasted Tomatoes
Striped Bass with Roasted Fennel and Tomato Vinaigrette
Arugula and Blackberry Salad with Lemon Mint Vinaigrette

Baked Ricotta with Slow Roasted Tomatoes

I like to roast the tomatoes outside over a live wood or charcoal fire as it offers a nice smokiness that you can't get anywhere else. I highly recommend you do this if it's an option. Otherwise, an oven will be just fine.

Ingredients

5 plum tomatoes

2 tsp olive oil

1 tsp fennel seed, crush

1 tsp sugar

½ tsp salt

700g (~3 cups) high quality full fat ricotta

240g (~1 cup) pecorino grated

2 egg

½ cup fine cut basil, loosely packed

Black pepper

More pecorino for the top

Fine cut basil and honey for garnish

Steps

- Preheat oven to 400F
- Cut tomatoes lengthwise, Toss in a bowl with olive oil and lay them cut side up on a baking sheet.
- Evenly season the top of the tomatoes with the fennel seed, salt and sugar, and bake until the tomato begins to collapse on itself. The skin should come off the tomato and be slightly charred. The flesh should be slightly dry on the surface but still moist on the inside. This will take about an hour.
- While the tomato is cooking, put the ricotta in a large bowl and whisk until smooth. Mix in pecorino and taste. Add salt to taste, though the pecorino should give you enough seasoning. Add egg, basil and a good grind of black pepper.
- Place ricotta in a 9" pie pan and top evenly with more pecorino. Put the ricotta into the oven after the tomatoes have cooked for 40 minutes and cook everything for the last 20 minutes.
- Once everything is out of the oven, place the tomatoes on top and garnish with basil and honey. Serve hot or at room temp with crusty baguette or garlic bread.

Striped Bass with Roasted Fennel and Tomato Vinaigrette

This dish is all about contrast. The roasted fennel with a fresh tomato vinaigrette. Sweet delicate fish with a punch from the capers. Substitute bass with snapper or other white fish.

Ingredients

½ cup peeled, seeded and diced tomatoes (¼" dice)
1 tbsp capers
½ cup extra virgin olive oil
1 tbsp sherry vinegar
½ tbsp fine mince shallot
¼ tsp fine mince garlic
Salt and pepper to taste

2 medium sized fennel bulbs, or 1 ½ large, trimmed of stem
1 tbsp olive oil
2 tsp sugar
2 tsp crushed fennel seeds
½ tsp salt
2 tbsp butter

4 6oz striped bass filets
Oil for cooking
Salt and pepper to taste
Chives for garnish

Steps

- Preheat oven to 400F
- To peel the tomatoes, bring a pot of water to a boil. With a sharp paring knife, etch a small "X" on the bottom of the tomato and blanch in the water for 20 seconds, then shock it in an ice bath. The peel should now be easy to pull off. Next, cut the tomato in half widthwise and gently squeeze the seeds out. ¼" dice the flesh.
- In a bowl, combine tomato, capers, oil, vinegar, shallot, and garlic. Season to taste. Set aside.
- Cut the fennel lengthwise into 10 or 12 wedges about ½" thick so that each slice is still attached by the center root.
- In a bowl, toss cut fennel with oil, sugar, crushed fennel seed, and salt. Line fennel up in a baking tray and cover tightly in aluminum foil.
- Cook for 30-40 minutes until fennel is tender but still has structure. Let cool slightly before handling.
- Heat a heavy bottom pan, with a little oil and sear the cut sides of the fennel until they are deeply caramelized. Set aside.
- Pat the fish dry with a paper towel and season with salt and pepper. In a clean hot pan, add oil and place fish skin side down. Cook over medium heat until the skin is crispy. Flip the fish and cook until you can pass a cake tester through the center with no resistance.
- To serve, place fennel in the center of the plate, spoon tomato vinaigrette over fennel and top with fish. Garnish with chives.

Mix Greens and Blackberry Salad with Lemon Mint Vinaigrette

Ingredients

5oz box mixed greens
4 radishes
1 pack blackberry
¼ cup sliced almonds
4oz soft goat cheese (chevre)

Vinaigrette:

1 tbsp shallot, finely diced
½ cup mint, loosely packed
6 tbsp lemon juice
2 tbsp honey
½ tsp dijon mustard
½ cup extra virgin olive oil
Salt and pepper to taste

Steps

- Wash your greens and vegetables. Slice radishes to about ⅛ inch thick. Break up goat cheese into small pieces.
- Finely dice the shallot and chiffonade (slice into thin shreds) the mint. In a large bowl, combine shallot, mint, lemon juice, honey and mustard. Whisk until well combined.
- Slowly drizzle the oil into the mixture while whisking vigorously. Whisk until the vinaigrette emulsifies before adding more oil. Add salt and pepper to taste.
- Combine all ingredients and serve.