

Chef from the Hood Recipes



Chef:

Chef Dan Berman, our Culinary Director

Restaurant:

Pacific Markets

Recipe:

3 Summer Berries with Mint



Who would have guessed that the lovely blueberry turns out to be the unsung nutritional hero of the fruit world? Researchers have learned that blueberries are the best natural defender of your health. Packed with natural anti-cancer and anti-aging compounds, just five ounces of fresh blueberries contain three grams of fiber with a low glycemic load (naturally sweet without too much sugar). Turns out that eating just a few blueberries a day can also lower blood pressure and raise cognitive function. So get smart and drop these flavor-packed blue orbs into morning cereal, pancake or muffin batter, on salads or over ice cream. Or eat them plain, right out of your hand! Dive into a basket of the prettiest color of summer. Go blue!

3 Summer Berries with Mint !

Blueberries are naturally sweet yet tart and slightly spicy, loaded with beta-carotene and vitamins A, C and E, and high in manganese, magnesium and potassium. Blueberries also provide the most antioxidants of all fruit (the elements that prevent cancer-causing cell damage). It's no wonder that blueberries are loved for even more than their good taste! And their great looks, especially when paired with other fruit, make blueberries a summer classic. Pacific Market Culinary Director and Chef Dan Berman says, "This simple salad makes a great opener or healthy ending to a summer meal!" Recipe serves 6.

Ingredients:

- 2 tablespoons fresh lemon juice
- 2 tablespoons orange liqueur (Cointreau)
- 2 teaspoons Sonoma County honey
- (Gibson's) 1 pint basket of strawberries, trimmed
- 1/2 pint basket (or 8 oz.) of blueberries
- 1/2 pint basket of raspberries
- 1/4 cup chopped fresh mint leaves (reserve pretty whole leaves for garnish)

To prepare:

Get out a small bowl and whisk together lemon juice, orange liqueur and honey. Place berries and chopped mint in a large bowl. Pour lemon dressing over the berries and mint and toss very gently. Spoon into wine glasses for a pretty presentation. Garnish.