

Tomato Nasturtium Salad

For the Vinaigrette:

3 T C extra virgin olive oil
1 T C white balsamic vinegar
1 t chartreuse liquor
½ t mustard
salt and pepper to taste

Procedure:

1. In a food processor, bowl or blender, first put in the mustard. Then add the vinegar. If using the processor or blender, add this while it's running. If using a blender, set it at a medium speed.
2. If doing by hand, put the mustard in a medium bowl. While stirring it with a whisk, slowly add the vinegar.
3. Add the oil to the vinegar and mustard mix. If doing this in a food processor or blender, add the oil by pouring it slowly into the mustard mixture while the machine is running.
4. If doing this by hand, while continuously whisking the mixture, add the oil slowly, working to incorporate it completely into the mixture.
5. Now, add the chartreuse, mix, and then add salt and pepper to taste.

For the Salad:

Ingredients:

About 1 ½ quarts of tomatoes (from the farmers market)
A nice handful of nasturtiums – include the leaves as well as the blossoms.
About 2 ounces crumbled goat cheese.

Procedure:

1. Wash the nasturtiums and tomatoes.
2. Cut the tomatoes into bite size pieces. Put into medium sized bowl.
3. Cut nasturtium leaves – I like to roll mine and give them a chiffonade cut – roll the leaves and then thinly slice them. The finished cut looks very fancy indeed.
4. Add the nasturtium leaves and the flowers to the tomatoes. Toss with vinaigrette. Season with salt and pepper. Tomatoes LOVE salt.