



The  
**Chopping  
Block**

# THE PERFECT PICNIC GUIDE

.....  
EVERYTHING YOU  
NEED FOR A  
SUCCESSFUL AL  
FRESCO FEAST

.....  
INCLUDES MENU, RECIPES,  
SHOPPING LIST, CHEF  
TIPS & ESSENTIAL  
ACCESSORIES

# The Chopping Block

## Tomato, Peach and Basil Salad with Balsamic Vinegar

*Yield: 4 servings as an appetizer*

*Active time: 10 minutes*

*Start to finish: 40 minutes*

3 vine-ripe or heirloom tomatoes, cored and cut into wedges

2 ripe peaches, cut into wedges

Extra virgin olive oil and balsamic vinegar and to taste

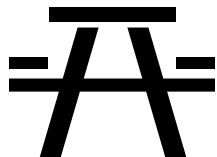
Sea salt and pepper to taste

1/4 cup basil leaves, torn into small pieces

1. Combine the tomatoes and peaches in a salad bowl. Dress with olive oil and balsamic vinegar, and season with salt and pepper to taste. Allow to sit for 30 minutes, or up to 2 hours.
2. Right before serving the salad, stir in the fresh basil leaves.

### Picnic Know-How

- Put your food in a Ziploc bag and place inside a lightweight container for easy transport.
- Serve in the container, and save the bag in case there are leftovers.
- Always choose wine with a screwtop so you don't have to carry a corkscrew.



### Must-Have Ingredient

Our Frantoia Extra Virgin Olive Oil has a vibrant rich, fruity flavor perfect for salad dressings.

\$29.95 - 33.8 oz.



### Chef Tip

Don't overdress your salad!  
Use the olive oil and balsamic vinegar sparingly to ensure the peaches and tomatoes remain the stars of the show.

## Quinoa Salad with Grilled Vegetables and Feta Cheese

*Yield: 4-6 servings*

*Active time: 35 minutes*

*Start to finish: 50 minutes*

- 1 cup quinoa
- 1/2 red onion, cut into 1/2-inch-thick slices
- 1 zucchini, sliced on the bias into 1/2-inch-thick slices
- 2 portobello mushrooms, stems and gills removed
- 1 red bell pepper, quartered, core and seeds removed
- Extra virgin olive oil for grilling
- Salt and pepper to taste
- 2 tablespoons fresh parsley, rough chopped
- 1 teaspoon lemon zest
- 3/4 cup feta cheese, crumbled
- Lemon juice and extra virgin olive oil to taste

1. To cook the quinoa, bring a large pot of water to a boil, and add a pinch of salt. Add the quinoa, and boil until it's just cooked through. Drain through a fine sieve. Set the sieve over the pan used to cook the quinoa, and allow to set for 5 minutes. Transfer to a large bowl and fluff.
2. While the quinoa is cooking, heat a grill pan over medium heat.
3. To prepare the vegetables, brush the red onion slices, zucchini, mushrooms and peppers with olive oil, and season with salt and pepper to taste.
4. Grill the vegetables on each side until caramelized and tender. Set aside on a cutting board to cool.
5. Cut the vegetables into bite-size pieces and toss with the cooked quinoa.
6. Gently stir in the parsley, lemon zest and feta cheese.
7. Dress the salad with lemon juice and olive oil to taste, and season with salt and pepper.
8. This salad is best served room temperature.

## Must-Have Tool

Our Microplane Grater is a versatile tool for zesting citrus, grating hard cheeses and whole spices. \$14.95



## Chef Tip

It's harder for our taste buds to discern different tastes when the palate is cold, and that's why you always want to serve your grain salads at room temperature. They taste better!



## Grilled Chicken Wraps with Pesto, Pickled Red Onions and Arugula

Yield: 4 wraps

Active time: 45 minutes

Start to finish: 1 hour, 45 minutes (includes marinating time)

2 cloves garlic

2 cups fresh basil leaves, loosely packed

3 tablespoons pine nuts, toasted

1/2 cup parmesan cheese, grated

2 tablespoons romano cheese, grated

1/2 cup extra virgin olive oil

Salt and pepper to taste

3 chicken breasts, boneless and skinless

4 burrito-size flour tortillas (you can also use spinach or tomato flavored tortillas)

4 cups arugula

Pickled Red Onions (recipe follows)

2 red peppers, roasted and cut into strips (see note, below)

1. To prepare the pesto, set up your food processor with the metal blade. While the food processor is running, drop the cloves of garlic through the feed tube and process until finely minced. Turn off the processor, and add the basil, pine nuts and cheeses and process until finely minced. While the food processor is running, add the oil in a steady stream through the feed tube. Season with salt and pepper to taste.

2. Transfer half of the pesto to a baking dish or a sealable bag. Add the chicken to the pesto, turn the pieces to coat well, and allow to marinate for at least 1 hour or up to 24 hours.

*Continued on next page*

### Must-Have Tool

Our Le Creuset reversible grill pan makes grilling indoors a breeze.

\$200.00



### Chef Tip

Can you use store-bought pesto? Sure! Everyone loves kitchen shortcuts!

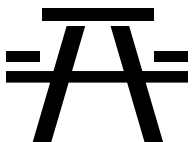


## Grilled Chicken Wraps with Pesto, Pickled Red Onions and Arugula (continued)

3. Heat an indoor grill pan, gas or charcoal grill over medium heat. Grill the chicken, presentation side down, until well marked, 3 to 4 minutes.
4. Flip the chicken over and brush with the reserved pesto. Continue to grill the chicken once the internal temperature reads 155° on a meat thermometer.
5. Allow the chicken to rest on a cutting board with a juice groove for about 5 minutes.
6. Cut each chicken breast diagonally into five slices.
7. To assemble the wraps, lay the tortillas out on your work surface. Evenly distribute the arugula in the center of each tortilla followed by the Pickled Red Onions.
8. Continue with the grilled chicken and then finish with the roasted pepper strips.
9. To fold up the wraps take the edge of the tortilla that's closest to you, and tuck it under the filling ingredients. Fold in the sides, taking care not to tear the tortilla, and continue rolling the tortilla.
10. Place the wrap seam side down, and cut in half on a bias.

### Picnic Know-How

- Bring a knife and lightweight cutting board like Epicurean for onsite prep. You can also use the board as a serving piece.
- Freeze bottles of water to keep things cool and to drink later.



Pesto can be refrigerated up to four days, or frozen up to three months.

To roast a pepper, place it directly on your gas burner and cook, turning occasionally, until the skin is completely blackened on all sides. Place the pepper in a bowl, cover with plastic wrap and allow to steam for about 15 minutes. Remove the skin and seeds from the pepper, resisting the urge to rinse it, and cut as needed for your recipe.

# The Chopping Block

## Pickled Red Onions

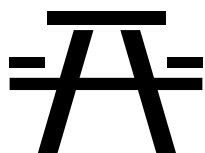
*Yield: 1 1/2 cups*

*Active time: 15 minutes*

*Start to finish: 1 hour, 15 minutes*

- 2 cups red wine vinegar
- 1/2 cup granulated sugar
- 4 teaspoons kosher salt or coarse sea salt
- 1 teaspoon coriander seeds
- 1 teaspoon black peppercorns
- 3 sprigs dill
- 1 red onion, halved and thinly sliced

1. To make the pickle brine, bring the vinegar, sugar, salt, coriander and black peppercorns to a boil in a small saucepan, stirring to dissolve.
2. Place the dill sprigs and sliced onions in a medium-size bowl. Pour the hot brine over the onions, and place the bowl in the refrigerator. Allow for pickle for at least 1 hour. These keep for up to 1 month in the refrigerator.



### Picnic Know-How

- Bring a wet towel in a Ziploc bag for wiping things down.
- Use chopsticks as serving utensils rather than tongs.

## Must-Have Ingredient

Our Vilux Red Wine Vinegar is excellent for preserving in pickles, relishes and chutneys. \$4.50 - 17 oz.



## Chef Tip

You can pickle anything! Get creative and try pickling fennel, carrots and/or green beans.

Learn more in our **Get Pickled** class!



# The Chopping Block

## Lemon Bars

*Yield: 1/4 sheet tray (9x13 inches)*

*Active time: 20 minutes*

*Start to finish: 45 minutes*

- 1 cup old-fashioned (not quick) oats
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 1/2 cups all-purpose flour
- 6 ounces unsalted butter, room temperature
- 1 cup dark brown sugar
- One 14-ounce can sweetened condensed milk
- 2 egg yolks
- 1 teaspoon lemon zest
- 1/2 cup lemon juice

1. Preheat the oven to 350°.
2. Brush a quarter sheet tray with melted butter and line the bottom with parchment paper. Brush additional butter on the parchment paper and set aside.
3. Mix together the oats, baking powder, salt and flour and set aside.
4. Place the butter and brown sugar in a large bowl and cream with an electric mixer until light and fluffy, about 5 minutes.
5. Mix in the oat-flour mixture until well blended.
6. Press two thirds of this mixture firmly onto the prepared sheet tray, completely covering the bottom. Reserve the other third for the top.
7. Whisk together the condensed milk, egg yolks, lemon zest and lemon juice.
8. Pour this mixture over the crust.
9. Crumble the remaining brown sugar mixture on top.
10. Bake for about 25 minutes or until the filling is set and the top is golden brown.
11. Allow to cool and cut into squares.

## Must-Have Tool

A quarter sheet pan is perfect for making and transporting desserts since it's lightweight.  
\$10.95



## Chef Tip

These lemon bars keep beautifully in the freezer for up to 3 months.



## The Perfect Picnic Guide Shopping List

### Produce

3 vine-ripe or heirloom tomatoes  
2 ripe peaches  
2 red onions  
1 zucchini  
2 portobello mushrooms  
3 red bell peppers  
4 lemons  
2 cloves garlic  
4 cups arugula

### Oils & Vinegars

Extra virgin olive oil  
Balsamic vinegar  
Red wine vinegar

### Herbs, Spices & Nuts

2 1/4 cups Basil  
Parsley  
Dill  
3 Tablespoons pine nuts  
1 teaspoon coriander seeds  
1 teaspoon whole black peppercorns  
Sea salt  
Freshly ground black pepper

### Grains

1 cup quinoa  
1 cup old-fashioned (not quick) oats

### Meat

3 boneless skinless chicken breasts

### Dairy

3/4 cup feta cheese  
1/2 cup Parmesan cheese  
2 Tablespoons Romano cheese  
6 oz. unsalted butter  
2 eggs

### Bread

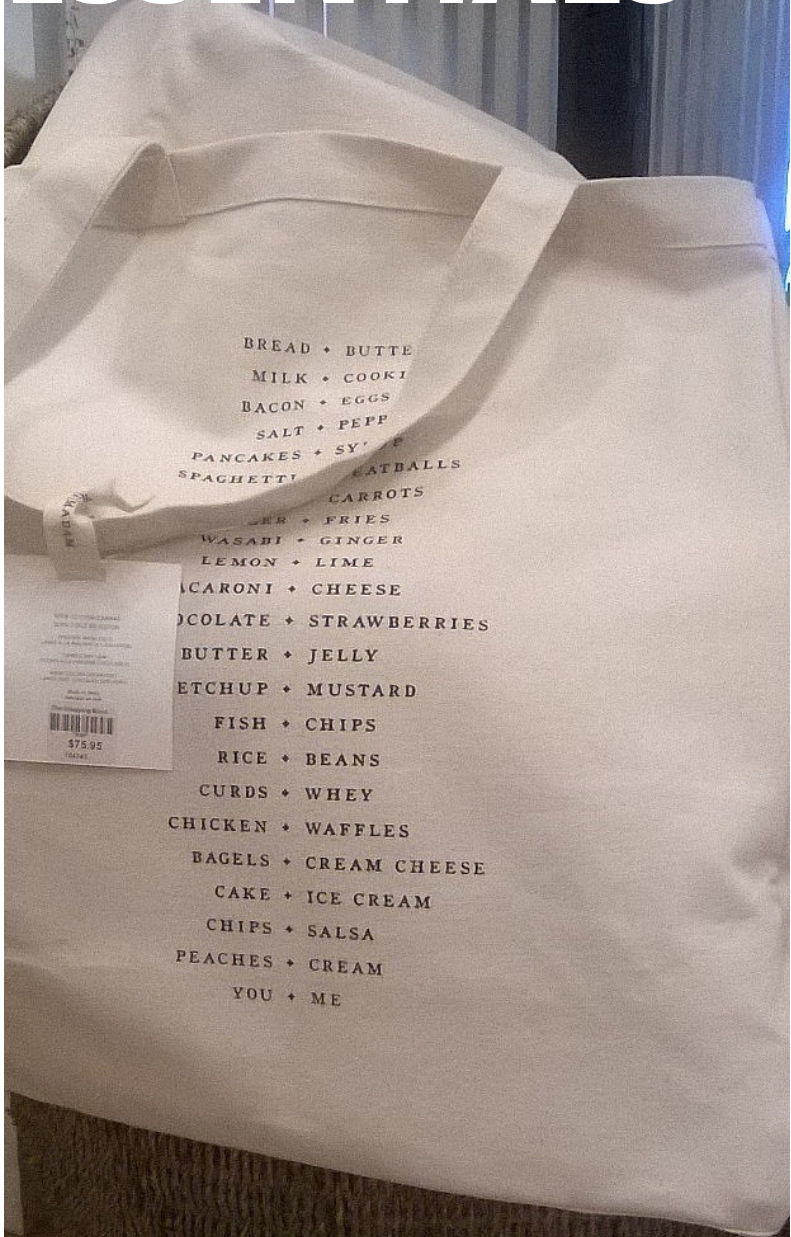
4 burrito-size flour tortillas

### Baking

1/2 cup granulated sugar  
1 cup dark brown sugar  
Baking powder  
1 1/2 cups all-purpose flour  
1 14 oz can sweetened condensed milk



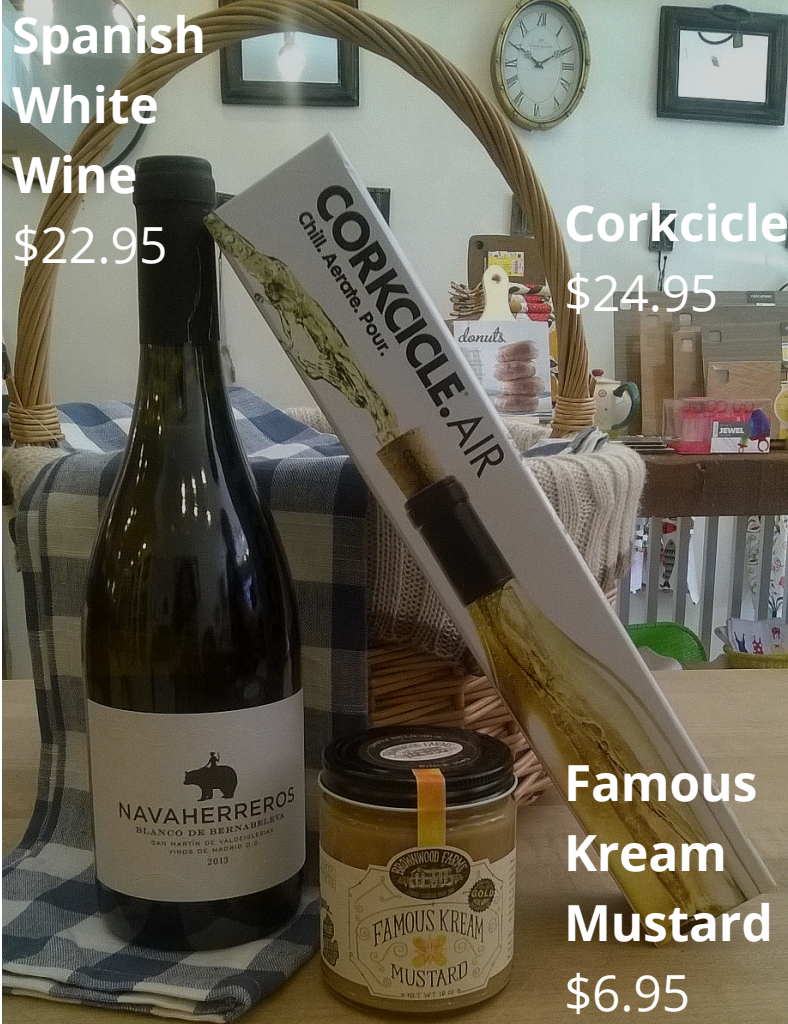
# PICNIC ESSENTIALS



**Picnic Tote \$75.95**

This sturdy cotton canvas acts as both a tote bag and picnic blanket.

**Spanish White Wine \$22.95**



**Corkcicle \$24.95**

**Famous Kream Mustard \$6.95**



**Govino Champagne Flutes & Decanter \$12.95 each**  
Wine on the go in style!