

Chef from the Hood Recipes



Chef:

Dan Berman, our Culinary Director

Restaurant:

Pacific Markets

Recipe:

Melon & Prosciutto with Blueberries

Melon & Mango Salsa



Use Your Melon!

Halved melons make great containers for cold soup, slaw, fruit salad and salsa. Melon balls are fun too; use them frozen to garnish daiquiris or margaritas. Latin Americans often enjoy a slice of melon with a squeeze of lime, a sprinkling of salt, cinnamon &/or dried chili powder. Always wash the exterior surface of melons very well before cutting. Eat cut melon within a day for maximum flavor.

Melon & Prosciutto with Blueberries

A classic that's even better when garnished with blueberries and served with a chilled local sparkling wine!

- 1 cantaloupe, peeled & sliced into about 16 wedges
- thin sliced prosciutto (ask the deli for at least 16 very thin slices)
- 1 small basket of blueberries

To prepare:

Wrap prosciutto around cantaloupe wedges, assemble on plate, garnish with berries.

Melon & Mango Salsa

Marvelous with grilled fish or chicken, skewered shrimp or pork ribs. Mix together the following & taste; quantities are forgiving, add more or less of anything to your liking.

- 1 ripe mango , peeled & diced
- 1/2 large cantaloupe or similar melon, diced (you could use the shell for the salsa bowl)
- 1 medium sized red onion, diced
- 1/2 bunch fresh cilantro, chopped
- 2 to 3 tablespoons extra virgin olive oil
- 2 to 4 jalapeño chilies, minced & seeded
- juice of 2 to 3 limes
- salt & pepper to taste