
Old Hickory Steakhouse

est. 1977

Summer Salad with local Heirloom Tomatoes, mixed beans, sweet corn and Goat cheese

Tomatoes provided by Lois Produce in Virginia

Green and yellow wax beans, Basil, sweet white corn, red bell pepper provided by Friendly Hall Farm from Maryland

Goat cheese provided by Firefly farms in Maryland

Ingredients for four servings:

30 oz ripe Heirloom tomatoes cut in wedges

16 oz yellow wax beans

16 oz green beans

12 oz sweet white corn chucked

4 oz of Basil

12 oz of small diced red bell pepper

Sea salt to taste

Ground black pepper to taste

Extra virgin olive oil

Spanish sherry vinegar to taste

12 oz of fresh goat cheese room temperature

Preparation:

Keep all vegetable at room temperature just before serving in order to get the full flavor.

Cut the cleaned, washed tomatoes in wedges and keep the shape of the tomato, place in a bowl. Clean both ends of the beans and cook in salted water for approx. 5-6 min, shock them in salted cold water, drain them and cut in 1.5 inch pieces

Clean the corn of the cob and cut off with a sharp knife, sauté them in light olive oil and a tsp of fresh butter until soft without adding color to the corn. Let the corn cool down. Dice the cleaned and washed red bell pepper into same size cubes.

Mix the beans, sweet corn, red bell pepper and tomatoes together, add the washed and cleaned basil that is cut into thin stripes. Season with sea salt, pepper, olive oil and sherry vinegar to taste. Assure that the salad is nicely coated with the oil and vinegar.

In a separate bowl add the goat cheese and season with sea salt and pepper, add some olive oil and let it get to room temperature.

On a large round plate assemble the salad with equal amounts of each ingredient. Sprinkle the goat cheese over the salad and finish the plate by drizzling extra virgin olive oil over the salad.