

## Goat Cheese Salad with Herb Dressing



- ½ Cup Dried Cherries or Blueberries
- ½ Cup Toasted Chopped Walnuts
- 6 Cups Baby or Spring Lettuces

### Herbed Mustard Dressing

One Log (5 – 8 oz) Fresh Goat Cheese or Chevre, crumbled - Toss the cherries, walnuts and lettuces together in a large bowl. Drizzle the dressing, starting with ½ and adding more as necessary to lightly coat the greens. Top with crumbled goat cheese and serve.

### Herb Dressing

- 1/4 Cup Extra Virgin Olive Oil
- ¼ Cup Walnut Oil (or additional olive oil)
- ¼ Cup Red Wine Vinegar
- 3 TB Dijon Mustard
- 1 Tsp Orange Juice
- 1 Garlic Clove, grated
- 2 Tsp Herbes de Provence
- Sea Salt and Freshly Ground Black Pepper to taste.

Shake all the ingredients together in a small jar.

## Seven Minute Salmon



2 Salmon Steaks, skin removed (4 to 6 oz)  
1 Tsp Extra Virgin Olive Oil  
Sea Salt and Freshly Ground Black Pepper

Drizzle the salmon and season with salt and pepper. Slide into a preheated 400F oven for seven minutes. Check to see if the fish is done – if not – slide it back into the oven and check it after 2 more minutes.

### Lemon Caper Remoulade

$\frac{3}{4}$  Cup Olive Oil Mayonnaise  
1 TB Dijon Mustard  
1 TB Lemon Juice  
2 TB Chopped Parsley  
2 TB Capers, drained  
1 TB Chopped Thinly Sliced Green Onions  
Sea Salt and Freshly Ground Black Pepper, to taste

Mix the mayo, mustard, lemon juice, tarragon, hot pepper sauce, capers, parsley and chives together. Season to taste with salt and pepper.

## Loire Baked Apples



- 4 Apples, Cored
- 2 Cups Your Favorite Granola
- 1 ½ Cups Apple Cider
- ¼ Cup Brandy or More Apple Cider
- 4 Tsp Unsalted Butter
- ½ Cup Whipped Cream
- ½ Tsp Cinnamon

Preheat the oven to 350F. Stand the apples up in either a casserole dish, or individual dishes. Stuff each apple with granola and pour the apple cider on top of the apples in the dish(es). Place a tsp of butter on the top of each apple and side it into the oven, baking until softened or about 25 to 30 minutes. Remove and top each apple with whipped cream and a sprinkle of cinnamon before serving.

The Loire is not only beautiful, has delicious food, but its wine is special, too! Sancerre is wine from one of the most famous places in the world to grow Sauvignon Blanc grapes and make wine.