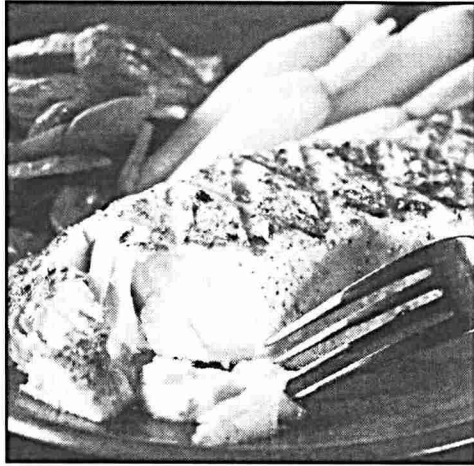


# Food For Thought



**Salmon with vanilla balsamic marinade Grilling**

Memorial Day marks the beginning of the grilling season and it is a perfect time for entertaining. Deciding what to serve can be a challenge. Below is a Memorial Day menu.

Vanilla-infused Balsamic Vinaigrette  
on baby salad greens  
Lemon and Rosemary Risotto  
(From Century of Flavor)  
Salmon with Vanilla  
Balsamic Marinade  
Nielsen-Massey's  
Vanilla Whipped Cream  
on fresh strawberries

**Lemon-Bleu Stuffed Tomatoes**

2 Tbsp. dry white wine  
2 tsp. finely minced shallots  
8 oz. cream cheese, softened  
1 tsp. finely minced garlic  
1/2 tsp. Nielsen-Massey Pure Lemon  
Extract  
1/8 tsp. white pepper  
1/4 tsp. cayenne pepper (optional)  
5 oz. blue cheese crumbles  
2 pints cherry tomatoes (approximate-  
ly 48)

Combine the wine and shallots in a small bowl. Let stand.

Combine the cream cheese, garlic, lemon extract, white pepper, cayenne pepper and shall mixture in a mixing

bowl. Beat until well blended using an electric mixer. Fold in the bleu cheese with a wooden spoon. Cover and chill.

Rinse the cherry tomatoes. Remove the tops by slicing a small amount off each tomato. Scoop out the seeds with a small measuring spoon. Cut a small slice off the bottom of each tomato so it will stand upright when plated. Fill each tomato with 1/2 Tbsp. of the Lemon-Bleu stuffing using a pastry bag or soon.

**Vanilla-Infused Balsamic Vinaigrette and Greens**

1/4 cup olive oil  
1/4 cup balsamic vinegar  
1/4 cup water  
1 Tbsp. some ground mustard  
1.4 tsp. Nielsen-Massey Madagascar Bourbon Pure Vanilla Extract

20 oz. baby salad greens  
Whisk all ingredients together in a small bowl. To serve, toss baby greens in a large bowl with 1/4 cup of the vinaigrette to coat the leaves.

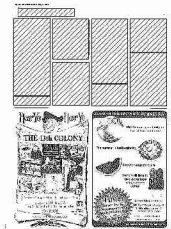
Makes 3.4 cup.

**Salmon with Vanilla Balsamic Marinade**  
Marinade

1/4 cup extra-virgin olive oil  
1 shallot, diced  
1 1/2 tsp. dried organic parsley  
1 1/2 tsp. dried organic basil  
1/2 tsp. dark brown sugar  
1/2 tsp. Worcestershire sauce  
2 Tbsp. balsamic vinegar  
1 tsp. Dijon mustard  
1 tsp. Nielsen-Massey Madagascar Bourbon Pure Vanilla Bean Paste  
Salmon

8 (4-6 oz.) Salmon fillets  
canola oil  
salt and freshly ground pepper

For the marinade, combine the olive oil, shallot, parsley, basil, brown sugar, Worcestershire sauce, balsamic vinegar, Dijon mustard and vanilla paste into a blender container and puree. Pour evenly into two containers and set one container aside.



For the salmon, preheat the grill. Brush each fillet with canola oil and season with salt and pepper.

Brush the tops of the fillets with the marinade, discarding any remaining marinade.

Place the fillets, marinated side down, on a grill rack over direct heat. Grill for 6 to 8 minutes or until dark grill marks appear and the marinade begins to caramelize. Turn the fillets and grill for 3 to 4 minutes longer. Serve with reserved marinade.

Serves 8

### **Tips**

Elegant entertaining becomes easy with a bit of organization. The timetable below provides the instructions to create a memorable evening.

### **Morning**

Mix up summertime coolers and refrigerate.

Prepare Lemon-Bleu Stuffed Toma-

toes, refrigerate until ready to serve.

Make the Vanilla-Infused Balsamic Vinaigrette, refrigerate.

### **Several hours ahead**

Wash and slice the strawberries, chill

Wash and dry the salad greens, chill until serving

Prepare the Vanilla Balsamic Marinade for the salmon.

### **30 minutes before serving**

Prepare the Lemon and Rosemary Risotto

Whip the cream

Bring the stuffed tomatoes to room temperature

### **Just before serving**

Brush the salmon with the marinade, grill and serve

Drizzle the dressing on the salad greens

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