

# Extension

## Seasonal Eating Whitney Danhof, Extension Agent

Ladies' Lunches  
May 2013

My Mom and I often go out for lunch on Saturdays or during the holidays when I'm at home. We love to check out the little ladies' luncheon places and tearooms. It seems like they come and go with the wind and when one closes another opens. We enjoy checking out the menus and décor and just spending the afternoon together.

More often than not I will get the quiche, if they have it. Quiche is a great medium for using all kinds of seasonal produce. In the spring, I like to get asparagus or leek or spinach. At home I like to throw in peas. A surprising summer combination is fresh corn and basil and more traditional is tomato and basil. Mushrooms are always good in quiche.



While in Pigeon Forge last week, I had a great combination of quiche and a spinach and strawberry salad. The strawberries are just arriving locally and are perfect for a tearoom luncheon. Try combining spinach with strawberries, sprinkles of blue cheese, toasted almonds and a balsamic vinaigrette. Fruit salads and fresh desserts are other good ways to use the strawberries in a tearoom lunch.

Scooped salads are another luncheon favorite. Whether you're making chicken, ham, crab, tuna or shrimp salad, fresh fruits and vegetables make a welcome addition and add texture and flavor to these favorites. Strawberries and grapes are a natural with chicken salad. Any of them will benefit from the spring onions, leeks or celery. Some different additions include fennel bulb, peas, radishes or cucumber, especially with the seafood salads. If you are serving any of these salads at a ladies' luncheon, pull out your teacups and line them with lettuce and fill with the salad. It makes a great presentation set on the plate with the rest of the menu items around it.

To accompany your quiche or salad, try muffins or scones with fresh strawberries or blueberries to round out the menu.

In the Spring Shrimp Salad below, sugar snap peas, fennel bulb and radishes are added to shrimp with a fresh dill dressing. Fennel is a crunchy, white bulb with layers that climb into a green stem with lacy fronds on top. The bulb can be chopped and used raw or cooked. It has the light flavor of anise (think black licorice) and is delicious in combination with the shrimp. The fronds can be chopped as an herb and used in dishes or as a gar-

nish. For the shrimp salad we used fresh dill weed as the seasoning for the dressing of sour cream and mayonnaise. Adding to the crunch and flavor of this salad is a little bit of spicy radish and sweet sugar snap peas that are cut into half-inch pieces.

So break out the fine china and pretty teacups and have a ladies' lunch this month to celebrate the arrival of the strawberries and much more at the local farms and markets. The Rutherford County Farmers' Market opens May 10 and the Bedford County Farmers' Market will follow in June.

For more ideas on using seasonal produce, visit the Bedford County Extension website (<https://utextension.tennessee.edu/bedford>) and click on Seasonal Eating. The Seasonal Eating Cooking Demonstration on A Tearoom Luncheon will be on Wednesday, May 15 at 12:00 noon at the Extension Office. Call the Office at 684-5971 to sign up and bring \$7.00 to class to cover the samples.

### Spring Shrimp Salad

- 2 quarts water
- 2 teaspoons salt
- 2 tablespoons dried parsley
- 1 tablespoon onion powder
- 1 1/2 teaspoons dried dill weed
- 2 pounds raw easy peel shrimp in the shell
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1 tablespoon lemon juice
- 1 1/2 teaspoons Dijon style mustard
- 1/4 teaspoon salt
- 2 tablespoons minced fresh dill weed
- 8 ounces fresh sugar snap peas
- 1 fennel bulb, fronds removed and finely chopped
- 4 small radishes, finely chopped

Boil water, 2 teaspoons salt, onion powder, dried parsley and dried dill for about 5 minutes. Add half of the shrimp and cook just until shrimp turn opaque and curl, about 2-3 minutes. Remove to a bowl with a spider or slotted spoon. Bring water back to a boil and repeat with remaining shrimp. Place bowl of shrimp in refrigerator to cool quickly for a few minutes. Meanwhile, stir together in a large bowl, mayonnaise, sour cream, lemon juice, mustard, salt and fresh dill weed. Remove strings from peas and cut crosswise into 3-4 pieces about 1/2" each. Add to dressing mixture with fennel and radishes. Peel shells and tails off shrimp and roughly chop. Add to bowl and mix everything well. Chill before serving.