



### **Vine Fruits Salad (serves 6 as a starter)**

One simple maxim; before, during or after making this very simple salad please DO NOT chill. All are hot weather fruits and the flavours and aromas developed in the warmth of the sun are destroyed in the cold.

This is a recipe that has been used for generations and as such keeps evolving.

6 ripe vine tomatoes – skinned, deseeded and the flesh of each tomato cut into 8 pieces.

1 large cucumber – deseeded and the flesh cut into small walnut size chunks.

1 middle sized ripe fragrant Charentais or Ogen type melon – skinned, deseeded and the flesh cut into similar sized chunks as the cucumber.

6 – 8 apple mint leaves (if possible) - pulled into small pieces

2 tbs fresh basil leaves – pulled into small pieces

A few toasted walnuts, hazel nuts or pine nuts roughly chopped

2 tbs extra virgin olive oil or walnut oil or hazel nut oil

1 tbs fresh lemon juice

Plenty of freshly milled black pepper.

Lightly toss all the ingredients together and serve.

Ring the changes by adding:

Small pieces of fresh goat's cheese

Prawns – add a little fennel to the mixture

Snippets of smoked trout

Snippets of air cured ham – add a little fresh thyme to the mixture

Serve on a large lettuce leaf with hot garlic bread