Note: If you have kidney disease or are on a low-oxalate diet, check with your healthcare provider before consuming star fruit.

STARFRUIT AND BASIL SALAD

MAKES 4 SERVINGS

WITH ROASTED SWEET RED PEPPER VINAIGRETTE

INGREDIENTS

8-10 oz assorted lettuce or salad mix

1 Star Fruit (Carambola), sliced

8-10 thin slices cured meat (e.g. Jamón Serrano, bresaola, prosciutto, salami)

8-10 thin slices firm cheese (e.g. Manchego, Romano, Beaufort, Parmesan)

Several fresh basil sprigs, leaves & tender tops, hand-torn

Sea salt & freshly ground black pepper, to taste

Roasted Sweet Red Pepper Vinaigrette

1 red sweet bell pepper

1 tsp local honey

1 TBSP fresh herbs (mixture of oregano, thyme, & parsley recommended), finely chopped

1 tsp all-purpose seasoning blend

1 tsp Dijon mustard

2 TBSP red wine vinegar

1 tsp fresh garlic, chopped

¼ cup extra virgin olive oil

Sea salt & freshly ground black pepper, to taste

DIRECTIONS

Preparing the vinaigrette

Preheat the broiler to high. Place the bell pepper on a baking tray and position it on the top rack. Roast until the skin begins to char, turning the pepper as needed to achieve even charring on all sides. Carefully remove the pepper from the oven and transfer it to a bowl.

Cover with a lid or plastic wrap and let it steam for 10 minutes. Once cooled, peel off the charred skin, remove the seeds and stem, and place the pepper in a blender or food processor.

Add the honey, Dijon mustard, red wine vinegar, herbs, garlic, and all-purpose seasoning blend. Blend until smooth, slowly streaming in the olive oil while blending to emulsify. Taste and adjust seasoning with sea salt and freshly ground black pepper.

Transfer the vinaigrette to a lidded glass jar or bowl and refrigerate until ready to use.

Putting together the salad

Arrange the lettuce or salad mix on a medium-sized chilled platter or shallow bowl. Nestle the sliced star fruit, cured meats, and cheeses evenly throughout the greens in an artful presentation.

Lightly season with sea salt and freshly ground black pepper. Garnish with hand-torn basil leaves and tender tops. Serve with Florida Roasted Sweet Red Pepper Vinaigrette on the side or drizzled over the top.

SOURCE: followfreshfromflorida.com

FLORIDA SUNRISE SALAD

MAKES 4 SERVINGS

INGREDIENTS

1 Florida star fruit, sliced

2 Florida dragon fruits, diced

2 Florida mangoes, diced

2 Florida oranges, segmented, reserve juice

1 Florida avocado, diced

1 Florida papaya (ripe), diced

2 Florida Key limes, juiced

2 TBSP Florida orange blossom honey

DIRECTIONS

Combine all fruit in a large bowl. Mix the Key lime juice, remaining orange juice left in membrane, and honey together until smooth, then pour over the fruit. Gently fold all the ingredients together.

For an extra fun presentation, use some of the hollowed-out fruit as a serving bowl for the salad (the papaya works great, and the dragon fruit makes for some cute mini salads)!

Store in refrigerator until ready to serve.

SOURCE: followfreshfromflorida.com

STARLIGHT SANGRIA

MAKES 4 SERVINGS

INGREDIENTS

1 bottle of Florida wine

1-2 cups Florida orange juice

1-2 cups berries (e.g. strawberries and/or blueberries)

1-2 cups Florida fruit (such as watermelon, passion fruit, papaya and/or mango), cubed

1-2 cups star fruit and/or other fruit (such as muscadine grapes), sliced

1-2 cups ginger ale (1 standard 12oz can is approximately 1.5 cups)

DIRECTIONS

Pour the Florida wine and orange juice into a large pitcher. Add all of the Florida fruit except the berries. Place in the refrigerator to chill. Before serving, add the berries and ginger ale.

Serve in a tall glass over ice. Use a slice of the star fruit as a garnish to tie it all together!

SOURCE: followfreshfromflorida.com