



NOURISHMENT FOR THE SOUL

## Bread and Honey



TARTINES  
FRENCH FAST FOOD



### INGREDIENTS

PEACH, TOASTED HAZELNUTS, RICOTTA CHEESE & DRIZZLED WITH HONEY

CHERRY, PISTACHIO & MANCHEGO CHEESE

AVOCADO, SHAVED PARMESAN, SQUEEZE OF LEMON, A SPRINKLING OF FLEUR DE SEL

HEIRLOOM TOMATOES, PESTO & CREAMY BUFFALO MOZZARELLA

SLICED PEARS, PROSCIUTTO, RIBBONS OF PARMESAN & A BALSAMIC GLAZE

SHAVED RADISHES, SLATHERED WITH FRENCH SALTED BUTTER AND ADORNED WITH FRESH DILL

SLICED FIGS, TOASTED WALNUTS, ROQUEFORT CHEESE & ROSEMARY HONEY

SMOKED SALMON, CREME FRAICHE, BOUQUET OF DILL & A SQUEEZE OF LEMON

FLANK STEAK, ARUGULA & SHAVED PARMESAN FRESH GROUND ALMOND BUTTER & NUTELLA

ROASTED VEGETABLES (TOMATOES, ZUCCHINI, PORTOBELLO MUSHROOMS) PESTO & RIBBONS OF PECORINO CHEESE

### DIRECTIONS

Visit any quaint neighborhood bistro or cafe in France in the summer, and you are sure to find “tartine du jour” in a cursive scrawl on the chalkboard menu passed from table to table. The popular open-faced sandwich is the French take on “fast food.” Leave it to the French to take a rustic slice of sourdough, dress it with interesting and colorful toppings and voila you have something elegant on the plate! The tartine provides a fragrant and colorful canvas of fresh ingredients, a cornucopia of nuts and cheeses, fruits, vegetables and cured meats drizzled with honey, olive oil and balsamic.

Choose a hearty loaf of bread or French baguette and slice the bread thick. Drizzle with olive oil or my favorite salted Irish butter. Toast the bread under the broiler and then layer with colorful ingredients. Pair the open-faced sandwiches with a green salad and light vinaigrette, a cup of gazpacho or chilled cucumber yogurt mint soup, a glass of rosé and voila, you have a memorable meal!