

annabel langbein
The Free Range Cook
through the seasons.

menu planner for SALAD DAYS

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Mozzarella with Figs and Prosciutto, [Page 111](#)

Seared Chilli Lemon Tuna, [Page 117](#)

Zucchini and Cherry Tomato Nicoise, [Page 108](#)

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Melt-in-the-Mouth Spiced Stonefruit, [Page 151](#)

PREP PLAN

well ahead

- Bake the Chunky Croutons to serve with the Mozzarella with Figs and Prosciutto. Store in an airtight container for up to two weeks.
- Mix together the Brown Sugar Cream to serve with the Melt-in-the-Mouth Spiced Stonefruit. Store in the fridge for up to three days.
- Cook the Melt-in-the-Mouth Spiced Stonefruit and store in the fridge for up to a week.

on the day

- If the Chunky Croutons are a little stale, refresh for 10 minutes in the oven.
- Prepare the tuna loin for the Seared Chilli Lemon Tuna. Make the marinade and marinate the tuna for up to eight hours in the fridge. Bring back to room temperature before cooking.
- About two hours before serving, prepare and gently toss the ingredients for the Zucchini and Cherry Tomato Nicoise Salad.
- Scrub potatoes for the Domino Potatoes.

final preparations

- Make the Domino Potatoes and pop in the oven for 40-50 minutes.
- Arrange ingredients for the Mozzarella with Figs and Prosciutto on a platter and drizzle with olive oil and vincotto just before serving.
- Cook the tuna for 30 seconds each side, then rest for five minutes before slicing and serving.
- Serve the Domino Potatoes with the Mozzarella with Figs and Prosciutto, Zucchini and Cherry Tomato Nicoise Salad and Seared Chilli Lemon Tuna.
- Finish off the summer meal with Melt-in-the-Mouth Spiced Stonefruit and Brown Sugar Cream.