



## *The Edible Garden*

Recipe featured at the *Final Festival Weekend* demonstration,  
October 16

### **Tomato, String Bean, and Artichoke Salad**

By: Michael Psilakis, chef and owner, Kefi, and cookbook author

#### **Ingredients** (*Serves 4, or more, as part of a larger spread*)

¼ pound green beans, ends trimmed  
¼ pound yellow wax beans, ends trimmed  
1/3 to ½ cup red wine vinegar and feta vinaigrette  
2 tablespoons crumbled feta cheese  
4 vine-ripe tomatoes, preferably heirloom, cut into rough wedges  
3 pieces artichokes  
½ piece cucumber  
2 sprigs spearmint  
2 pieces shallot  
1 teaspoon dry Greek oregano  
½ small red onion, thinly sliced and separated into rings  
6 small, picked sprigs parsley, torn  
6 small, picked sprigs dill, torn  
16 leaves of fresh mint, torn  
Kosher salt and coarsely cracked  
Black pepper

#### **Instructions**

1. Prepare an ice water bath and bring a pot of salted water to a boil. Blanch the beans until tender but still snappy, about 3 minutes, then shock them in the ice water bath and swish around. Drain well and dry on a clean towel.
2. In a bowl, combine the beans, vinaigrette, feta, tomatoes, oregano, red onion, cucumber, shallot, artichokes, and torn herbs. Toss well with clean hands. Taste and adjust the seasoning with kosher salt and pepper.
3. If you wish, add toasted chunks of day-old bread, brushed with extra-virgin olive oil and seasoned with sea salt and pepper.