

A top-down photograph of a bouquet of yellow and white chrysanthemums. To the left, a light-colored plate holds several slices of lemons. In the bottom left corner, a white bowl contains finely chopped green herbs with a wooden spoon. The background is a light grey, textured surface.

A Midsummer Menu

Alison Wiebe

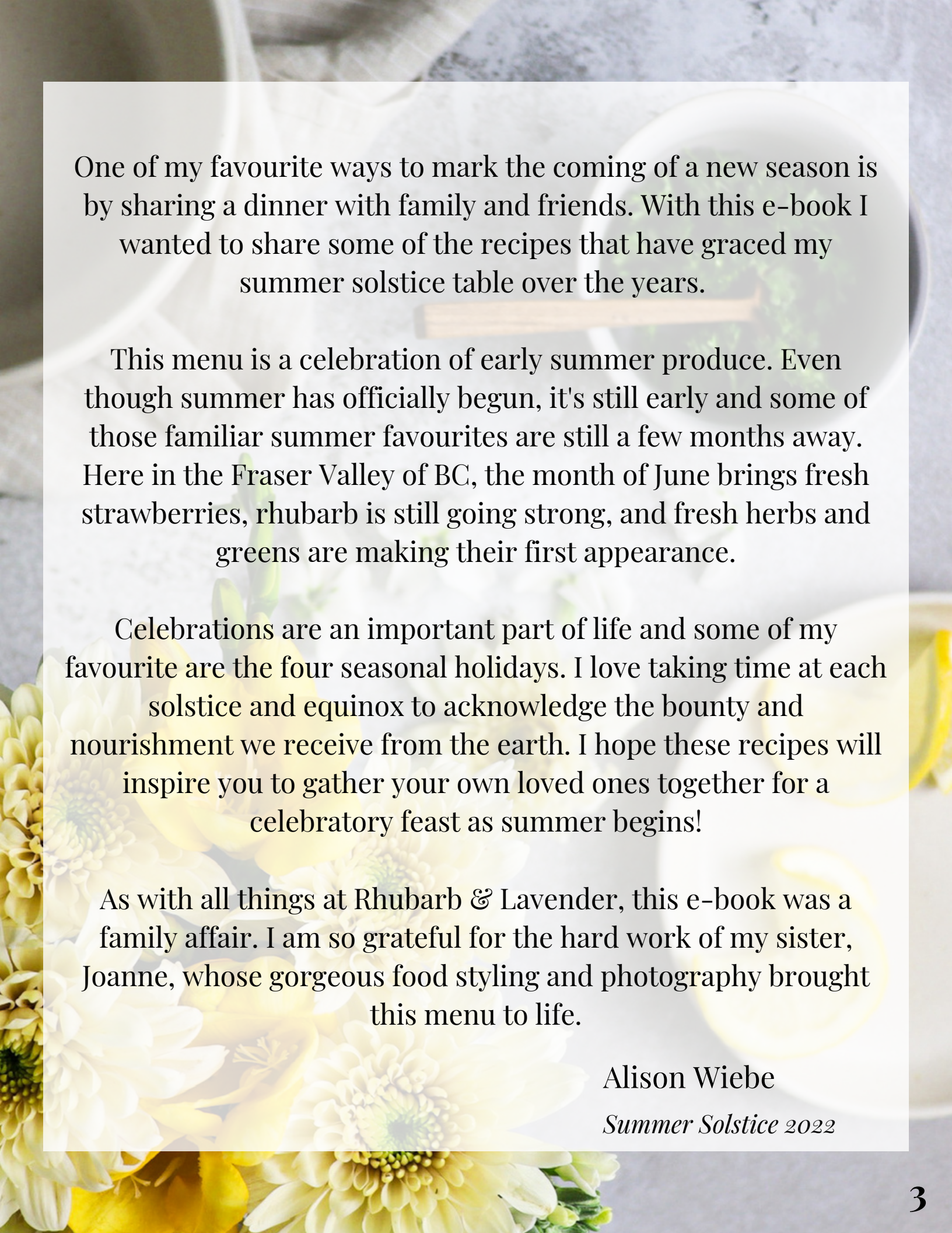
A Rhubarb & Lavender E-Book

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One of my favourite ways to mark the coming of a new season is by sharing a dinner with family and friends. With this e-book I wanted to share some of the recipes that have graced my summer solstice table over the years.

This menu is a celebration of early summer produce. Even though summer has officially begun, it's still early and some of those familiar summer favourites are still a few months away. Here in the Fraser Valley of BC, the month of June brings fresh strawberries, rhubarb is still going strong, and fresh herbs and greens are making their first appearance.

Celebrations are an important part of life and some of my favourite are the four seasonal holidays. I love taking time at each solstice and equinox to acknowledge the bounty and nourishment we receive from the earth. I hope these recipes will inspire you to gather your own loved ones together for a celebratory feast as summer begins!

As with all things at Rhubarb & Lavender, this e-book was a family affair. I am so grateful for the hard work of my sister, Joanne, whose gorgeous food styling and photography brought this menu to life.

Alison Wiebe

Summer Solstice 2022



7 Strawberry Rhubarb Sangria

9 Herb Marinated Goat Cheese
with Grilled Baguette



12 Cedar Plank Grilled
Salmon

15 Swiss Chard Quinoa Cakes

18 Lemon Dill Aioli



20 Grilled Zucchini with Feta
and Balsamic Reduction

23 Strawberry Elderflower
Shortcake



The Menu

Strawberry Rhubarb Sangria

Herb Marinated Goat Cheese with Grilled Baguette

Cedar Plank Grilled Salmon

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Swiss Chard Quinoa Cakes

~

Lemon Dill Aioli

~

Grilled Zucchini with Feta and Balsamic Reduction

Strawberry Elderflower
Shortcake





Fruity sangria is the ideal patio sipper. Rosé wine pairs perfectly with fresh strawberries and rhubarb in this easy summer cocktail!

Strawberry Rhubarb Sangria

Ingredients

- 2 cups chopped rhubarb
- 1 cup sliced strawberries
- 1/2 cup water
- 1/2 cup sugar
- 750 ml bottle rosé wine
- 2 oz triple sec or cointreau
- extra strawberries
- fresh mint leaves, optional

Directions

1. In a small saucepan combine the rhubarb, sliced strawberries, and water. Bring to a simmer over medium heat.
2. Simmer the fruit for 8 to 10 minutes until very soft and then add the sugar.
3. Strain the syrup through a fine mesh strainer using a spatula to press out all the liquid.
4. In a pitcher combine the strained syrup, rosé wine, and triple sec. Chill.
5. To serve, add ice, extra sliced strawberries, and fresh mint if using.

Make ahead tip:

Save time by prepping the syrup the day before. Store in fridge.

Make the sangria a few hours before serving.

Serves four

An easy make-ahead appetizer that tastes even better the next day! Marinating the goat cheese overnight creates a lusciously creamy texture and allows it to absorb all that fresh lemon and herb flavour.





Herb Marinated Goat Cheese with Grilled Baguette

Ingredients

- 300 g log fresh goat cheese
- 1/2 cup chopped parsley
- 1/4 cup chopped dill
- 1/4 cup chopped basil
- 1 lemon
- kosher salt
- pepper
- red chile flakes, optional
- extra virgin olive oil
- 1 baguette

Directions

- 1.) Chop the fresh herbs and set aside. Use a zester to peel thin strips of rind from the lemon.
- 2.) Slice the goat cheese into 1/4 inch discs. The easiest method is to use unflavoured dental floss (or rinse well if mint flavoured). Slide the dental floss under the cheese, pull up both sides crossing over the top and pulling until the floss cuts cleanly through the cheese.
- 3.) Arrange a layer of goat cheese discs in the bottom of a shallow dish. Sprinkle with some of the fresh herbs, lemon zest, and a pinch of chile flakes, kosher salt, and pepper. Repeat 2 or 3 times until all the ingredients are used up.


4.) Pour the extra virgin olive oil over so that it comes right to the top of the cheese. Chill if not serving within 2 hours.

5.) Grill the baguette. Slice baguette into thick slices. Heat a grill on high and spray the grates with non-stick spray. Grill the sliced baguette for 2 to 3 minutes per side until golden brown and slightly charred.

6.) If the goat cheese has been marinating overnight in the fridge, the olive oil may have solidified. If it has, remove from the fridge 1 to 2 hours before serving to allow it to come up to room temperature and for the olive oil to liquify. Serve the goat cheese with a slotted spoon if available.

Serves four





Cedar plank grilled salmon is the perfect easy entrée for summer entertaining. The cedar plank protects from the high heat of the grill to keep the salmon moist and imparts a delicate cedar flavour.

Cedar Plank Grilled Salmon

Ingredients

- 2 Tbsp butter, melted
- 2 Tbsp lemon juice
- 2 tsp grainy mustard
- 1 Tbsp chopped dill
- 1/2 tsp kosher salt
- black pepper
- 1 side boneless skin-on salmon fillet
- extra chopped dill
- lemon slices
- 1 untreated cedar plank

Directions

1.) Begin by prepping the cedar plank. The cedar plank needs to soak in water for at least 1 hour, or more, before grilling. This will prevent the plank from catching fire on the grill. I use a large rimmed baking sheet to soak the plank, weighing the plank down with something heavy to ensure the plank is completely submerged in water.

2.) In a small bowl combine the melted butter, lemon juice, and grainy mustard. Whisk until fully combined and then add the chopped dill, kosher salt, and a pinch of pepper. Stir together and then set aside.

3.) Turn the barbecue on to moderately high heat. Place the salmon on a baking sheet and then blot it with paper towels to ensure that it is completely dry.

4.) Take the salmon, the butter herb mixture, and the soaked cedar plank to the grill. To prevent the plank from bowing while you grill it's important to toast the plank first. Place the cedar plank on the grill and let toast for 2 to 3 minutes per side until slightly charred on both sides. Use tongs or gloves to flip the plank.





5.) Once both sides are toasted, remove the plank from the grill; it will be easier to dress the salmon off the grill. Lightly spray the plank with non-stick spray, avoid adding too much oil which can spatter on the hot plank.

6.) Lay the salmon fillet skin side down on the cedar plank. Brush the butter herb mixture evenly over the salmon. To catch any drips, place a piece of foil under the plank directly on the grill.

7.) Close the barbecue and grill the salmon for 20 to 25 minutes until the salmon is fully cooked to an internal temperature of 165 deg F / 74 deg C.

8.) Carefully lift the plank off the grill using gloves and/or tongs. The salmon can be lifted off the plank to serve or served directly on the cedar plank.

9.) Serve the salmon with Lemon Dill Aioli on the side.

Serves four

Golden brown and crispy, these quinoa cakes are packed with leafy green chard and parmesan cheese. Easy to prepare, they reheat well and are a great make-ahead choice.



Swiss Chard Quinoa Cakes

Ingredients

- 1 cup quinoa
- 1 small bunch swiss chard, washed
- 1 Tbsp olive oil
- 1 Tbsp butter
- 1 medium onion, chopped
- 2-3 cloves garlic, minced
- 2 eggs, beaten *see note
- 4-5 Tbsp flour
- 1/2 cup grated fresh parmesan cheese
- 1 tsp kosher salt, divided
- 1/4 tsp black pepper
- vegetable oil for frying



Directions

- 1.) In a small saucepan cook the quinoa according to package directions. Add 1/2 tsp of the kosher salt to the quinoa before cooking.
- 2.) Once the quinoa is fully cooked transfer it to a large bowl and set aside to cool. The quinoa can be made up to a day ahead and kept in the fridge overnight.
- 3.) To prep the swiss chard, strip the leaves from the stems. Chop the stems into small pieces and set aside. Roughly chop the chard leaves into bite size pieces and set aside. There should be approximately 1 cup chopped stems and 4 cups loosely packed chard leaves.
- 4.) Heat a wide skillet over medium heat. Add the olive oil and butter along with the chopped onion and chard stems. Sprinkle with a little kosher salt and sauté until both onions and chard stems are tender, 5 to 7 minutes.



5.) When the stems are tender, add the minced garlic and sauté for another minute. Add the chard leaves and cook until they are wilted. Use tongs to flip the chard leaves so they wilt down evenly. When the leaves are fully wilted, transfer the onion chard mixture to the quinoa and stir together.

6.) Add the remaining 1/2 tsp of kosher salt to the quinoa mixture along with the pepper and freshly grated parmesan, stirring to combine. Add the beaten eggs and 4 Tbsp of flour and mix together well. The mixture should become sticky enough to hold together. Add another Tbsp or so of flour if the mixture doesn't stick together.

7.) In a wide skillet, heat half an inch of vegetable oil over medium high heat. Use wet hands to shape the quinoa mixture into small patties. Place 5 to 6 patties into the oil and cook for 3 to 4 minutes until the bottom is a deep golden brown. Carefully flip the patties and cook for another 3 to 4 minutes until the other side is also browned. Transfer to a baking sheet lined with a rack or paper towel. Repeat with the remaining quinoa mixture.

8.) The quinoa mixture can be made several hours ahead and kept in the fridge. Once cooked, the quinoa patties can be kept at room temperature for up to 2 hours. Reheat the patties in the oven at 350 deg F for 5 to 10 minutes. Serve the quinoa patties with the Lemon Dill Aioli.

**You can use 1 whole egg and the reserved egg white from the aioli instead*

Makes 12 to 14 patties



Lemony and packed with fresh dill flavour, this garlicky Lemon Dill Aioli is the perfect accompaniment to both the Cedar Plank Salmon and the Swiss Chard Quinoa Cakes!

Lemon Dill Aioli

Ingredients

- 1 whole egg
- 1 egg yolk *see note
- 3 garlic cloves, minced
- 3 Tbsp lemon juice
- 1/2 tsp kosher salt
- pinch black pepper
- 1 1/2 cups light olive oil, or other neutral oil
- 2-3 Tbsp fresh dill, chopped



Directions

- 1.) In the bowl of a food processor combine the whole egg, egg yolk, minced garlic, lemon juice, kosher salt, and a pinch of pepper. Cover and blend until combined.
- 2.) With the motor running, slowly stream the olive oil through the chute into the food processor. The aioli will start to thicken as more oil is added.
- 3.) Once all of the oil has been added, scrape down the sides and add the fresh chopped dill. Pulse a few times to blend the dill into the aioli.
- 4.) Transfer the aioli to a container and chill until serving. The aioli will last for 1 to 2 weeks.

**Reserve the egg white for the quinoa cakes if desired.*

Makes 2 cups

Grilled zucchini is the perfect side dish for your Midsummer meal. Grill the zucchini alongside the salmon and top with salty feta cheese and a sweet and tangy balsamic reduction.



Grilled Zucchini with Feta

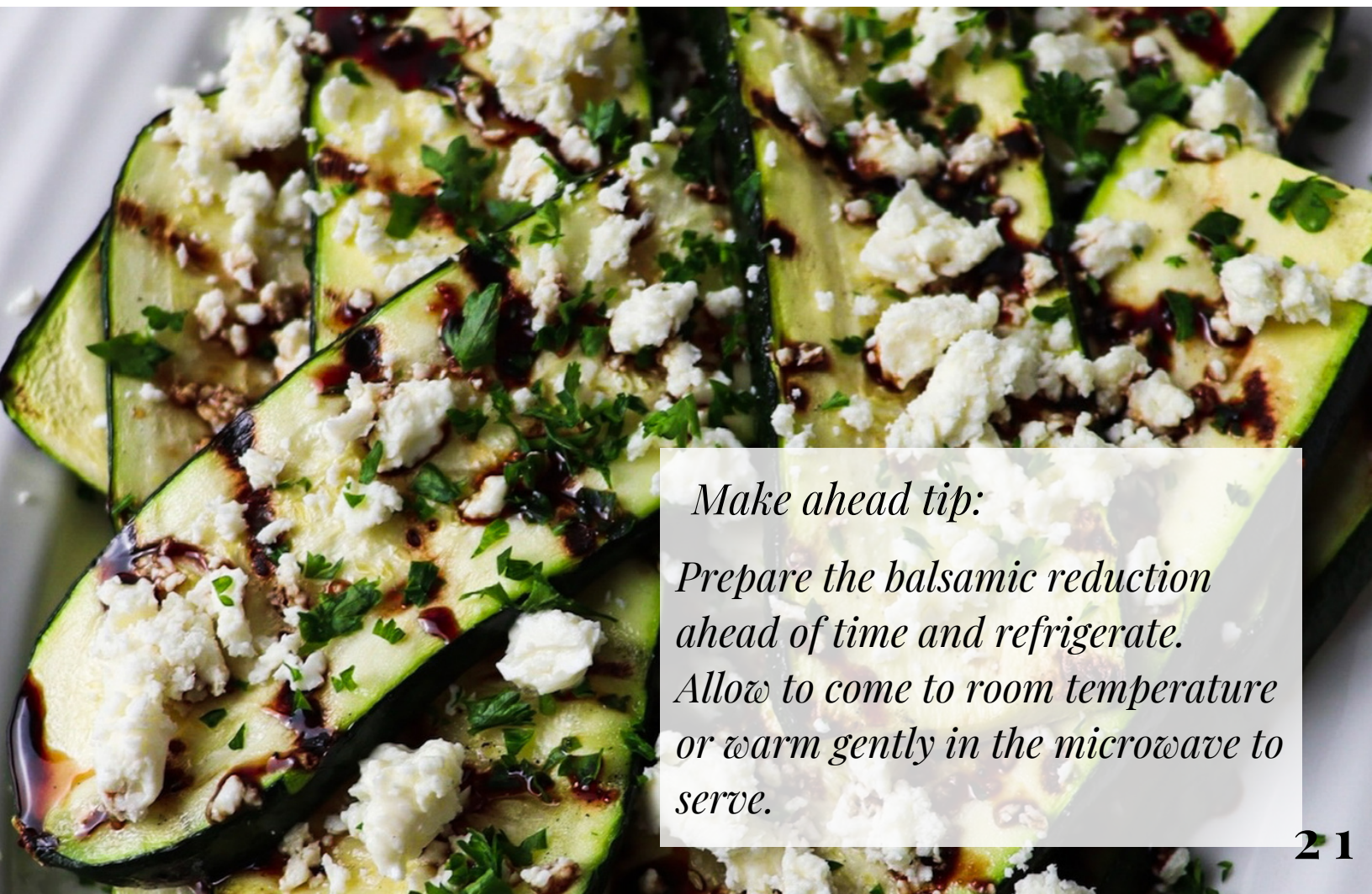
with Balsamic Reduction

Ingredients

- 1/2 cup balsamic vinegar
- 3-4 small zucchini
- 1/2 cup feta cheese, crumbled
- extra virgin olive oil
- kosher salt and pepper
- 1/4 cup chopped fresh parsley

Directions

1.) Begin by preparing the balsamic reduction. Heat the balsamic vinegar in a small sauce pan over medium high heat. After the vinegar comes to a boil turn the heat down and simmer until the vinegar is reduced by half, about 5 to 8 minutes. Season with a big pinch of kosher salt and pepper.



Make ahead tip:

Prepare the balsamic reduction ahead of time and refrigerate.

Allow to come to room temperature or warm gently in the microwave to serve.

2.) Transfer the balsamic reduction to a small bowl and allow to cool. The reduction will thicken even more as it cools.

3.) Slice the zucchini lengthwise into 3 or 4 slices. Drizzle the zucchini with a little extra virgin olive oil and toss the slices to evenly coat with the oil.

4.) Heat the grill on high. Season the zucchini slices with kosher salt and pepper. Spray the grill with non-stick spray and lay the zucchini slices on the grill.

5.) Let the zucchini cook until grill marks form on the bottom, about 4 to 6 minutes. Flip the zucchini and cook until there are grill marks on the other side and the zucchini is crisp tender.

6.) To serve, arrange a layer of zucchini slices on a platter and drizzle with some of the balsamic reduction. Sprinkle with the feta cheese and parsley. Repeat 2 or 3 times until all the zucchini has been used. Finish with the feta cheese and parsley for garnish.

Serves four





Strawberry Shortcake is the quintessential summer dessert. Add a splash of elderflower liqueur, such as St Germaine, for an elegant twist on this beloved classic!

Strawberry Elderflower Shortcake

Ingredients

Shortcakes

- 2 cups all-purpose flour
- 1/4 cup sugar
- 1 Tbsp baking powder
- 1/2 tsp kosher salt
- 1/2 cup cold butter
- 1 cup buttermilk
- beaten egg or cream
- turbinado sugar, optional

Elderflower Strawberries


- 16 oz strawberries
- 2 Tbsp elderflower liqueur
- 1 Tbsp sugar

Elderflower Whipped Cream

- 1 1/2 cups whipping cream
- 3 Tbsp elderflower liqueur
- 1 Tbsp sugar

Directions

- 1.) Preheat the oven to 400 deg F / 204 deg C. Line a baking sheet with parchment paper and set aside.



My preferred brand of elderflower liqueur is St Germaine. You can make this recipe alcohol-free by using elderflower cordial instead.

2.) In a mixing bowl, combine the flour, sugar, baking powder, and kosher salt. Slice the butter into small pieces and add to the dry ingredients. Use a pastry blender or your hands to cut the butter into the flour mixture until it resembles coarse crumbs.

3.) Add the buttermilk and stir just to combine. Turn the dough onto a lightly floured surface and knead gently 8 or 10 times just until the dough comes together in a fairly smooth ball. Press the dough into a rectangle shape about 1 inch thick.

4.) Use a sharp knife to cut the dough into 8 pieces. Place the shortcakes on the prepared baking sheet. Brush the tops with either the beaten egg or cream. Sprinkle with turbinado sugar if using.

5.) Bake the shortcakes for 15 to 18 minutes until golden brown. Slide the parchment paper with the shortcakes onto the counter to cool. Let the shortcakes cool completely before serving.



6.) Set aside a few whole strawberries for garnish if desired. Slice the remaining strawberries and toss with the elderflower liqueur and sugar. Let sit for at least 15 minutes, or longer, to macerate. Chill until serving.

7.) Pour the whipping cream into the bowl of a mixer. Begin to whip the cream with a whisk attachment on medium speed. Add the elderflower liqueur and sugar. As the cream begins to thicken increase the speed to high and beat until the cream has soft peaks.

8.) To serve, split the shortcakes. Top the bottom piece with some of the elderflower whipped cream and the macerated strawberries. Place the shortcake top piece on top and garnish with more whipped cream and the whole strawberries.

Makes 8 shortcakes



