

**Fresh Ideas featuring:**



**2009 CFFA University & College “Fresh n’ Fit” Recipes Contest  
First Place Winner – Entree Lunch Category**

## **Grilled Ham & Blue Cheese Sandwich on Rustic Bread with Chilean Fruit Salad**

*Submitted by David J. Schneider, Virginia Wesleyan College, Norfolk, Virginia*

### **Fruit Salad:**

- 3/4 cup raspberry vinegar
- brown sugar, to taste
- Kosher salt, to taste
- cracked black pepper, to taste
- 1 1/2 cups extra virgin olive oil
- 1 cup fennel, julienne, reserving fawns
- 1/2 cup red onion, julienne
- 3 Chilean Asian pears, cored, cut 24 wedges
- 4 Chilean apricots (or 2 nectarines), seeded, cut 12 wedges
- 4 Chilean plums, seeded, cut 12 wedges
- 2 cups Chilean blueberries
- 1 1/2 Chilean strawberries, quartered

One day in advance, combine the vinegar, sugar, salt and pepper dissolved. Whisk in oil. Add the fennel and onion to the vinaigrette, stir and let stand refrigerated overnight. Day of serving, toss the fruits and 1/2 cup of picked fennel fawn in the fennel/ red onion vinaigrette mixture 2 hours prior to serving. Toss every half hour to equally marinate.



### **Sandwich:**

- 1 1/4 lbs. asparagus, cut into 6” lengths, peel if needed
- 2 oz. olive oil
- Kosher salt, to taste
- cracked black pepper, to taste
- butter, melted, as needed
- 24 slices rustic organic grain bread, 1/2” slices
- 12 oz. blue cheese or 12 oz. Brie, 1 oz. slices
- 12 tablespoons Dijon mustard
- 4 1/2 lbs. Black Forest ham, shaved

Toss the asparagus with the olive oil, salt and pepper. Put the asparagus on the grill. Asparagus should get nice char marks, but still remain slightly crunchy. Remove from grill and chill.

**To serve**, preheat the flat top grill to 350°F. Add the butter to the grill and lay out the slices of bread ensuring all slices of bread are very well buttered. Top 12 pieces of bread with 1 oz. blue cheese or 1 oz. brie. Top the other slices of bread with 6 oz. ham and 1/12th of the asparagus and mustard. Grill the bread until golden. Top the ham and asparagus slice of bread with the cheese topped bread. Remove from grill, cut in half on a bias and put on plate. Add 1/12<sup>th</sup> of the fruit salad to each plate, top with a fresh fennel fawn and serve immediately.

**Serves 12**



**Chilean Fresh Fruit Association**  
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