



DRESSED CANTALOUPE WITH CRISPY ONIONS, TOASTED PEANUTS, CILANTRO & BUTTERMILK

Recipe by: Chef David Sider

prep time

30 mins

cook time

3-4 minutes

serves

4

things you need

1

Cantaloupe, peeled and seeded, large dice

1

Medium onion, thinly sliced

1/2 cup

Peanuts, toasted

1/2 bunch

Cilantro

1/2 bunch

Mint

1/4 cup

Buttermilk

1/8 cup

Lime Juice

1/2 tsp

Chili flakes

Salt & pepper

To taste

1/4 cup

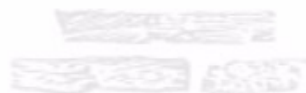
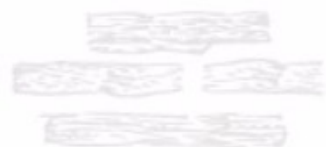
Olive oil

1 cup

Canola oil, for frying

2 tbsp

Cornstarch



here's how

- 1 Preheat the oil in a heavy-bottomed pot on the stove to a temperature of 325F. Ensure that a candy thermometer is used to take the temperature of the oil as well as that the pot is only half full as the level will rise when the onions are added.
- 2 Dredge the sliced onions in corn starch and fry until crisp.
- 3 Drain the onions and lay them on a tray lined with paper towel. Change the paper towel as needed until the onions are completely dry and crisp. Season with salt.
- 4 Combine the melon, cilantro and mint in a bowl and dress with lime juice, olive oil ,chili flakes, salt and black pepper to taste.
- 5 Place the dressed melon in a serving bowl and garnish with toasted peanuts and fried onions.

helpful notes

