

Fresh Pickled Melons

Serves 4

1 small watermelon
1 medium cantaloupe
1 medium honeydew
2 tablespoons brown or raw muscovado sugar
1/4 cup white wine
1/4 cup white vinegar
1-2 teaspoons chopped fresh dill
1-2 teaspoons chopped fresh tarragon
1-2 teaspoons chopped fresh mint

1. Cut about 1 cup of 1-inch cubes from each melon; set the rest aside for enjoying later. Place all the melon cubes in a large bowl.
2. In a medium bowl combine the sugar, wine and vinegar, whisk until the sugar dissolves. Add the chopped herbs to the vinegar bowl and mix.
3. Pour this mixture over the melons, and stir gently, as not to damage the melon cubes. Chill and serve.

Recipe courtesy of Curtis Aikens

For more recipes and information about Food Fridays visit: <http://bit.ly/foodfridays>



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