The Butchart Gardens.

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Stone Fruit
Buratta, wild arugula, cucumber, seed crisps, red wine & honey

Makes approximately 6 servings

Ingredients	Metric	US
Arugula	150 grams	5 oz
Red wine vinegar	90 ml	6 Tbsp
Wildflower honey	45 ml	3 Tbsp
Burrata	400 grams	1 ½ cups
*Seed Crisps	1 recipe	1 recipe
* prepare in advance to allow time to cool		
Nectarines	2 each	2 each
Peaches	2 each	2 each
Plums	2 each	2 each
Sugar	15 grams	1 Tbsp
Basil fresh	6 large leaves	6 large leaves

Wash and then slice wedges of each stone fruit, and add to a medium bowl

Finely chop basil leaves and add to stone fruit

Add sugar to stone fruit and basil and mix

Let sit at room temperature for 30 minutes

Ingredients	Metric	US
Cucumbers	400 grams	1 ½ cups
Salt	5 grams	1 tsp
White vinegar	30 ml	2 Tbsp

Wash and slice cucumbers into ¼ inch rounds, and add to a medium bowl

Add salt and massage into cucumbers, add vinegar and toss

To Assemble:

On a large plate, spread arugula

Arrange stone fruit wedges and cucumbers slices on top of arugula

Rip the ball of Burrata into pieces and scatter on top of the fruit and cucumbers

Sprinkle with salt and pepper, and drizzle red wine vinegar and honey all over

Finish with seed crisps

Seed crisps:

Ingredients	Metric	US
Ground flax seeds	30 grams	2 Tbsp
Brown rice flour	30 grams	2 Tbsp
Sea salt	2.5 grams	½ tsp
Sunflower seeds	75 grams	1/3 cup
Pumpkin seeds	75 grams	1/3 cup
Hemp seeds	60 grams	¼ cup
Chia seeds	15 grams	1 Tbsp
Boiling water	250 ml	1 cup

Method:

Preheat oven to 350°F and line a 13x18 baking sheet with parchment paper

Combine all dry ingredients into a medium mixing bowl

Pour boiling water over seed mixture and stir until there are no dry spots. Let sit for 15 minutes

Transfer to the prepared baking sheet and using a rubber spatula. Spread into a thin and even layer as possible

Bake crackers for 35-45 minutes or until they have become toasty in colour and dry and hard to the touch

Let crackers cool completely prior to snapping into whatever size you prefer.