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# Accidentallocavore®

**Dear Friend,**

Hope you had a great holiday weekend! To get your summer grilling off to a good start, one of our favorites-grilled Caesar salad. My friend gave me a sous-vide machine and I had a lot of fun playing with it last week. See what I was up to.

Why don't you invite your friends [to sign up](#) for the newsletter? My goal is to double the readership, so if everyone reading this can get a friend to sign up...Or you can click the icons above the logo to send to a friend, Twitter, Facebook, or LinkedIn.

Enjoy!

Anne



## **Grilled Caesar Salad: The Best Thing We Ate All Weekend!**

Start your summer grilling off in a great way! This is an easy Caesar salad, made better by a few minutes on the grill and has become part of the Accidental Locavore's summer repertoire. This is really easy and if you want to make it even easier, you can use your favorite bottled dressing (but don't, the dressing is easy an super-delicious!).

[Grilled Caesar.](#)



## **Cooking Sous-Vide: Two Experiments**

A very handsome sous-vide machine appeared at dinner last week with the Accidental Locavore's friends Zhu Zhu and BJ. If you're not familiar with cooking sous-vide, you vacuum seal the food and cook it in a warm water bath. It keeps food from over-cooking and keeps it tender and moist. You can hack sous-vide, using a slow cooker, but my new machine, a Sansaire, is a much better looking piece of equipment.

[Sous-Vide:](#)

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### May Calendar

What says spring better than peas and artichokes?

[Download the calendar:](#)

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### Huffington Post & The Daily Meal

The Accidental Locavore is now part of *Huffington Post*! [Click here](#) to follow on HuffPost. [And here](#) to see what I'm up to on *The Daily Meal*.

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