

TRIM ON A WHIM

The Cheater's Diet author **Melissa Lippert** finds local ingredients make summer entertaining simple and healthy.

I'm a simple girl. A table full of mouthwatering seasonal dishes, a chilled glass of rosé and a group of great friends—that to me is a foolproof recipe for a perfect summer evening. I always aim for seasonal, local produce because the flavor can't be beat; when you're working with items from East Hampton's Round Swamp Farm like red and yellow heirloom tomatoes, juicy strawberries, cherries, aromatic basil, crisp sweet corn and peppery arugula, to name a few, you forget that your food is actually healthy because the taste is so unbelievably delicious. Throw in some fresh-caught shrimp or fish from Amagansett Fish Company or some locally raised grass-fed beef for a lean burger, and you've created a balanced meal.



LEMON-GARLIC GRILLED SHRIMP AND BAY SCALLOPS

Serves 6 to 8

- 2 lb. large shrimp, washed, peeled and de-veined
- 1 lb. bay scallops
- Juice of 3 lemons
- ½ cup Italian parsley, chopped and divided
- 4 small garlic cloves, minced and divided
- 3 tbsp. extra-virgin olive oil
- ¼ lb. (½ stick) unsalted butter, melted
- Salt and pepper, to taste
- 8–12 metal or bamboo skewers (soak bamboo in water first so they don't burn)

Marinate shrimp and scallops for 20 minutes with lemon juice, ¼ cup parsley, two garlic cloves, olive oil and salt and pepper. Skewer shrimp, head to tail in a C shape, four to five per skewer. Skewer scallops, four per skewer. Make drizzling sauce by combining melted butter, remaining garlic cloves and parsley. Grill shrimp and scallops over medium-high heat, three to four minutes on each side. Lightly drizzle butter sauce over shrimp and serve (about half the sauce will be left over for dipping).

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Ready, Set, Serve

Event planner **Jennifer Gilbert's** backyard gatherings are anything but blasé.

« This table—rustic and organic yet elegant—is inspired by the amazing Hamptons sunsets. Browns and basket-weave chargers make the setting styled but not stuffy. Mass out orange ranunculus and match them with amber-colored votive candles.



» White table settings can be sophisticated and rich-looking without being boring. Use a square table and simple cut orchids to make a statement. This is perfect for a ladies lunch of grilled fish and white wine.



» This is great for a charity luncheon with a small décor budget. This table can easily be an elegant way to celebrate the Fourth of July. Just have a great patterned red tablecloth and use blue chargers and glasses. Place a huge platter of green grass as a centerpiece, fruits, artichokes and a variety of colored candy bowls also make a great, inexpensive, recyclable centerpiece when mixed with fun tablecloths. This is my favorite "summer in the Hamptons" look—colorful and beachy but not obvious. Visit savethedate.com