

Below are 4 recipes. This week you will choose any two of them to cook and submit. Be sure to take pictures and submit answers to the questions given (see last page). Please submit by Sunday the 7th, 2020.

Grilled Vegetable Skewers

Marinade

125 ml red wine vinegar

250 ml vegetable oil

30 g garlic

3 g dried thyme

TT Salt and Pepper

Vegetables (all are optional)

175 g zucchini, yellow squash

12 broccoli florets

12 cauliflower florets

24 pieces onion, large dice

12 pieces red bell pepper, large dice

12 Mushroom Caps, medium

12 Cherry tomatoes

1. Pre-soak skewers.
2. Combine all ingredients for the marinade and set aside
3. Cut all squashed into small dice. Blanch until semi-soft.
4. Marinade the vegetables for 30-40 minutes, remove from marinade and drain well.
5. Skewer the vegetables, alternating them on skewers.
6. Place vegetable skewers on the grill, turning as needed and cook until done. The vegetable should brown and char lightly. Serve hot

Balsamic Grilled Portabella Mushroom

4 portabella mushrooms, stems and gills removed

50 ml olive oil

10 ml sea salt

15 ml balsamic vinegar/15 ml olive oil mixture

1. Toss portabella mushroom caps in oil and place on the grill to mark and finish.
2. When fully cooked toss in balsamic olive oil mixture.
3. Sprinkle with sea salt and serve

Lemon, Thyme and Mustard Basted Grilled Vegetables

Marinade

125 ml butter
85 ml chopped shallots
70 ml olive oil
45 ml Dijon mustard
3 lemons juiced and zest
30 ml chopped fresh thyme

Vegetables (all are optional)

2 cobs of corn cut into four crosswise
1 small eggplant (about 500 ml), cut crosswise into 1-cm thick rounds
1 large red onion, cut into 2-cm cut wedges
1 large red bell pepper, seeded, cut lengthwise into six strips
1 large green or yellow bell pepper, seeded, cut lengthwise into six strips
1 large zucchini, trimmed and quartered lengthwise
8 asparagus spears, trimmed
1 large carrot, peeled, cut on the bias (diagonal), 1-cm thick

1. Combine all ingredients in a medium saucepan. Whisk over medium heat until butter melts and sauce blended. Season to taste with salt and pepper. (Can be made three hours ahead of time. Cool, Whisk over low heat before using.)
2. Arrange all of the vegetable pieces on a tray and brush all side with the marinade.
3. Prepare barbeque (medium-high heat). Grill pieces of individual vegetables on the grill turning and basting frequently, approximately 6 minutes. Remove from heat, tent with foil.
4. Place remaining sauce in a pan over heat until warm, remove from heat.
5. Season vegetables with salt and pepper. Serve vegetables with wedges of lemon and dipping sauce.

BBQ'd ~~Rum~~ Pineapple Slices

1 pineapple
87 ml melted butter
67 ml packed brown sugar
~~*45 ml dark rum*~~ *45 ml of milk*
2 ml ground cinnamon
5 ml ground cloves
1 ml nutmeg

1. Skin the pineapple and cut into slices, either lengthwise or width wise.
2. In a small saucepan melt brown sugar, ~~rum~~ milk, cinnamon and cloves.
3. Toss pineapple slices in the mixture and place on a hot grill, basting with the mixture frequently. Sprinkle each slice with a touch of nutmeg.
4. Serve alone or with ice cream.

For each recipe you must take a 4 PICTURES:

- One picture of all the ingredients measured out
- One picture of all ingredients mixed
- One picture of you cooking your recipe
- One of the finished product.

You will then send ONE email to dsovyn@rockyview.ab.ca (in the same email).

Attach all four pictures and answer the following questions:

- What was one thing that did well?
- What was one thing that you could have done better?
- What did you think of the finished product in both looks and taste?
- What did your parents think of it? (will not be marked on this if it is negative)
- What did your parents think of your cleanliness (will not be marked on this if it is negative)