

Fire Roasting vegetables

Vegetables for grilling or fire roasting,

- Eggplant, peppers, zucchini, yellow squash, red onion, mushroom, tomatoes, corn

Method-

Light gas fire, charcoal or live wood, if charcoal or live wood, let fire go in order to create hot coals.

Wash and dry vegetables and set aside until fire is ready, you will need,

Salt, pepper, olive oil, tin foil

Slice eggplant half inch thick, sprinkle with salt and set aside

Quarter peppers if large, de seed and set aside

Slice zucchini lengthwise half inch thick

Peel onion, keep root intact and quarter onion using the root end to hold onion together

For mushrooms, wipe clean with a dry towel, skewer mushroom on a bamboo skewer soaked in water

For tomato, if very ripe rub with olive oil, set in a tin foil packet, season with salt and pepper and leave a little air pocket in the top of the foil but seal

For corn you have a couple of choices

- 1) Soak corn in salted water for 20 minutes with the stalk and all, after soaking, let stand for ten minutes before grilling
- 2) Peel stalks off of corn, season with salt and pepper, sprinkle with olive oil and you are ready for the grill

Some grilling tips:

Separate the fire into a "hot" spot and a medium hot spot by moving the coals if it is a live fire or simply turning down the fire on one of the burners if it is a gas fire. You will need the hot to "char" and the medium to "cook"

Warm red onion vinaigrette

Local green leaf salad with goat cheese

Ingredients-

1 red onion, sliced very thin

Olive oil, ½ cup

Olive oil, 1T

Sherry vinegar or your favorite vinegar

Salt pepper

In a heavy saute pan or iron pan, set the 1T olive oil in the pan and bring up to heat under a medium fire, when pan is hot, add red onion and cook very slowly until onion is wilted and clear, about 20 minutes, do not caramelize onion.

When onions are done, season with salt and pepper and add olive oil

For the salad, clean spinach, green leaf or red leaf lettuce and set in a bowl, flek a little goat cheese or feta in the greens, warm the onion vinaigrette over a low fire, when warm, add to greens and toss until cheese is creamy!!

Tomato vinaigrette

Ingredients:

Ripe tomatoes to your liking, 4 medium sized

Red onion, 1 small or half of a large

Fresh garlic, 1T, chopped

Parsley, 2T, chopped

Chive, 2T chopped

Basil, 2T chopped

Your favorite vinegar, ¼ cup

Your favorite olive oil, 1 cup

Salt, pepper

Method:

Quarter tomatoes and cut the center seed section out, this is optional (less seeds)

Dice tomatoes in a medium dice, dice red onion in a small dice, set aside

In a mixing bowl, combine tomatoes, red onion, garlic and herbs, season with salt and pepper, add vinegar and set aside for ten minutes, after sitting, add olive oil and mix thoroughly

This vinaigrette can sit in the refrigerator for up to five days

Additions, you can use lemon juice in place of the vinegar

This vinaigrette is great on pasta, chicken, beef, fish, as a salsa with crisp bread or pita

Steak Salad

4 ounces flatiron steak, marinated

Salt, pepper

5 ounces bib lettuce

2 ounces cherry tomatoes

1 ounce red onion, thinly sliced

1 ounce crispy wonton

1.5 ounce gorgonzola

2 ounce roasted garlic vinaigrette

Season steak with salt and pepper. Place 4 oz. marinated flatiron on grill to achieve grill marks, cook until medium.

Place lettuce, cherry tomatoes, red onions and crispy wontons in a mixing bowl and toss with roasted garlic vinaigrette.

Build the salad high in the bowl.

When steak is finished cooking, let it rest for 1-2 minutes.

Slice steak into thin strips and layer on top of salad.

Garnish with gorgonzola cheese.

Cucumber tomato salad

Ingredients

1 lg. cucumber diced
1 med-lg. tomato diced
1 sm-med onion diced
2 cups water
5 tbsp. vinegar (or to taste)
Salt (to taste)
Black Pepper (to taste)

Directions

Place diced vegetables into bowl. Add vinegar, water, salt, pepper. Mix. Refrigerate to marinate.

Cucumber tomato salsa

Ingredients:

1 lg. cucumber
2 large ripe tomatoes
Juice of one lemon
2 T chopped fresh chive
1 chopped medium shallot
1 clove chopped garlic
¼ cup olive oil

Directions:

Peel and dice cucumber in a medium dice, dice tomatoes same size as cucumbers

Combine all ingredients in mixing bowl except olive oil and let stand for ten minutes, add olive oil

Hint, this salsa is great on chicken, pork, fish or sauteed tofu

Roasted Corn Salsa

- 4 roasting ears **corn**, freshest available
 - Juice from 2 **limes**
 - 4 **tomatoes**, seeded and diced
 - 2 red **onions**, finely chopped
 - 1 red pepper
 - 1 to 2 **Jalapeños**, finely chopped
 - 4 Tbl chopped fresh **cilantro**
 - 3 Tbl **Olive Oil**
 - Kosher **Salt**
 - Freshly ground **black pepper**
1. Roast the corn on the
 2. Let cool slightly, then peel back the husk and silks.
 3. Using a large, heavy knife, slice down the cobs to remove the kernels.
 4. Place the corn kernels in a bowl with the tomatoes, red onions, Jalapeños and cilantro. **Note:** The Jalapeños maybe omitted if you want a mild corn salsa. Add the chilies to taste.
 5. Add lime juice, salt and pepper and let sit for five to ten minutes
 6. Add olive oil and toss well to mix

Serve while still slightly warm, or leave to cool, cover, and chill for up to 2 hours.

Hints,

This salsa is great as an addition to chips for dipping, tamales. Chicken or as a salad by itself!!