SPRING/SUMMER COOKOUT MENU

TIME TO TABLE
15 MINS

SHRIMP ON THE BARBIE!

Ingredients

4 lbs shrimp, raw, peeled and deveined
1/4 cup olive oil
3 tbs fresh lemon juice
4 garlic cloves, minced
1/2 cup fresh basil, chopped
1/2 cup fresh cilantro, chopped
1/2 cup fresh parsley, chopped
red pepper flakes, sprinkle(optional)
1/4 cup white wine (orbroth /water)
sea salt
black pepper, to taste

Instructions

Thaw shrimp if frozen and place in bowl or large ziploc bag. Mix all remaining ingredients in small bowl and pour over shrimp. Stir so shrimp are well coated. Marinate in fridge for 30 mins to 1 hour. Preheat grill to med/high. Grease grill rackor broiler pan and cook shrimp for 2 to 3 mins per side, until opaque.
Note: depending on the size of the shrimp, you may want to use a grill basket so the shrimp do not slip through the grates.

TIME TO TABLE
15 MINS

GRILLED CHICKEN & STEAK TERIYAKI

Ingredients

2/3 cup olive oil
1/2 cup soy sauce (or GFtamari), low sodium
4 garlic cloves, minced
2/3 cup brown sugar
1 cup pineapple juice
2 lbs boneless chicken breast
2 lbs sirloin steak tips /flapsteak

Instructions

Mix all marinade ingredients in shallow dish large enough to hold chicken or steak. Add both chicken and steak to dish & turn to coat. Marinate at least 2 hours, up to six hours total. Preheat grill to med/high heat & cook chicken and steak for 8 to 10 mins each side, or until desired level of doneness for steak.
Note: the quantities for teriyaki sauce are assuming you are doing both of the meats. If you are notdoing both, you could reduce quantities by half or reserve some for another night...its great for a quick and tasty weeknight meal!

TIME TO TABLE
20 MINS

CORN & AVOCADO SALAD

Ingredients

2 tbs olive oil
4 garlic cloves, minced
3 shallots, chopped
16 oz frozen corn
2 avocados, peeled & chopped
3 tbs fresh lemon juice

Instructions

Heat oil in small skillet. Add garlic & shallots & cook for 2 to 3 mins until golden. Add corn to pan & cook for 5 to 8 mins until just starting to brown. Transfer to bowl & stir. Add avocado & lemon juice just before serving. Season with salt &pepper.

TIME TO TABLE
5 MINS

WATERMELON & FETA SALAD

Ingredients

1/2 watermelon
10 scallions, chopped
4 tbs red wine vinegar
3 tbs fresh lemon juice
4 tbs olive oil
1 cup feta cheese

Instructions

Cut up watermelon into cubes (any size and shape works). Place in large bowl and add scallions. Mix vinegar, lemon juice & oil in small bowl with fork or whisk. Pour over watermelon and gently stir to coat. Sprinkle with feta and season with sea salt & black pepper.

TIME TO TABLE
30 MINS

EASY POTATO SALAD

Ingredients

4 lbs baby potatoes
4 tomatoes, chopped
6 scallions, chopped
1/2 cup fresh parsley, chopped
4 tbs mayonnaise
3 tbs fresh lemon juice
2 tsp brown mustard

Instructions

Put potatoes in pot of salted water, bring to a boil and simmer for 10 to 15 mins until tender. Drain & let cool. Cut potatoes into large pieces & place in bowl. Stir in tomato, scallions, and parsley. In small bowl, mix mayo, lemon juice, & mustard. Add to potato mixture & stir. Season with salt & pepper.

TIME TO TABLE
40 MINS

LAMINGTON CAKES

Ingredients

1 box yellow cake mix
16 oz confectioners sugar
1/2 cup cocoa powder (unsweetened)
1 1/2 tbs butter (unsalted) , melted
1/2 cup low fat milk
8 oz shredded coconut

Instructions

Make cake according to package (or you can use your favorite yellow cake recipe. We find the box variety works just fine). Let cool and cut into individual squares-about 12 to 16 pieces. Let stand at room temp, uncovered. (Allowing the cake to be exposed to air for a bit will make it easier to work with). In a large bowl, mix cocoa with confectioners sugar.
NOTE: you want a bowl that you can place inside a larger bowl per below. Stir butter and milk into cocoa mix. Take a bowl slightly larger than your mixing bowl, fill about 1/3 of it with hot water, and place bowl with cocoa mix inside this bowl.
The intent is to keep the icing mix warm while coating the cake.
To assemble: spread coconut out on dinner plate. Using fork or tongs, dip each piece of cake in the cocoa icing, then roll in coconut. Repeat for eachpiece. If the icing begins to get thick and becomes difficult to work with, stir in a bit of hot water. Continue until all pieces are coated. It does get messy but they look beautiful and taste even better!