

# **Southern Village Farmers' Market**

**☞ Cultivating Local Agriculture and Community ☞**

**July 15, 2004**

**Cooking Demonstration ☞ Grilled Vegetables**

using **George Foreman Grilling Machines**

with **Sheila Neal** and **Kelly Clark**

## ***Menu***

### **Grilled Vegetable Platter**

with a variety of sauces

**Mint and Basil Yogurt Sauce**

**Salsa Verde**

**Skorthalia**

**Pomodori a Riso**

(Tomatoes Stuffed with Rice)

**White Beans** with **Thyme and Fried Sage**

Recipes will be available on the web site

**[www.southernvillagefarmersmarket.com](http://www.southernvillagefarmersmarket.com)**

(turn over for recipes)

**Chapel Hill ~ Carrboro Farmers' Markets**

**Locally Grown ☞ Nationally Known**

**Carrboro Farmers' Market ☞ Saturdays ☞ March 20 – December 19**

**Carrboro Farmers' Market ☞ Wednesdays ☞ April 14 – October 20**

**Southern Village Farmers' Market ☞ Thursdays ☞ May 6 – Late September**

# Recipes for Sauces to Complement Grilled Vegetables

From **Sheila Neal, Southern Village Farmers' Market Manager**

## Yogurt with Basil & Mint

This quick, summer sauce complements raw or grilled vegetables.

### Ingredients

1c regular or low fat yogurt\*  
3 T lemon juice  
salt and pepper to taste  
2 T extra-virgin olive oil  
1/4 c mix of torn basil and mint

### Procedure

1. Whisk lemon juice and yogurt together and season with salt and pepper. Let sit for five minutes.
2. Whisk in extra-virgin olive oil. Add herbs.

\*Choose thicker or thinner yogurts depending on what you're using the sauce with

## Skorthaliá with Yogurt

Skordaliá is a traditional Greek dipping sauce made with raw garlic and either a potato puree or eggs and oil. According to James Peterson in his cookbook called Sauces, the Greeks make a light version with yogurt, almonds, and parsley. They serve this over cold vegetables.

### Ingredients

1c regular or low fat yogurt  
3 T lemon juice or white wine vinegar  
3 cloves garlic, finely chopped  
salt and pepper to taste  
1/4 c extra-virgin olive oil  
1/4 c almonds, toasted with skins on and finely chopped  
1/4 c parsley, chopped

### Procedure

1. Combine first three ingredients and salt and pepper. Let sit for five minutes.
2. Whisk in the olive oil. Add the remaining ingredients.

## Salsa Verde

Salsa Verde is an Italian sauce used on grilled foods, especially fish with lots of flavor like mackerel and tuna. Some recipes call for mustard for more tartness and breadcrumbs for more thickness. I like it looser, like a vinaigrette. This recipe is adapted from James Peterson's Sauces.

### Ingredients

1 clove garlic, finely chopped  
1/4 c flat leaf parsley leaves, roughly chopped  
1/4 c basil leaves, roughly chopped  
1 T capers, roughly chopped  
1 T cornichons, roughly chopped  
2 T white wine vinegar  
1/2 c extra virgin olive oil  
salt and pepper to taste

### Procedure

1. Combine all the ingredients but the olive oil
2. Whisk in olive oil. Taste. I find at this point it is salty enough and only add black pepper.