

# Food on a Stick

## A Celebration of Summer

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- **SPARKLING RASPBERRY LEMONADE**
- **GRILLED PROSCIUTTO WRAPPED SHRIMP W/APRICOT MUSTARD SAUCE RECIPE**
- **TOMATO, WATERMELON AND BASIL SKEWERS**
- **SPICY BEEF KEBABS**
- **VEGETABLE KEBABS**
- **STRAWBERRY KEBABS WITH ROSEMARY, MASCARPONE, AND LIMONCELLO**

### WINE LIST

**OLD VINE RED-MARRIETTA VINEYARDS**  
**ASTORIA LOUNGE PROSECO**

*\*Present this menu at Andy's Liquor for a 10% discount on the wines featured in this menu\**

### **Sparkling Raspberry Lemonade** Bon Appétit | August 1999

A colorful and sophisticated summer drink.

Yield: Serves 6

#### **Ingredients**

1 12-ounce package frozen unsweetened raspberries (about 3 cups)  
1 cup sugar  
1/2 cup water  
1 1/2 tablespoons grated lemon peel

1 cup fresh lemon juice  
1 1-liter bottle (33.8 ounces) chilled sparkling water or club soda  
Ice cubes  
Fresh raspberries (optional)  
Lemon slices

## **Preparation**

Combine frozen raspberries, sugar, and 1/2 cup water in medium saucepan. Stir over medium heat until sugar dissolves and berries thaw. Increase heat and boil 3 minutes. Strain raspberry mixture into bowl, pressing on solids to extract as much liquid as possible; discard solids in strainer. Mix lemon peel into raspberry syrup in bowl. Chill until cold.

Stir raspberry syrup, lemon juice, and sparkling water in large pitcher to blend. Fill 6 glasses with ice cubes. Pour raspberry lemonade into glasses. Add fresh raspberries to each glass, if desired. Garnish with lemon slices and serve.

<http://www.epicurious.com/recipes/food/printerfriendly/Sparkling-Raspberry-Lemonade-201158#ixzz0msFK9UAF>

## **Grilled Prosciutto Wrapped Shrimp with Apricot Mustard Sauce from Wolfgang Puck**

Serves 8 to 16

### **Apricot Mustard Sauce Ingredients**

8 dried apricot halves  
2 cups orange juice  
1 tablespoon Dijon mustard  
1/2 tablespoon whole-grain mustard  
1 teaspoon lemon juice  
Salt  
White pepper  
2 fresh sage leaves  
1 teaspoon chopped fresh parsley

### **Prosciutto-Wrapped Shrimp Ingredients**

16 jumbo fresh shrimp, peeled and deveined, tail fins left on  
16 thin slices Prosciutto  
3 tablespoons extra-virgin olive oil

### **Recipe Preparation**

First, make the Apricot Mustard Sauce.

Put the dried apricots and orange juice in a small saucepan. Bring to a boil over high heat. Reduce the heat to medium and cook until the apricots are tender, 6 to 8 minutes. Remove the pan from the heat and let it cool for about 30 minutes. Put the apricots, orange juice, Dijon mustard, lemon juice, and sage leaves in a blender and season lightly with salt and white pepper. Blend until smooth. Add the whole grain mustard and parsley and blend briefly just until combined, about 3 seconds. Transfer to a bowl and set aside, or cover with plastic wrap and refrigerate for up to three days.

If you're using bamboo or wooden skewers for the shrimp, fill a shallow baking dish with cold water. Put 16 short skewers, each about 6 inches long, in the water to soak for at least 2 hours before assembling and cooking the shrimp.

Prepare a fire in an outdoor grill or preheat an indoor grill or the broiler.

Meanwhile, drain the soaked skewers, if necessary. Place a shrimp on a work surface curved side up and press down gently with one hand to flatten the shrimp into a straight line. While holding the shrimp down in this way, insert the tip of the skewer into its tail end and continue to push the skewer through the middle of the shrimp all along its length until the tip comes out the head end. This will keep the shrimp straight during cooking. Repeat with the remaining shrimp.

Place a slice of prosciutto on the work surface. Place a skewered shrimp across one narrow end of the slice and then roll the shrimp up in the prosciutto to enclose it completely in 2 layers of the ham. Trim any ragged edges and press the prosciutto along the seams to seal it around the shrimp. Repeat with the remaining shrimp and prosciutto. Put the shrimp skewers on a plate, cover with plastic wrap, and refrigerate until cooking time.

Brush the prosciutto-wrapped shrimp all over with the olive oil. Put them on the grill and cook, turning them frequently, until the prosciutto is crisply browned and the shrimp wrapped inside are plump and pink, 6 to 8 minutes.

Arrange the shrimp on a platter and pass them with a bowl of the apricot sauce for dipping or for spooning over the shrimp.

<http://www.ihavenet.com/wolfgang-puck-recipe-grilled-prosciutto-wrapped-shrimp-with-apricot-mustard.html>

## **Spicy Beef Kebabs**

Recipe courtesy Alton Brown, 2005

Prep Time: 20 min

Inactive Prep Time: 2 hr 0 min

Cook Time: 12 min

Level: Easy

Serves: 4

### **Ingredients**

- 1 1/2 to 2 pounds boneless beef sirloin
- 3 cloves garlic, minced
- 2 teaspoons smoked paprika
- 1/2 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/3 cup red wine vinegar
- 1/2 cup olive oil
- Special equipment: 4 (12-inch) metal skewers

## Directions

Cut the beef into 1 1/2 to 1 3/4-inch cubes and place into a large mixing bowl. Set aside.

In the bowl of a food processor combine the garlic, paprika, turmeric, cumin, salt, pepper and red wine vinegar. With the processor running drizzle in the olive oil.

Pour the marinade over the meat and toss to coat. Place in the refrigerator in an airtight container or a sealable plastic bag and allow to marinate for 2 to 4 hours.

Preheat the grill to medium-high heat. Thread the meat onto the skewers leaving about 1/2-inch in between the pieces of meat. Place on the grill and cook, with lid lowered, 2 to 3 minutes per side, 8 to 12 minutes in all (8 minutes for rare and 12 for medium). Remove from the heat to aluminum foil, wrap and allow to rest for 2 to 3 minutes prior to serving.

<http://www.foodnetwork.com/recipes/alton-brown/spicy-beef-kebabs-recipe/index.html>

## **Tomato, Watermelon, and Basil Skewers**

Recipe courtesy Giada De Laurentiis

Serves: 6 to 8 servings

### Ingredients

- 1/4 cup balsamic vinegar
- 1/4 cup sugar
- 1 (4 to 5 pound) watermelon, cut into 32 (1 1/2-inch cubes)
- 32 small basil leaves (or torn larger leaves)
- 16 cherry tomatoes, halved
- 2 tablespoons extra-virgin olive oil
- Kosher salt
- Special equipment: 16 (6-inch) skewers

### Directions

Combine the balsamic vinegar and sugar in a small saucepan over medium heat. Bring to a simmer, stirring occasionally, until the sugar is dissolved. Turn off the heat and set aside to cool.

Starting with the watermelon squares, push the watermelon to the very tip of the skewer. Then skewer a basil leaf, then a tomato half. Continue with another watermelon, basil leaf, and tomato half. Place the skewer on a serving platter so it stands upright, using the lowest watermelon square as a base. Continue with the remaining skewers.

Drizzle the skewers with the reserved balsamic syrup and the olive oil. Sprinkle with coarse salt. Serve.

<http://www.foodnetwork.com/recipes/everyday-italian/tomato-watermelon-and-basil-skewers-recipe/index.html>

## Vegetable Kebabs

Gourmet | August 2006

The beauty of this recipe is that each type of vegetable is cooked on its own skewer for even grilling. The tangy vinaigrette brings out the natural sweetness in the fresh summer vegetables.

Yield: Makes 8 servings

Active Time: 1 1/4 hr

Total Time: 1 3/4 hr

### Ingredients:

#### For vinaigrette

1/2 cup white-wine vinegar  
1 tablespoon balsamic vinegar (preferably white)  
1 large garlic clove, minced  
1 1/4 teaspoons sugar  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 cup olive oil

3/4 teaspoon black pepper  
3/4 lb cherry tomatoes  
1 lb baby eggplant (about 4 inches long), cut crosswise into 3/4-inch-thick slices  
10 oz cremini mushrooms, trimmed  
2 yellow bell peppers, cut into 1 1/2-inch pieces  
1 large red onion, cut into 1 1/2-inch pieces

#### For vegetables

1 lb small zucchini, cut crosswise into 3/4-inch-thick slices  
1/4 cup olive oil  
1 1/2 teaspoons salt

#### Special equipment:

18 (12-inch) metal or wooden skewers (soaked in warm water 30 minutes if wooden)

### Preparation:

#### Make vinaigrette:

Whisk together all vinaigrette ingredients in a glass measure until combined.

#### Skewer and grill vegetables:

Toss zucchini in a large bowl with 2 teaspoons oil, 1/4 teaspoon salt, and 3/4 teaspoon black pepper. Repeat with remaining vegetables, working with 1 type at a time and keeping each batch separate. Thread vegetables onto skewers (thread zucchini and eggplant horizontally through slices so cut sides will lie flat on grill; leave about 3/4 inch between

tomatoes, mushrooms, bell peppers, and onions), using 3 skewers per type of vegetable and not mixing vegetables on any skewer.

Prepare grill for cooking over medium-hot charcoal (moderate heat for gas).

Grill kebabs in 2 batches on lightly oiled grill rack, covered only if using gas grill, turning over once, until vegetables are tender (vegetables, except tomatoes, should be lightly browned; tomatoes should be blistered and shriveled), 6 to 10 minutes (timing will vary among vegetables).

Transfer skewers as cooked to a platter and, if desired, remove vegetables from skewers. Drizzle with some of vinaigrette and serve remaining vinaigrette on the side.

**Cooks' notes:**

- Vegetables can be threaded onto skewers 1 day ahead and chilled, covered.
- If you aren't able to grill outdoors, you can broil vegetable skewers in 2 batches on oiled rack of a broiler pan 4 to 6 inches from preheated broiler, turning over once, until golden, about 6 minutes per batch.

<http://www.foodnetwork.com/recipes/everyday-italian/tomato-watermelon-and-basil-skewers-recipe/index.html>

## **Strawberry Kebabs|Recipe (c) Jamie Oliver 2002**

This is a twist on ordinary strawberries and cream. You can also try any other fruit but the limoncello, mascarpone and strawberries are a great combo.

Serves: 4

### Ingredients

- 4 sticks fresh rosemary
- 6 strawberries, per person
- 8 tablespoons water
- 1 cup caster sugar, plus 2 tablespoons
- 9 ounces (250 grams) mascarpone cheese
- A couple of glugs limoncello liqueur, chilled
- 1 lemon, zested

### Directions

Remove nearly all the leaves from the rosemary sticks, leaving a few on the end. Reserve the leaves. Cut the tops off the strawberries, then thread 6 onto each rosemary stick. Place the sticks on a wire rack over a tray.

Put the water in a heavy-based pan with 1 cup of the sugar and bring to the boil. Give the pan a jiggle, but don't touch it too much. The mixture will clear, then bubble and then

slowly get darker and darker. It's ready when it's a golden brown. Pour caramel over strawberries.

Whisk the mascarpone with enough caster sugar to make it sweet (probably about 2 tablespoons, but you may need a little more or less). Drizzle in a little limoncello, then stir in the rosemary leaves and a little lemon zest.

To serve, spoon some mascarpone in the center of each plate, lay a kebab on top, and sprinkle with the remaining lemon zest.

<http://www.foodnetwork.com/recipes/jamie-oliver/strawberry-kebabs-recipe/index.html>