



Recipes from the Kingfield Farmers Market

Slow Food MN Grilled Summer Squash Slow Food MN at the market 9/6/2009

“This recipe works with many other vegetables. Try eggplant, Portobello mushrooms or sweet peppers. Some vegetables work better when parboiled or steamed for a few minutes prior to grilling: fennel (sliced vertically through the core), cauliflower (the whole head cut into ½” thick slices, core attached. Save the ends for another use), winter squash (especially delicata and other varieties with edible skin--ask your farmer).”

Some gold or green zucchini,
yellow crookneck, pattypan, or any
other summer squash variety.

1-4 garlic cloves (about 1 Tbsp)
½ cup extra virgin olive oil (more
if needed)

A handful of fresh herbs such as thyme, summer savory, marjoram, sage, or rosemary or some combination, finely minced

Fine salt
Flaky, coarse sea salt (Maldon, or fleur de sel, for example)
Freshly ground black pepper

Smash garlic with the side of heavy knife and place in a dish with the olive oil. Set aside.

Slice the squash lengthwise into 1/8” strips then lay them out in one layer on a tray. Brush the slices with the garlic infused olive oil.

Lightly sprinkle the slices with fine salt, pepper, and herbs. Because the squash is sliced so thin, this need be done only on one side.

Prepare grill for medium heat or grill squash following other dishes requiring a higher heat so the fire has died away some.

Put the slices on the grill, seasoned side down, and cook for just a few minutes until the squash has begun to soften and grill marks have appeared. Turn the slices with tongs and cook for a minute or two more, until the squash looks juicy. Timing will vary according to the heat of the grill.

Sprinkle with a bit of the sea salt and serve the squash alone or as a topping for polenta.