



August 2000 Picnic Recipes

A Walk in the Park with a Picnic

I have lived in Nanaimo for 13 years, and it still amazes me the number of beautiful places there are to have picnics; Neck point, Pipers lagoon, New castle Island, Transfer beach, Rathrevor, Roberts Memorial, Blue Heron park and of course your own back garden.

Here is a list of things to take with you. Napkins, plates (paper or plastic), plastic cups, cutlery, serving spoons, a corkscrew and a knife. A blanket, sunscreen, paper towel and a damp cloth folded up in a ziplock. A freezer pack, or make your own by freezing water in a leak proof Tupperware container, if you use ice cubes you will have ice for your drinks.

Drinks to bring along are Aqua Libra a refreshing sparkling fruit drink for the adults and some limeade for the children.

A light fruity white wine, perfect for those lazy summer days would be Calona, Pinot Blanc. This wine has won a number of gold medals and I would recommend it for a picnic.

For dessert a lemon square and some grapes would be a nice finishing touch to this picnic.

When creating sandwiches use hearty breads such as Foccaccia, sour dough, rye or a baguette, which won't go soggy on you. Put an interesting spread on the bread like Pesto, Olive paste or mashed avocado.

Here is a Crown Sandwich (Muffelatta),

1 1/2 lb round Rye or sour dough bread

-cut top off and hollow out, as for Spinach dip.

1/4c Honey mustard or Dijon mustard.

-spread on the inside of the loaf.

3 roasted red bell peppers

-to roast blacken on your barbecue, place in a paper bag and steam then remove skin and seeds.

-cut into 3/4" strips

1/2c Olive oil

1/4c Balsamic vinegar

2cloves garlic-chopped

-mix these three ingredients together and marinate peppers for 1hr.

6 hard Salami slices

1/4lb fresh spinach

6 Asiago cheese in slices

6 Onion rings-thinly sliced

6 Turkey slices

Layer all these ingredients as follows

Place the salami on the bottom of the loaf, top with half the spinach, then half the peppers. Then the cheese, the onion rings, the remaining peppers, the remaining spinach and then the turkey. Top with the crust of bread.

Tightly wrap and place in the fridge over night with a 2-3lb weight on top.

Cut out a wedge and serve. Will serve 6-8 people.

Salad Nicoise Sandwich

18oz can Tuna- drained

3T Capers

1/4c Mayonnaise

1 1/2T Fresh Lemon juice

Salt and pepper to taste.

Combine these ingredients.

2 Baguettes

-cut in to three, then cut in half lengthwise and hollow out.

6T Olive paste

-brush bread with it.

1oz Watercress

2 Tomatoes-sliced

1 Red onion-thinly sliced

-layer in the baguettes with 1/2 watercress, 1/2c Tuna mix, Tomatoes, onion, the remaining watercress.

Wrap tightly and chill.

Try substituting fresh basil for the watercress.

Salads that travel well.

Coleslaw

1c Green cabbage-shredded

1c Red cabbage-shredded

1/4c Green pepper-chopped

1/4c Red onion-chopped

1/4c Celery-chopped

1 Apple-cored and chopped

1/4c Sunflower seeds

Dressing

1/4c Yoghurt

1/4c Mayonnaise

2tHoney

1/2t Celery seed

1T Cider vinegar

Salt and pepper to taste.

Combine all these ingredients and toss with the vegetables.

Wheatberry Salad

1c Soft wheatberries

-soak over night, then simmer for about 30mins, 'til soft.

1/2c Artichoke hearts-chopped

1pint Cherry tomatoes-halved

2T Capers

1/4c Green onion-chopped

Combine these ingredients and toss with the dressing below.

Dressing.

2 cloves Garlic-minced

2T Cider vinegar

1T Fresh lime juice

2T Frozen Orange juice

1T Fresh Lemon juice

1tSoy sauce

-Combine all these ingredients in a food processor, then with the engine running slowly add

1/2c Olive oil.

(Soft wheatberries can be obtained from Charlie Browns the health food store.)

Roasted Potato Salad

2 1/2 lbs Small red potatoes

-1/4 the potatoes and toss in 2T Olive oil and bake in the oven at 375 'til soft.*

Dressing

1/4c White wine vinegar

2T Fresh Lemon juice

2t Dijon mustard

2 cloves garlic-minced

Salt and pepper to taste

1/2c Olive oil-whisk in

-Pour the marinate over the hot potatoes and allow to cool.

Once chilled add

1 Red pepper-thinly sliced

1/2c Red onion-thinly sliced

1/2c Fresh Basil-thinly sliced.

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