



June 2001 – Garden Party recipes

Garden Parties

With Summer Solstice on the way, the long, warm summer evenings invite us to hold cocktail parties in the garden with our friends. With our busy lives, it is nice to have a few short cuts up our sleeves so that we can enjoy ourselves.

Sushi is a huge favourite with guests; a great idea is to buy it from your favourite restaurant or caterer. Order rolls uncut, that way you can cut them in to smaller bite size pieces, perfect for popping in your mouth.

Shrimp Salad served in a pita pocket

1/4c Apple cider vinegar

2T limejuice

1T Honey

1/4t Ginger

1t Curry powder

-Combine in a blender

1/2c Vegetable oil

-Gradually add the oil in a thin thread. This will produce a thickened dressing.

1 1/2lbs Fresh shrimp-cooked

1 Papaya-cubed

2 green onions-thinly sliced

2T Cilantro

-Lightly toss the last 4 ingredients together add enough dressing to moisten. This can be made 4 hrs in advance

3" Pita pockets-cut in half.

-fill with 1 1/2T shrimp salad, just before serving.

Vegetable platter

Fresh vegetables are in abundance at this time of year and when prepared on a platter with a couple of interesting dips, they can be a vibrant display, adding colour to your table.

Yoghurt mint dip

2c Plain yoghurt

-Drain the yoghurt in a fine sieve set over a bowl for 3 hrs, covered and chilled.

-Discard the whey in the bowl and transfer the cheese to a bowl.

-The yoghurt cheese can be made 2 days in advance.

1/4c fresh mint-chopped and packed

1/2t Salt-to taste

1T Lemon zest.

-Stir in the remaining ingredients.

-Plain sour cream can be substituted for the yoghurt.

Chipotle lime sour cream dip

1 canned Chipotle chili in adobo-minced

2t fresh limejuice

1c sour cream

-Stir all the ingredients together and chill, can be made 2 days in advance.

Pot stickers can be bought frozen from your local store in the freezer department and can make an interesting, easy to serve Hors D'oeuvre. Here is recipe for a sauce that will make a tasty accompaniment.

Sesame Vinaigrette.

3T Rice wine vinegar

1T Soy sauce

1T Asian sesame oil

2T black or white sesame seeds.

-whisk all the ingredients together.

-garnish with some coriander leaves.

Another interesting item to have at your party are vegetable chips. These can be bought at the store and have a variety of interesting vegetables from parsnips to sweet potato. They are good enough to eat by them selves. With so many wonderful breads on the market today, a basket of fresh breads served with a little dish of olive oil and balsamic vinegar. Sometimes simple is best.

Fruit Kabobs

Cut fruit in to bite size pieces about 1" square and thread on to skewers, leaving a few inches at the end of the skewer for a handle. Fruits that work well for this are honey dew, strawberries, pineapple, cherries, cantaloupe, watermelon, papaya and mango. Serve with some whipped cream sweetened with a little sugar.

Rose Sangria

6oz Grapes-assorted

-place on a baking sheet in a single layer and freeze over night.

24oz Rose

31/2oz Grapefruit juice

1/4c+3T sugar

31/2oz Tequila

31/2oz Cranberry juice

-Combine the remaining ingredients in a large pitcher, stir well and add the frozen grapes.

-Serve cold over ice.

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