

CHBC Demo Recipes

Antipasto

A

2 tbsp	garlic (finely chopped)
½ cup	white onion (finely chopped)
½ cup	celery (finely chopped)
½ cup	carrot (finely chopped)
½ cup	fresh corn niblets
¼ cup	extra virgin olive oil
1 tbsp	dry thyme
1 tbsp	ground coriander
To taste	sea salt and coarse black pepper

B

½ cup	eggplant (finely chopped)
½ cup	broccoli (finely chopped)
½ cup	yellow zucchini (finely chopped)
½ cup	green zucchini (finely chopped)
½ cup	red pepper (finely chopped)
½ cup	yellow pepper (finely chopped)
To taste	sea salt and coarse black pepper

C

1 cup	tomato (finely chopped)
¼ cup	fresh parsley (finely chopped)
1 tbsp	fresh rosemary (finely chopped)
1 tbsp	extra virgin olive oil

Preheat a large sauté pan on medium-high heat. Add olive oil and the rest of **A** ingredients. Cover and cook until tender (4-5 minutes), stir occasionally.

Add **B** ingredients. Cover and cook until tender (4-5 minutes), stir occasionally.

Stir in **C** ingredients, cover and remove from heat. Let cool and serve on crackers, flat bread, pita etc. Also use as a condiment for chicken and fish.



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