



Pick Up Sticks

LEMON GARLIC SHRIMP

Bamboo skewers	1 tbsp (15 mL) oil
1/2 cup (125 mL) fresh lemon juice	2 tsp (10 mL) freshly ground pepper
1/4 cup (50 mL) dry white wine	1 pkg (340 g) frozen shrimp, thawed, peeled and deveined
4 cloves garlic, crushed	
2 tbsp (25 mL) steak sauce	

Soak bamboo skewers in hot water for 30 minutes. Combine remaining ingredients except shrimp in a heavy zip-lock plastic bag. Add shrimp and squeeze bag to coat shrimp with marinade; seal bag. Let stand 20 - 30 minutes. Remove shrimp from marinade; discard marinade. Thread shrimp onto soaked skewers. Grill over medium heat on natural gas barbecue until shrimp are pink, about 3 minutes per side. Serves 4.

GRILLED SCALLOPS WITH GINGER LIME SAUCE

8 - 10 bamboo skewers	1/4 tsp (1 mL) grated lime peel
1/2 cup (125 mL) dry white wine	3/4 cup (175 mL) whipping cream
1/2 cup (125 mL) canned chicken broth	1 1/2 lb (0.75 kg) large scallops
2 tbsp (25 mL) finely chopped onion	1/4 cup (50 mL) butter, melted
1 tsp (5 mL) grated fresh ginger	

Soak bamboo skewers in hot water for 30 minutes. To prepare sauce, combine wine, broth, onion, ginger and lime peel in a frypan. Bring to a boil and boil until mixture is reduced by half. Stir in cream and continue to boil until mixture is reduced to 3/4 cup (175 mL). Keep sauce warm. To ensure scallops lie flat, thread them horizontally onto soaked skewers. Brush with melted butter. Grill scallops over medium heat on natural gas barbecue for 3 - 4 minutes per side or just until scallops are opaque. Do not overcook. Serve scallops arranged on top of a small pool of sauce. Serves 4 - 6.

SALAD ON A SKEWER

An innovative way to serve a marinated vegetable salad.

1 piece English cucumber, 4 inches (10 cm) long	2 tbsp (25 mL) Dijon mustard
16 pieces red bell pepper (1 inch/2.5 cm)	2 tbsp (25 mL) white wine vinegar
16 pieces green bell pepper (1 inch/2.5 cm)	1/4 tsp (1 mL) hot pepper sauce
16 whole fresh mushrooms	1/4 tsp (1 mL) salt
16 cherry tomatoes	1/8 tsp (0.5 mL) garlic powder
16 bamboo skewers	2 tbsp (25 mL) oil

Cut cucumber piece in half lengthwise; remove seeds. Cut each half in half again lengthwise to make quarters. Cut each quarter into 4 pieces; there will be 16 cucumber pieces. Beginning with a piece of bell pepper and ending with a cherry tomato, thread 1 piece of each vegetable onto each bamboo skewer. Carefully place skewers in a large heavy zip-lock plastic bag. To prepare marinade, whisk together mustard, vinegar, hot pepper sauce, salt and garlic powder until combined. Gradually whisk in oil until blended. Pour marinade over skewers in bag and gently squeeze bag to coat vegetables with marinade. Seal bag and place on a plate. Refrigerate, gently turning bag occasionally, for at least 1 1/2 hours or up to 8 hours. Transfer skewers to a serving dish. Serves 8.

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CHICKEN SATE WITH PEANUT SAUCE

Bamboo skewers	1/2 tsp (2 mL) freshly ground pepper
1 clove garlic, crushed	2 boneless skinless chicken breasts, cut into
1/4 cup (50 mL) soy sauce	1 inch (2.5 cm) pieces
2 tbsp (25 mL) lemon juice	Peanut Sauce, recipe follows
1 tsp (5 mL) curry powder	

Soak bamboo skewers in hot water for 30 minutes. Combine garlic, soy sauce, lemon juice, curry and pepper in a heavy zip-lock plastic bag. Add chicken and squeeze bag to coat chicken with marinade; seal bag. Let stand 20 - 30 minutes. Remove chicken from marinade and thread onto soaked skewers; discard marinade. Grill chicken over medium heat on natural gas barbecue, turning occasionally, for 8 - 10 minutes or until chicken is cooked through. Serve with Peanut Sauce. Serves 2 - 3.

Peanut Sauce

1/4 cup (50 mL) finely chopped onion	1/2 cup (125 mL) peanut butter
1 tsp (5 mL) grated fresh ginger	1 cup (250 mL) water
1/2 tsp (2 mL) cayenne pepper	1 tbsp (15 mL) soy sauce
1 tsp (5 mL) oil	1/4 tsp (1 mL) salt

In a small saucepan on a side burner of natural gas barbecue, cook onion, ginger and cayenne in oil for 2 minutes. Stir in peanut butter. Gradually stir in water, soy sauce and salt; bring to a boil. Reduce heat and cook, stirring constantly until thickened, about 5 minutes.

TANDOORI LAMB KEBABS

Bamboo skewers	1 lb (0.5 kg) boneless lamb, cut into
1/4 cup (50 mL) yogurt	1 inch (2.5 cm) cubes
2 tsp (10 mL) cumin	2 1/2 cups (625 mL) zucchini chunks (1 inch/2.5 cm)
1 tsp (5 mL) coriander	1 cup (250 mL) large red seedless
1/2 tsp (2 mL) ginger	grapes (about 30)
1/4 tsp (1 mL) cayenne pepper	Cucumber Sauce, recipe follows

Soak bamboo skewers in hot water for 30 minutes. To prepare marinade, combine yogurt, cumin, coriander, ginger and cayenne pepper in a heavy zip-lock plastic bag. Add lamb and squeeze bag to coat lamb with marinade; seal bag. Let stand for 20 minutes. Remove lamb from marinade; discard marinade. Thread lamb, zucchini and grapes alternately onto soaked skewers. Broil kebabs for 8 - 10 minutes. Alternatively, kebabs may be grilled over medium heat on natural gas barbecue. Serve with cucumber sauce. Serves 4.

Cucumber Sauce

3/4 cup (175 mL) yogurt	1/4 tsp (1 mL) dill weed
1/2 cup (125 mL) finely chopped seeded	1/4 tsp (1 mL) salt
English cucumber	1/4 tsp (1 mL) freshly ground pepper

Combine all ingredients in a small bowl. Refrigerate until serving or for up to 4 hours.

TROPICAL FRUIT KEBABS

8 bamboo skewers	1 large firm banana
1/4 cup (50 mL) melted butter	1 nectarine
3 tbsp (40 mL) packed brown sugar	8 strawberries, hulled
1 tbsp (15 mL) lemon juice	8 cubes pound cake (1 1/2 inch/3.75 cm)
1/4 tsp (1 mL) cinnamon	Vanilla ice cream
1 kiwi fruit	Cinnamon

Soak bamboo skewers in hot water for 30 minutes. In a small bowl, combine butter, brown sugar, lemon juice and cinnamon. Peel kiwi and cut in half crosswise. Cut each half into 4 wedges. Peel banana and cut into 8 pieces. Cut nectarine into 8 chunks. Thread fruit and cake onto soaked skewers. Brush with brown sugar mixture. Grill over medium heat on natural gas barbecue for 4 - 5 minutes, turning frequently. The fruit should be just warm and slightly glazed. To serve, place a scoop of ice cream on each dessert plate and sprinkle with cinnamon. Arrange 2 kebabs beside each scoop of ice cream. Serves 4.