
Steamed Vegetables over Fire

Description

This quick and easy way to steam vegetables all at once has been Chef Maka's barbecue party trick for years. He enjoys having his guests wonder what's in the bag and opening it to perfectly steamed and seasoned vegetables.

Total time: 20 min Yield: 4 servings

Ingredients

aluminum foil
1/2 lb mushrooms
1 small zucchini (quartered)
1 cup broccoli florets
1 small onion (chopped)
3 pieces garlic (sliced)
1 sprig of basil (chiffonade)
2 Tbsp butter
2 ice cubes
salt
pepper

Prep Time: 5 min Cooking Time: 15 min Total Time: 20 min

Instructions

Portion two sheets of foil, about 12". Place one sheet on the countertop. Add mushrooms, zucchini, broccoli, onion, garlic, basil, butter and ice. Season with salt and pepper. Place other foil on top and seal tightly. If vegetables don't fit. Make another foil bag.

Heat barbecue on medium high. Place the bag over fire and cook until the foil bag puffs up like a popcorn bag. Put the foil bag on a plate. Cut open so your friends will be amazed. Enjoy with huli huli tri tip and barbecue oysters.

Recipe brought to you by:

Chef Maka Kwon