

Subarashii Kudamono Recipe Cards

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SUBARASHII
KUDAMONO.
GOURMET
ASIAN
PEARS

Subarashii Kudamono

Grilled Vegetables with Sautéed Cippolini Onions & Subarashii Kudamono Dried Asian Pears

Created by Chef Karlene Fils-Aime

- 2 Small Yellow Squash
- 2 Small Zucchini Squash
- 1 Medium Red Pepper
- 1 Medium Yellow Pepper
- ½ Medium Red Onion
- ½ Cup Cippolini Onions, medium diced
- ½ Cup Dried Asian Pears, medium diced
- 4 tablespoons Olive Oil
- Kosher Salt
- Freshly Ground Black Pepper

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Cut the zucchini and yellow squash in half then slice them lengthwise into ¼ inch slices. Cut the red and yellow peppers into 4 pieces by cutting around the core and seeds. Slice the red onion into ¼ inch rings. (Keep each slice in tact. Do not separate the rings.)

Combine yellow squash, zucchini, red and yellow peppers, and red onion in a large bowl. Heat 1 tablespoon olive oil in a skillet over medium heat. Add the onions, dried Asian pears, a pinch of salt, and a pinch of pepper.

Cook, stirring often, until the onions are tender and starting to brown (not burnt), and the pears become tender. Lower heat if onions or pears begin to burn.

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While the onions and pears are cooking, heat a stovetop grill pan over medium heat. Season the vegetables with 3TB olive oil, 1/8 tsp pepper, and 1/2 tsp kosher salt. Toss to coat. When the grill pan is hot, place the vegetables in a single layer and cook for approximately 2 to 3 minutes on each side until vegetables are tender but still firm.

When all the vegetables are cooked, slice the squash, zucchini and peppers lengthwise into 1/4 inch sticks. Separate the onion rings. Arrange vegetables on a platter. Whisk together 2 tablespoons olive oil and 1 tablespoon balsamic vinegar. Drizzle the warm vegetables with the balsamic/olive oil mixture. Garnish with warm onions and pears.

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Serve immediately. Yields 6-8 Servings.

VARIATION: Dice vegetables after grilling. Drizzle with balsamic vinegar/olive oil mixture. Toss with freshly prepared Israeli Couscous then garnish with warm onions and pears. Serve immediately

NOTE: It may be necessary to cook the vegetables in 2 batches if your grill pan is not large enough. If that is the case, before starting, preheat the oven to 200 degrees and place the cooked vegetables on a sheet tray and keep warm in the oven during batches. The vegetables may also be cooked on an outside grill.

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