

ROASTED VEGETABLES

I can't believe it took me so long to embrace roasted vegetables. Usually I would steam them, but roasting them makes them SO tasty! And it's easy! If you do a little poking around, you'll probably find recommended temperatures all over the spectrum. The ones I have listed in the section are what have worked for me, but your mileage may vary, so find what works for you!

INGREDIENTS

Qty.	Unit	Item
AR	-----	Vegetable of Choice
AR	-----	Extra Virgin Olive Oil (EVO)
AR	-----	Light Virgin Olive Oil (LVO)
AR	-----	Kosher Salt
AR	-----	Black Pepper

Everything is AR because it really depends on how much you have and how much seasoning you like. As far as the Extra Virgin Olive oil goes..., well some will tell you that it is wasted in higher temperature cooking, but I tried it and really liked it. I am woefully ignorant when it comes to the differences between the various types and brands, so experiment and find what you like! You might find that you like different olive oils for different vegetables.

SPECIAL TOOLS

- NONE!

PREPARATION

BROCCOLI

- 1) Rinse broccoli. Shake to get excess water out then allow to drain for a bit
- 2) Heat oven to 400 deg. F
- 3) Chop florets from the crown into, let's say, about double bite size chunks
- 4) If you have the stalk, the bulk of that is edible too. Just cut away any of the tough "woody" type pieces, peel the skin (if you want), and chop into similar sized bits as the florets [i]
- 5) Toss broccoli in glass bowl with the EVO [ii]. You want enough for a nice coating, but not so much that you have it pooling at the bottom of the bowl. Add a little at a time
- 6) Toss in kosher salt to taste
- 7) Toss in black pepper to taste
- 8) Spread broccoli in a single layer on a baking sheet (DON'T T CROWD!) and put in the preheated oven for 15 min

- 9) Flip (probably will wind up being a stir) the broccoli florets
- 10) If roasting multiple pans, rotate the pan positions in the oven
- 11) Roast for an additional 15 minutes [iii]
- 12) Remove from oven and let cool for a tick-tock
- 13) ENJOY!

BRUSSEL SPROUTS

- 1) Rinse Brussel sprouts and allow to drain for a few minutes
- 2) Heat oven to 425 deg. F
- 3) Pat brussel sprouts dry
- 4) Cut off any excess woody stem and remove any funky outer leaves
- 5) Slice brussel sprouts in half along the axis from stem to top
- 6) Toss in glass bowl with EVO [ii]
- 7) Toss in kosher salt and black pepper to taste
- 8) Lightly grease cookie sheet with EVO
- 9) Place brussel sprouts on cookie sheet cut side down. DO NOT CROWD! Split between multiple cookie sheets and cook in batches if necessary
- 10) Put the brussel sprouts in oven for 20 minutes
- 11) Check on brussel sprouts. If not done to your liking, roast in additional increments of 5 minutes [iv]
- 12) Remove from oven and let cool for a tick-tock
- 13) ENJOY!

CAULIFLOWER

- 1) Rinse cauliflower. Shake to get excess water out then allow to drain for a bit
- 2) Heat oven to 400 deg. F
- 3) Chop florets from the crown into, let's say, about double bite size chunks
- 4) If you have the stalk, the bulk of that is edible too. Just cut away any of the tough "woody" type pieces, peel the skin (if you want), and chop into similar sized bits as the florets [i]
- 5) Toss cauliflower in glass bowl with the EVO [ii]. You want enough for a nice coating, but not so much that you have it pooling at the bottom of the bowl. Add a little at a time
- 6) Toss in kosher salt to taste
- 7) Toss in black pepper to taste
- 8) Spread cauliflower in a single layer on a baking sheet (DON'T CROWD!) and put in the preheated oven for 15 min
- 9) Flip (probably will wind up being a stir) the cauliflower florets
- 10) If roasting multiple pans, rotate the pan positions in the oven
- 11) Roast for an additional 15 minutes [iii]
- 12) Remove from oven and let cool for a tick-tock
- 13) ENJOY!

CARROTS

Additional Ingredients:

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
AR	-----	Brown Sugar

- 1) Heat oven to 375 deg. F
- 2) Rinse, pat dry, and peel 1 lb of carrots
- 3) Cut carrots into 0.5 inch slices. I prefer to cut them on a bias for longer slices. Another technique is to rotate the carrot as you slice so you get kinda random shaped slices (There is a name for this, but I don't know what it is)
Don't feel like cutting carrots? Use a package of baby carrots.
- 4) Toss carrots in a glass bowl with EVO, kosher salt, fresh ground black pepper, and brown sugar to taste
- 5) Lightly grease a large cookie sheet with LVO
- 6) Spread carrots on the cookie sheet (DON'T CROWD!!!) and put in the oven
- 7) Roast carrots for 27 minutes
- 8) Stir carrots with wood spoon
- 9) Roast for an additional 20 minutes [iii]
- 10) Remove from oven and let cool for a tick-tock
- 11) ENJOY!

CORN ON THE CURB

Additional Ingredients:

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
2	TBSP	Unsalted butter [v]

- 1) Heat oven to 425 deg. F
- 2) Shuck, rinse corn, and pat dry
- 3) Coat corn with EVO and sprinkle with kosher salt and fresh ground pepper
- 4) Lightly grease a cookie sheet with LVO
- 5) Place corn on the cookie sheet (DON'T CROWD!!!) and put in oven
- 6) Melt 2 TBSP of unsalted butter on low in the microwave
- 7) Roast corn for 8 minutes [iii]
- 8) Rotate corn 90 degrees
- 9) Roast corn for 8 minutes [iii]
- 10) Rotate corn 90 degrees
- 11) Roast corn for 8 minutes [iii]
- 12) Rotate corn 90 degrees
- 13) Roast corn for 8 minutes [iii]
- 14) Pull corn and coat with the butter
- 15) Remove from oven and let cool for a tick-tock
- 16) Coat corn with the melted butter
- 17) ENJOY!

RING OF SQUASH

- 1) Heat oven to 400 deg. F
- 2) Rinse squash and pat dry
- 3) Cut squash perpendicular to the axis into 1 inch rings. You will need a good cleaver for this!
- 4) Remove guts and seeds from each ring
- 5) Coat squash rings with EVO then apply kosher salt and fresh ground black pepper to taste
- 6) Lightly grease a cookie sheet with LVO
- 7) Place squash on the cookie sheet (DON'T CROWD!!!) and put in oven
- 8) Roast squash for 30 minutes
- 9) Pull squash and flip
- 10) Roast for an additional 10 minutes [iii]
- 11) Remove from oven and let cool for a tick-tock
- 12) If you have a filling to put in the rings, add it now; this works great for leftovers
- 13) ENJOY!!!

ZUCCHINI

- 1) Heat oven to 425 deg. F
- 2) Rinse zucchini and pat dry
- 3) Slice off the ends and slice in half length wise
- 4) Slice each half into 3 wedges lengthwise
- 5) Coat zucchini with EVO then apply kosher salt and fresh ground black pepper to taste
- 6) Lightly grease a cookie sheet with LVO
- 7) Place zucchini on the cookie sheet (DON'T CROWD!!!) and put in oven
- 8) Roast for 15 minutes
- 9) Flip the zucchini
- 10) Roast for 15 minutes [iii]
- 11) Remove from oven and let cool for a tick-tock
- 12) ENJOY!!!

EGGPLANT

Additional Ingredients:

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
AR	-----	Sea Salt

- 1) Rinse Egg Plant and pat dry
- 2) Remove the leafy stuff (I don't know what to call it) at the stem end
- 3) Peel the skin
- 4) Cut into ½ inch slices
- 5) Place slices of eggplant on a cooling rack in a sheet pan
- 6) Generously sprinkle (but not too generously) the eggplant with sea salt
- 7) Flip the eggplant slices and sprinkle again with sea salt

- 8) Cover with a second sheet pan and let sit for 30 minutes
- 9) After 30 minutes, pat the eggplant dry
- 10) Flip the eggplant slices and pat dry
- 11) Cover with the second sheet pan and let sit for 30 minutes
- 12) Heat oven to 425 deg. F
- 13) After 30 minutes, pat the eggplant dry
- 14) Flip the eggplant slices and pat dry
- 15) Sprinkle eggplant slices with EVO and IMMEDIATELY spread / rub in with hands
- 16) Flip the eggplant slices, sprinkle with EVO and IMMEDIATELY spread / rub in with hands
- 17) Apply a light sprinkling of fresh ground black pepper
- 18) Flip the eggplant slices, and apply a light sprinkling of fresh ground black pepper
- 19) Lightly grease a cookie sheet with LVO
- 20) Place eggplant on the cookie sheet (DON'T CROWD!!!) and put in oven
- 21) Roast for 17 minutes
- 22) Flip eggplant
- 23) Roast for 17 minutes [iii]
- 24) Remove from oven and let cool for a tick-tock
- 25) ENJOY!!!

ASPARAGUS

- 1) Heat oven to 425 deg. F
- 2) Rinse asparagus and pat dry
- 3) Cut off the woody ends and discard (or put in your compost pile)
- 4) Optional: use a vegetable peeler to remove the skin near the bottom of the stalk. Even though you have removed the woody part, the skin on that end may still be a bit tough
- 5) Drizzle asparagus with EVO and spread to cover with your fingers
- 6) Apply kosher salt and fresh ground black pepper to taste
- 7) Lightly grease a cookie sheet with LVO
- 8) Place asparagus on the cookie sheet (DON'T CROWD!!!) and put in oven
- 9) Roast for 10min
- 10) Flip asparagus
- 11) Roast for 10 minutes [iii]
- 12) Remove from oven and let cool for a tick-tock
- 13) ENJOY!!!

NOTES

- i. OK, I have not done this yet, but it makes sense!
- ii. I recently found myself starting to refer to Extra Virgin Olive Oil as "EVO". I found myself thinking that I was sounding pretentious, but then I realized I am being brainwashed by the cooking shows on ye'ole boob tube and interwebs.
- iii. If you like it a bit darker, add a few minutes. Not so much? Subtract a few minutes.
- iv. A total of 25 minutes worked for me and my oven.
- v. See standard disclaimer about salted vs unsalted butter