

Flavors of Rochester at the Market

Celebrating the Cuisines and Cultures of our Community

*A sampling series brought to you by the Rochester Public Market,
Friends of the Rochester Public Market, and Democrat and Chronicle
Saturdays, May through September 10 a.m. to 12 p.m.*

www.cityofrochester.gov/marketflavors

www.democratandchronicle.com/flavors

Guest Chefs for October 3, 2015:



SAUCEATUDE CARMELIZED CARROT DOGS

1. Peel approximately 8 -10 of the fattest carrots you can find at the Market, ones that look like fat hot dogs. Cook in boiling water for 8-10 minutes or until they are fork tender. Thicker Carrot Dogs need longer cooking times. Cook them until tender with a bit of a crunch - al dente style.
2. Strain the Carrot Dogs in a colander and run cold water over them so they don't continue to cook.
3. For the marinade: mix together ½ cup Latin Lemon SauceAtude Salsa, 1 tbsp. melted butter, and ¼ cup honey.
4. Put Carrot Dogs into an airtight plastic container or a zipper plastic bag. Add marinade, shake to coat.
5. Refrigerate for 6 hours or overnight, shaking them several times. The longer you marinate the Carrot Dogs, the more flavorful they will be.
6. Grill Carrot Dogs on hot charcoal, rotating until all sides are brown. Alternative cooking methods include: searing all sides until brown in a lightly oiled skillet or oven bake at 350 degrees about 12-15 minutes. In all cases, baste with extra marinade.
7. Remove from heat, baste Carrot Dogs one more time with remaining marinade, and immediately cover with foil to trap steam. Let stand for 5 minutes.
8. Serve Carrot Dogs on whole wheat hot dog buns and enjoy!

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