



Flavors of Rochester at the Market

A sampling series brought to you by the City of Rochester Public Market, Friends of the Market, Democrat & Chronicle, and Summit Federal Credit Union. Saturdays, May through September 10 a.m. to 12 p.m.

www.cityofrochester.gov/marketflavors;
www.democratandchronicle.com/rocflavors

Guest Chef for June 18, 2016:



Well Ventions



BBQ CARROT DOGS

With An Attitude!

1. Peel approximately 8 -10 of the fattest carrots you can find at the Market, the ones that are as thick as fat hot dogs. Par boil for 8-10 minutes or until fork tender with a bit of a crunch - al dente style. Thicker Carrot Dogs need longer cooking times.
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 1/2 cup Latin Lemon SauceAttitude Salsa/Sauce and 2 tbsp. olive or vegetable oil.
4. Put Carrot Dogs into an airtight plastic container or a zipper plastic bag. Add marinade and 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 12-15 min.
7. While the carrot dogs are cooking, prepare the BBQ sauce: mix 1/2 cup Latin Lemon SauceAttitude Salsa/Sauce with 1/4 cup honey.
8. Remove carrot dogs from heat and mix in the BBQ sauce. Immediately cover with foil to trap steam. Let stand covered for 5 min.
9. Serve Carrot Dogs on whole wheat hot dog buns and enjoy!