

Quick Bites: Segment 18

Summer Charcuterie Board



Create an appetizer board that is rich in flavor, color, texture and nutrition.

Create a board for sharing amongst guests or if social distancing, best to create individual “boards” for guests. A plate, grilling plank or mini cutting board can be used but whatever you decide make sure it is food safe.

Components of the board:

Protein: Rotisserie chicken, chickpeas in a vinaigrette, devilled eggs, ham chunks, Roasted nuts, cheese, meats

Cold & Crunchy: Crudites, broccoli, green beans, radishes, carrot sticks & celery

Dip: Brussel Sprout Dip (recipe below)

Starch: Toasted baguette, crisp breads, Naan bread, bread sticks

Sweet: Berries, dried apricots, dark chocolate, stuffed dates (recipe below)

Flavor bursts: Roasted garlic, olives, pickled vegetables, marinated artichokes,

Arrange the above components into an artistic & appealing way for easy entertaining. Garnish with sprigs of Rosemary, dollops of mustard, honey, fig jam & Marconi almonds.

Brussel Sprouts Dip

Ingredients:

3 cups Brussel sprouts, trimmed & sliced

2 green onions

1 Tbsp. olive oil

8 oz. part skim mozzarella cheese

2 oz. fresh Parmesan cheese

1 cup plain low fat Greek yogurt

2 garlic cloves, pressed

1-2 Tbsp. fresh lemon juice

1/8 tsp. black pepper

Fresh vegetable slices.

Directions:

Thinly slice Brussel sprouts & scallions & place in a small baking dish.

Add oil and microwave uncovered for 2 minutes on high.

Grate cheeses & add remaining ingredients in a large bowl & mix well.

Add the cheese mixture to the baking dish and stir to combine. Microwave on high for 4-6 minutes until the dip is bubbly.

Serve immediately and serve with vegetable slices or Pita chips.

Appetizer Sticks

Ingredients:

12 thin bread sticks (6-8 inches long)
6 slices of thinly sliced Krakus ham
4 oz. seasoned spreadable goat cheese
2 Tbsp. lemon zest
½ tsp. black pepper
6 basil leaves

Directions:

Cut the slices of ham in half. Spread each slice of ham with the goat cheese; go lightly. Top each slice of ham with the lemon zest and pepper.

Roll up end of each bread stick with the seasoned ham slice & top with a sprig of basil. Place upright in a glass for serving.

Stuffed Dates

Ingredients:

5 oz. goat cheese, room temperature
2 Tbsp. fresh rosemary, stem removed, chopped
3 Tbsp. Pomegranate arils
¼ tsp. black pepper
9 Medjool dates
2 Tbsp. unsalted shelled pistachios, chopped

Directions:

In a small mixing bowl, combine goat cheese, rosemary, pomegranate arils, and black pepper. Use a fork to mix well, then set aside.

Cut each date in half lengthwise and remove the pit. Place a heaping teaspoon of goat cheese mixture in each date half. Place stuffed date halves on a serving platter and sprinkle with chopped pistachios.

Roasted Garlic

Ingredients:

1 or 2 garlic bulbs, cut off ½ inch of the garlic bulb to expose ends & keep bulb whole.

Olive oil

Salt, optional

Directions:

Remove any loose papery outer layers. Place bulb in a muffin tin or a small baker. Drizzle bulb with oil and a light pinch of salt (optional). Cover bulb with foil and close edges together to loosely enclose.

Roast 35-40 minutes or until garlic feels soft when squeezed; cool.

Remove garlic from paper husks by squeezing bottom of bulb. Place in a small dish.

Rosemary Roasted Nuts

Ingredients:

3 cups whole almonds

1 ½ cups walnuts

1 cup raw pumpkin seeds

2 Tbsp. finely snipped fresh rosemary

2 Tbsp. olive oil

1 Tbsp. lemon zest

Pinch of kosher salt, optional

½ tsp. cayenne pepper, optional

Directions:

Preheat oven to 375 degrees in a 15 x 10 inch baking pan, combine almonds, walnuts & pumpkin seeds. Bake 14-18 minutes or until toasted; stirring once.

In a small bowl, combine remaining ingredients. Drizzle over warm nuts; toss to coat. Serve warm or cooled.

Makes 22 servings (1/4 cup each)

Antipasto on a Stick

Ingredients:

8 slices of salami, folded
8 1/2" cubes of mozzarella cheese
8 pitted black olives
4 Grape tomatoes
4 marinated artichoke hearts, drained & halved
8 leaves fresh basil, rolled
8 bamboo toothpicks
8 tsp olive oil

Directions:

Thread each salami folded onto a small bamboo skewer and then mozzarella cheese, olive, tomato, artichoke heart and rolled basil in that order respectively.

Arrange on a platter and drizzle olive oil over each lightly. Serves 8