

What's Cookin': Grilled Vegetable Napoleon— A vegetarian treat for the summer

The recipe you see today is a wonderful vegetarian treat for the summer. The recipe calls for grilled vegetables, so you will need to wash, slice, drizzle with oil, salt and pepper the veggies, then grill on high heat until they have good colour and have softened. Remove from the grill and allow to cool before assembling the napoleon.

A napoleon was once layers of puff pastry, custard and cream, but now the term is used for almost any dish, sweet or savoury, that is layered and stacked.

The photo shows the napoleon served with some sliced naan bread and some hummus— an excellent accompaniment and really rounds out

Lori Gysel & Gerry Kentner



the meal.

If you are not keen on making the whole napoleon, then by all means, just make the lime and caper vinaigrette and serve drizzled over a pile of grilled veggies— without all the fuss of putting them together in a stack.

Or some beautifully ripe tomatoes with buffalo mozzarella would be per-

fect for this vinaigrette to be served with.

You may not be familiar with Halloom cheese— a semi soft, unripened cheese. It is a unique cheese that stands up to the heat of the grill, so you can grill slices of it or even cut into cubes

and place on a skewer with veggies for a kabob and grill it. And it won't completely melt and fall through the grill!

Have fun and keep cooking!

Email your questions and comments to Lori and Gerry at whatscooking@theifp.ca

Halloom Cheese and Grilled Vegetable Napoleon with Lime and Caper Vinaigrette

Serves 4

Ingredients

- 250 g Halloom cheese
- grilled vegetables (eggplant, sweet potato, sweet peppers, zucchini)
- 4 stems fresh rosemary

Vinaigrette Ingredients

- Zest of 1 lime
- 3 tbsp freshly squeezed lime juice
- 1 tbsp capers
- 1 tbsp white wine vinegar
- 1 clove garlic, minced
- 1 tsp coarse grain mustard
- 1 tbsp chopped cilantro
- 2 tbsp olive oil
- coarse salt and freshly ground pepper to taste

Method

Mix all ingredients for dressing together and set aside. Slice Halloom cheese into 8 slices.

In a hot skillet with olive oil, sauté cheese for approximately 1 minute on each side, until golden.

On a baking sheet with parchment paper assemble the napoleon;



One slice grilled eggplant, then 1 slice grilled sweet potato, then 1 slice sautéed Halloom, then 1/2 grilled baby pepper; then 1 slice grilled zucchini, then 1 slice grilled Halloom, then 1 slice grilled sweet potato, then 1 slice grilled eggplant. Hold entire napoleon together with half a bamboo skewer. Bake at 400 degrees for 8-10 minutes.

On plate, place 1 tbsp of the lime and caper vinaigrette.

Place hot napoleon on top of dressing. Remove bamboo skewer and replace with 1 stem of fresh rosemary.

Drizzle 1 tbsp of vinaigrette over napoleon.

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