



"I try not to use fat as flavor like many chefs do; I think there are health alternatives to bringing out the true essence of items we cook without adding all the fat. Finishing sauces, salads and grilled or roasted vegetables with a touch of vinegar or white wine really makes a difference in seasoning. Balsamic, rice and sherry vinegar are my favorite and we use them a lot at The Beehive."

—Chef Rebecca Newell

## SPICY PICKLED VEGGIES

- 6 zucchini
- 6 summer squash
- 10 cherry Pepper
- 8 carrots
- 8 parsnips
- 4 head cauliflower

\*Veggies, all Battonet cut except the pepper, sliced

In a large pot, seasoned with siracha, vinegar and salt and pepper. Blanch and shock all of the vegetables, except for the squashes. Those can just be added to the finished veggies.

In a large bowl, season veggies heavily with vinegar, sugar, salt, pepper and siracha. Put in cambro and serve after two days.

