



# uKnighthed at Home: BB&N's Virtual Homecoming

## Keith vs. Katya: A Virtual Cooking Class

### Recipes to Cook along with Chef Keith Jones

#### **BBQ Grilled Salmon**

*This easy and delicious recipe can be used to make excellent chicken or salmon fresh from the grill.*

#### **BBQ Marinade**

- 12 oz. Pineapple juice
- 8 oz. BBQ sauce (Your favorite brand)
- ½ tsp. garlic powder
- 1 tsp. chili powder
- Salt, ground pepper to season
- 1 bunch Fresh Scallion (chopped)
- 1 medium lemon (cut into wedges or slices)

#### **Directions**

Mix 12 oz. Pineapple juice, 6oz. BBQ sauce together in a bowl. Add the garlic and chili powder and mix well. Reserve other 2 oz. BBQ sauce to glaze salmon later.

Pour the marinade into a large plastic Ziploc bag.

Add (4 portions) – 8oz. each salmon filets to the marinade inside the bag.

Seal the bag and shake items to coat and cover.

**Place bag in the refrigerator for at least 4 hours or overnight.**

Remove salmon from the marinade using a fork.

Place marinated salmon on a clean plate and add salt and pepper to both sides of the portions.

Allow your grill to heat up (medium high/high heat)

Apply oil or non-stick to the grill before laying out your food

Grill salmon for 3 minutes on one side then carefully turn over with a spatula to cook the other side for 2 minutes.

Use a brush or spoon to coat each salmon portion with additional BBQ sauce.

Arrange cooked salmon on a platter and garnish with lemon wedges, chopped scallions.



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### Grilled Vegetables

*Use your favorite vegetables on the grill to make a great tasty vegetable side dish. Use this as a guide to grill what you like.*

#### Ingredients

- 2 large baking pans -13" x 9"
- 1 Whole Zucchini
- 1 Yellow Squash
- 2 Red Peppers
- 2 Sweet Potatoes
- Vegetable oil
- (small brush)
- Salt, pepper

#### Directions

Wash and slice all vegetables, and off drain excess water. Wipe dry with paper towel.

Slice thick slices of the zucchini, squash, and peppers.

Slice even ¼ inch slices of the sweet potato.

Arrange slices of vegetables in baking pan and coat lightly with oil. Sprinkle vegetables with salt and pepper.

Heat grill to medium high heat.

Apply oil to grill, arrange vegetable slices onto grill.

Grill vegetables for 2 minutes on each side until fork tender.

Arrange finished vegetables on a platter.