

K's Kitchen: Asian inspired marinade for barbecued veggies

By Kathryn Reed

We have gotten in more barbecue days this summer (and it's not even really summer) than we usually do by the end of June. The warm nights of this past weekend were ideal for being on the back deck and aromas coming from outside instead of from the kitchen.



I rarely measure ingredients for a marinade and seldom blend them together. Usually I just throw marinade ingredients on the veggies that are cut up in a glass dish. But because I knew I might want to write about this (and remember it for the future) I started documenting what I was doing.

But the mixing separately part, well, that was because of using a spice blend that required it be well incorporated with all the other marinade ingredients. Had I just dumped it right on the vegetables, it's likely not everything would have been evenly coated.

As with so many of my grilled vegetable medleys, the combo had to do with what was in the refrigerator, instead of some well thought out meal. Whenever possible I like for the ensemble to have a mix of colors so it looks good to eat.

Sometimes I decide on the marinade based on the vegetables being used. Certain items on the grill go better with some flavors more than others.

I bought the Chinese spice, soy sauces and rice wine vinegar

in San Francisco's Chinatown. However, since then I have learned the Chinese market in the Town and Country Center (think Whiskey Dick's) in South Lake Tahoe has them, too.

The marinade is bound to be good on things other than vegetables – but someone will have to let the rest of us know because I don't do meat.

I had a 9 x 13 glass pan filled with cut up bok choy, mushrooms, red pepper, carrots and tofu.

Chinese Inspired Vegetable Marinade

1/8 C pure Vermont maple syrup

1/4 C Dijon mustard

1/8 C rice wine vinegar

1/4 C dark soy sauce

1/4 C light soy sauce

2 tsp (or less) 5 spices (Chinese) powder

Mix all ingredients together until powder is dissolved. Pour over cut up vegetables and tofu. Mix vegetables so all are covered. Refrigerate until ready to grill.