

Kentucky Farm to School Junior Chef



Grilled Vegetable Banh Mi

Jefferson County Public Schools Junior Chef Team

Ingredients:

1 Tbsp	Minced Ginger	3 Tbsp	Soy Sauce
4	Large Portobello mushrooms	1	Red onion, peeled and sliced into thick rings
1	Seedless cucumber, thinly sliced	1 bunch	Cilantro, leaves picked off stems
1 bunch	Cilantro, leaves picked off stems	1 bunch	Fresh mint, leaves picked off stems
1 Tbsp	Minced garlic	1 Tbsp	Sesame oil
2 Tbsp	Rice vinegar	1 Cup	Spicy Mayo
1 cup	Marinated veggies/ kim chee		Oil for grilling
	Salt and Pepper	2 Large	Loaves whole grain French Bread
3	Zucchini, tops and bottoms trimmed off and thinly sliced lengthwise		
For Spicy Mayo			
3 Tbsp	Sriracha	1 Cup	Mayonnaise
1 tsp	Sesame Oil		Juice of 1 lemon
	Salt and Pepper		

Directions:

In a large shallow bowl, mix together soy sauce and ginger and marinate mushrooms and zucchini 15-20 minutes. In a separate bowl, brush onion slices with oil and season with salt and pepper. Grill onions, mushrooms, and zucchini and set aside.

Cut bread in half and slightly toast on grill. Spread spicy mayo on the bottom half and put cucumber down first. Season cucumber with salt and pepper. Next, place grilled vegetables on top with pickled carrots, mint, and cilantro. Top with the other half of bread and serve warm or at room temperature.

For spicy mayo:

Mix all ingredients together. Can be made up to 2 weeks in advance.