

Roasting Vegetables: Developing World, Regional and Seasonal Flavors

Mediterranean (Italian, Greek) Style Roasted Veggies

Preheat oven to 450 degrees

Red Onion
Red Bell Peppers
Green Zucchini
Yellow Zucchini
Tomatoes
Mushrooms

Olive oil or Salad Oil
Salt and Pepper
Garlic, chopped
Oregano (fresh or dried oregano can be used)
Feta Cheese

Lemon juice and Zest
Fresh Basil, Chiffonade

1. Cut all veggies to desired size. (3/4-1 inch is a good size for this dish).
2. Place all the veggies in an appropriately sized bowl.
3. Toss with olive oil. Coat lightly but evenly for best results.
4. Toss with oregano, dry basil, salt, pepper, garlic and lemon juice.
5. Place oiled and seasoned vegetables onto sheet pans in a fairly thin, even layer. It is important to not overload the pans as this will lead to the creation of steam which will not allow the vegetables to brown as readily.
6. Roast for 10 minutes and check. Stir and/or rotate pans as necessary.
7. Roast until the veggies are tender and the mushrooms, onions and peppers have browned up a nicely.
8. Sprinkle the feta over the veggies and return to the oven for three to five more minutes to brown the cheese a bit.
9. At service time, stir in lemon juice, sprinkle on fresh basil.

You can estimate a total roast time of about 20-25 minutes but this will vary based on cut size and oven.

Asian Style Roasted Veggie “Stir-Fry”

Preheat oven to 450 degrees

Carrots
Celery
Yellow Onions
Cabbage
Broccoli

Salad oil
Sesame Oil (flavoring oil: A small amount goes a long way)
Fresh Ginger
Fresh Garlic
Soy Sauce

Sesame Seeds - Garnish
Bias-Cut Scallions - Garnish

1. Cut all vegetables in small strips (julienne) per demonstrated methods (except broccoli).
2. Cut broccoli into small florets.
3. Process garlic and ginger to your desired size/consistency (mash, fine chop, rough chop).
4. Place all vegetables into an appropriately sized bowl.
5. Add a small amount of salad oil and Sesame oil to the veggies and stir until you can see that all veggies are shiny and coated. It is important that all veggies are evenly and full coated for best results in the oven.
6. Add soy, garlic, and ginger to taste. Toss and stir to evenly distribute ingredients.
7. Place oiled and seasoned vegetables onto sheet pans in a fairly thin, even layer. It is important to not overload the pans as this will lead to the creation of steam which will not allow the vegetable to brown as readily.
8. Place pans in the oven and roast for about 5 minutes.
9. Check the veggies and decide if they need stirring. Return to oven and allow to roast for another few minutes. You are looking for a little bit of browning and a crisp-tender bite. The amount of time will vary depending on your oven, but you can estimate between 8-10 minutes total.
10. Taste and adjust seasoning if necessary.
11. Sprinkle with Toasted Sesame and cut Scallions

Serve immediately, garnished with bias cut scallions and Toasted Sesame Seeds.

Mexican Style Roasted Vegetables

Preheat oven to 450 degrees

Poblanos
Red Onion
Red Bell Peppers
Potatoes
Zucchini
Corn – Whole Kernel Corn

Salad Oil
Salt
Black Pepper
Chile Powder
Cumin
Garlic

Cotija Cheese
Lime Juice
Fresh Cilantro

1. Cut all veggies to desired size. (3/4-1 inch is a good size for this dish).
2. Place all the veggies in an appropriately sized bowl.
3. Stir to coat with oil. Coat lightly but evenly for best results. All veggies should look shiny from the oil.
4. Toss with Chile Powder, Cumin, Garlic, Salt and Black Pepper
5. Place oiled and seasoned vegetables onto sheet pans in a fairly thin, even layer. It is important to not overload the pans as this will lead to the creation of steam which will not allow the vegetables to brown as readily.
6. Roast for 10 minutes and check. Stir and/or rotate pans as necessary.
7. Roast until the potatoes are tender and the onions and peppers have browned up a nicely.
8. Sprinkle the cotija over the veggies and return to the oven for three to five more minutes to brown the cheese a bit.
9. Stir in the lime juice
10. Finish with Fresh Cilantro just as service begins.

You can estimate a total roast time of about 20-25 minutes, but this will vary based on cut size and oven.

Seasonal Flavors: Honey-Cinnamon Glazed Roasted Carrots

Preheat oven to 450 degrees

Carrots
Salad Oil
Salt and Pepper

Honey
Ground Cinnamon

Chopped Fresh Parsley

1. Cut all veggies to desired size. (3/4-1 inch is a good size for this dish).
2. Place carrots in an appropriately sized bowl.
3. Stir/Toss with oil. Coat lightly but evenly for best results. Veggies should be shiny from the oil.
4. Toss with salt and pepper.
5. Place oiled and seasoned vegetables onto sheet pans in a fairly thin, even layer. It is important to not overload the pans as this will lead to the creation of steam which will not allow the vegetables to brown as readily.
6. Roast for 10 minutes and check. Stir and/or rotate pans as necessary.
7. Roast until the carrots are tender and have browned up a nicely.
8. Remove from oven and drizzle with honey, sprinkle with cinnamon, stir to coat.
9. Transfer to service wares of choice.
10. Sprinkle with fresh chopped parsley right before service.

You can estimate a total roast time of about 20-25 minutes, but this will vary based on cut size and oven.

Honey Glazed Veggie Variations:

Simply swap out carrots with these common veggies or make a medley by combining any of these veggies:

- Beets
- Turnips
- Parsnips
- Rutabagas
- Winter Squash
- Any type of Potato
 - Sweet
 - Baby
 - Fingerling
 - Red
 - Russet

Regional Flavors: "Buffalo Style" Cauliflower with Chipotle Sauce and Ranch Dressing

Preheat oven to 450 degrees

Cauliflower Florets
Salad Oil or Olive Oil
Salt
Pepper

Chipotle Salsa
Ranch Dressing
Chopped Fresh Parsley

1. Cut Cauliflower to desired size. (1-inch florets are a good size for this dish).
2. Place cauliflower in an appropriately sized bowl.
3. Toss with oil. Coat lightly but evenly for best results. All veggies should look shiny from the oil.
4. Sprinkle evenly and toss or stir with salt and black pepper
5. Drizzle with Chipotle Sauce, stir well to coat each floret
6. Place cauliflower onto sheet pans in a fairly thin, even layer. It is important to not overload the pans as this will lead to the creation of steam which will not allow the vegetables to brown as readily.
7. Roast for 10 minutes and check. Stir and/or rotate pans as necessary.
8. Roast until the florets have browned up a nicely, about 10 minutes.
9. Transfer to the service wares of choice.
10. Drizzle with ranch dressing.
11. Sprinkle with chopped parsley.

You can estimate a total roast time of about 15-20 minutes, but this will vary based on cut size and oven.

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