

Grilled Kielbasa over Rosemary Perfumed Bok Choy and Pears With a Mustard Maple Bourbon Glaze **#fabin40**

May 2014 by Camine Pappas

Prep time 40

2 Servings – Can Double

INGREDIENTS:

1 lb plain fresh Kielbasa
Links, without skin if desired
½ head bok choy
1 firm Bartlet pear,
quartered
2 sprigs of rosemary
4 T Olive oil plus drizzle
Salt and Pepper
3 T butter
¼ C pineapple juice

Glaze:

1/3 C yellow mustard
1 – 2 T real maple syrup
T bourbon
Salt and pepper



DIRECTIONS:

Prepare grill. Remove skin from kielbasa if desired. Set aside.

In a bowl, combine the ingredients for the glaze. Heat in a small saucepan and set aside.

While cooked kielbasa is resting, (Cook thoroughly but not overdone. Then take off grill, cover with foil and let sit 8 minutes,) take the bok choy and rinse and dry. Cut off the ends of green, chop and put them in a hot saucepan with 1 T olive oil. Add a bit of salt and pepper and sauté for about 3 minutes until wilted but not overly cooked. You want them tender but still bright green. Put them on the plate as the base for the meal, arranging to the outside so they will show when presented.

Take the remaining bok choy, cut the very end off, and quarter the spears. Rub both pears and bok choy with the rosemary, like a brush, over and over again to perfume. Now drizzle oil over the pears of bok choy and salt and pepper. In a saucepan add 2 T oil and 2 T butter. Add bok choy and pears into hot oil/butter. Let sear about 2 minutes on each side. Turn again. Add the pineapple juice to deglaze and set the rosemary sprigs atop to continue

to flavor veggies. Cover and keep warm until spears or just slightly softened. I found the total cooking time to be about 8 minutes.

To plate arrange spears over greens, arrange grilled bok choy, add kielbasa, top with pears and drizzle with mustard glaze.

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