

# IN SEARCH OF *NEW HAMPSHIRE'S* **BEST** *BBQ* RECIPES

The best *BBQ* recipes from across the Granite State!

Curated and assembled by the BBQ masters from the Wine'ing Butcher and Scott Oulette of O's and Canoe.

In celebration of National BBQ Month, 2016, we've compiled the best of the best BBQ recipes entered from our statewide BBQ recipe contest. After a month of entries, the Wine'ing Butcher and chef Scott Oulette are proud to present this year's winner, runners-up and exceptional recipes.

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# BEST BBQ WINNER!

IN SEARCH OF NEW HAMPSHIRE'S  
**BEST BBQ**  
RECIPES 2016

## ORANGE BRANDY BARBECUE

Submitted by:

Cynthia Whelpley

### THE LEGEND

I had all the ingredients, but wanted to add a wow factor to it. That's where the Brandy came in.

### INGREDIENTS

1 T. olive oil  
2 T. lemon juice divided  
1/2 tsp. ground ginger divided  
Salt  
Fresh ground black pepper  
1/3 cup orange marmalade  
1 T. Brandy

### COOKING INSTRUCTIONS

Rub chicken with oil and 1 tablespoon lemon juice. Sprinkle with 1/4 teaspoon ginger, salt and pepper to taste.

In a small bowl combine the marmalade, Brandy and remaining lemon juice and ginger, set aside. Brush with orange Brandy sauce, grill until juices run clear.

Baste 3 or 4 times during grilling.

Makes 2 to 4 servings.



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## GARY'S ASIAN BARBECUE CHICKEN

Submitted by:

Gary Sigai

### THE LEGEND

I am a chemist by training and also a foodie. I love experimenting with food. I love Chinese food and thought I would try my hand at coming up with my own Asian chicken recipe. A nice tasty addition to this recipe, if available, is to add Chinese 5-spice powder. The flavors are amazing. I sometimes add a little more sugar or use honey instead of sugar but it requires more attention to prevent blackening of the chicken. I've been doing this recipe for the last 20 or more years and have found this is the best combination for me.

### INGREDIENTS

4-6 boneless chicken breast (2-3 whole sliced in half)  
 1 1/4 cups soy sauce (low sodium preferred)  
 1/4 cup vegetable oil  
 2 T. sherry  
 1/4 cup fine diced onion  
 1 T. honey or sugar  
 5 slices ginger 1/8" thick  
 2 cloves garlic, chopped fine  
 Tabasco, a few drops, if needed to spice it up

### COOKING INSTRUCTIONS

Combine ingredients and marinate overnight. Cut chicken breast into elongated strips and thread onto metal skewers. Place skewers into the marinate for about 3-4 hours. Place on hot grill and watch over to prevent from burning (Grill marks are OK.) Serve on platter or plate when all are done. Don't overcook to prevent dryness... you want it to be moist.

This is a wonderful item to serve as part of a stir-fry, egg rolls, fried rice, wontons. etc. We have this several times a month, especially in the summertime.

## THE LIBERTY "SANDWICH" BURGER

Submitted by:

Melissa Torressen

### THE LEGEND

I make this for my family every summer. It's about a 20 year summertime tradition now at our house. My kids and husband love these even when it is not summer and whenever the grill is fired up. My husband and son are WWII buffs so they love the tradition.

### INGREDIENTS

1-1 1/2 lb Angus ground beef  
1 pkg Lipton dry onion soup  
2 T. A-1 Steak sauce  
1/2 tsp. ground peper  
8 slices cooked hickory flavored bacon  
4 slices American cheese  
1 tomato, sliced  
1 cup romaine lettuce  
4 hamburger buns  
\*\* Do not add salt as onion soup mix contains it  
\*\*\* Swap hamburger bun for an English muffin and save 120 cal

### COOKING INSTRUCTIONS

In a bowl combine ground beef, Lipton onion soup mix, A-1 steak sauce, and ground pepper. Mix with hands and form into 4-5 patties. Cook Low temperature on grill to desired taste. During last few minutes of grilling add cheese till melted. Transfer to hamburger bun. Toast bun if desired. Add extras bacon/tomato/lettuce /onions. Serve with grilled roasted potatoes.

During WWII, hamburgers were also known as "Liberty Sandwiches."

# GRILLED POTATO POUCHES

Submitted by:

Melissa Torressen



## THE LEGEND

Another family summertime favorite to compliment a Liberty "Sandwich" Burger on a warm summer day.

## INGREDIENTS

- 4 Medium size potatoes
- 1 pkg Lipton dry onion soup divided into 4ths
- Ground pepper to taste
- 4 T. coconut oil (1 for each pouch)
- 4 ice cubes (1 for each pouch)
- 4 pieces of foil wrap 8"x8"

## COOKING INSTRUCTIONS

Place 4 potatoes in microwave for 4 minutes (one min for each potato or until each one is somewhat soft, depending on size of your microwave.) When done remove from microwave and cut into small pieces. Place soft potato pieces into the middle of each of the 4 foil squares. Sprinkle 1/4 of dry onion soup, pepper and coconut oil. Next put ice cube on top and fold foil into potato pouches and put with hamburgers. When both hamburgers and potatoes are done, serve together. To be served with Liberty "Sandwiches" Burgers



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# LAMB CHOPS A LA ROCCO

Submitted by:

**Richard R. Gerken**



## THE LEGEND

My mom always served the most delicious leg of lamb that was moist but always well done and served with lots of mint jelly. I discovered that rack of lamb can be served medium rare in a restaurant and experimented with the ingredients because I felt mint jelly ruined the flavor of the grilled lamb. Substituting a French Cotes de Rhone or GSM wine for mint jelly was much more enjoyable culinary and dining experience.

## INGREDIENTS

1 (1.5-lb.) Australian rack, lamb chops  
 1 T. fresh rosemary, chopped  
 2 tsp. onion powder  
 1 tsp. garlic powder  
 Light soy to taste  
 Worcestershire sauce to taste

## COOKING INSTRUCTIONS

Place rack in pan, tines up, meat side down. Sprinkle soy and Worcestershire sauce to taste (2 parts soy to 1 part Worcestershire). Add onion, garlic and rosemary. Let chops marinate overnight or for 6 hours. Cook on grill at medium heat (approx. 350°) with tines up and meat side down for 20 minutes, or when instant read thermometer reads 140-145° for medium rare. Add cooking time for more well done preference. Remove from heat and cover with foil for 5 minutes before slicing and serving.

Tip: When using a Weber grill, rest the tines against the rear shelf to support meat side down and use aluminum foil to prevent burning of tines. Most rack packages are approx. 1.5 lbs. and contain 8 ribs, so each rack serves 3 to 4 people depending on portion. Note also that you can turn rack front to back halfway through if preferred, but care should be exercised as the "fat" side can flare up.



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# CORNISH GAME HENS A LA ROCCO

Submitted by:

**Richard R. Gerken**



## THE LEGEND

When I lived in IL, I went hunting pheasant at a hunt club. Each guest received two frozen pheasants as a departing gift. Including with the birds was a recipe for the pheasant cooked with bacon wraps to preserve moisture and add flavor. When I saw the frozen game hens at the supermarket, I decided to tinker with an adaption of the pheasant recipe using prosciutto.

## INGREDIENTS

2 (2-lb.) Cornish game hens, frozen  
2 tsp. fresh rosemary  
2 T. olive oil  
2 T. Montréal chicken seasoning  
1 tsp. onion powder  
1 tsp. ground pepper  
2 sheets prosciutto

## COOKING INSTRUCTIONS

Thaw birds and split each in half. Season birds with olive oil, chicken seasoning, rosemary and pepper. Divide prosciutto slices and fasten to breast side of each piece with toothpicks. Cook breast side up for 12 minutes followed by 10 minutes breast side down over medium heat grill (approx. 350 °). Remove. Let stand 3 to 5 minutes and serve. Serves 4.

Tip: if using a Weber gas grill with three burners, turn middle jet to low and outside two jets to medium. (warm up on high)



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# LEMON HERB CHICKEN

Submitted by:

Deb Eddy



## THE LEGEND

My aunt made this one summer for a BBQ and my mom brought the recipe home. My dad was not a big fan of chicken, but he loved this.

## INGREDIENTS

2-3 lbs. chicken pieces  
2/3 cup lemon juice  
1/2 cup vegetable oil  
4 T. water  
1 tsp. kosher salt  
1 tsp. celery salt  
1 tsp. pepper  
1/2 tsp. marjoram  
1/2 tsp. rosemary  
1/2 tsp. thyme  
1 small onion minced  
2 cloves garlic minced

## COOKING INSTRUCTIONS

Set chicken pieces aside in a glass dish or zip-lock bag. Combine the rest of the ingredients and mix until blended. Pour mixture over chicken and marinate for 6 hours, or overnight. Grill chicken on medium heat, turning occasionally until meat is done and juices are clear. Bon appetit!

I like to use boneless chicken such as breasts and thighs, but any assortment of chicken pieces works well. I also like the convenience of using a zip-lock bag, it makes it easier to turn for even marinating.



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# BARBECUE SAUCE SAVANNAH

Submitted by:  
**Cynthia Whelpley**



## THE LEGEND

This is a family recipe from my father who was a country boy from northern Maine, born in 1919.

## INGREDIENTS

1/4 cup smooth peanut butter  
1 clove garlic, grated  
1 medium onion, grated  
1 T. cider vinegar  
1 T. sugar  
1 T. soy sauce  
1 tsp. crushed red pepper  
1 cup tomato puree  
1 cup water  
1 cup beef broth

## COOKING INSTRUCTIONS

Mix peanut butter with garlic, onion, vinegar, sugar and seasonings. Gradually stir in tomato puree and water to blend. Add beef broth and bring to boil then simmer over low heat for 5 minutes. Can be used as a marinade or basting sauce. Works well with pork or chicken.

Yields 2 1/2 cups.



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## PINEAPPLE PASSION

Submitted by:  
**Denise Schofield**



### THE LEGEND

I threw this together at camp. Greenwoodlands, Dorchester NH. Everyone was in awe. It's was nothing short of fantastic... I love to cook food that sits as a memory on your palate.

### INGREDIENTS

Pineapple  
Yellow, green, red bell peppers  
Portobello mushrooms  
Salt  
Pepper  
Mesquite dry rub  
Boneless chicken tenderloin  
EVOO

### COOKING INSTRUCTIONS

Slice all veggies and fruit into quarter inch pieces. Dry rub chicken and pineapple with salt and pepper, mesquite rub, and drizzle tad of EVOO. Get grill to med high heat. Grill your chicken and veggies about 5 minutes each side until good grill marks are seen. Serve on a platter.

A nice glass of William Hill Chardonnay, or if you prefer a red, pinot noir goes fabulous. I would usually serve this with white rice steamed in chicken stock. Then I add dry basil to rice and serve as a side dish.



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# GARY'S BARBECUE BABY BACK RIBS

Submitted by:

Gary Sigai

## THE LEGEND

I've been a foodie and a home cook ever since I was 9 years old. I enjoy food and enjoy seeing people enjoying what I make. This recipe is not an exact recipe because it is the one I like. Many variations can be made, as I described.

When we moved to Kansas for a job change, I talked with many of our neighbors and everyone had barbecue. In fact, we often would take trips to Kansas City and we were in heaven... I mean barbecue heaven. We've tried many barbecue restaurants throughout Kansas and especially Kansas City. As a degreed chemist I always felt I wanted to "experiment" with recipes and ingredients to find out which ones I would like and possibly improve. So this is mine after 15 years of experimentation.

## COOKING INSTRUCTIONS

Prep: Combine first 3 ingredients and dissolve sugar. Add rest of the ingredients and stir to blend. (It is best to blend onion powder in advance with the lemon juice before adding to above.) Procedure: Wash, clean and dry rack of ribs before placing in a shallow roasting pan or sheet pan. (It is sometimes helpful to cover the bottom of sheet pan with aluminum foil to prevent ingredients from caramelizing on the bottom to make clean-up easier.) Cover the ribs with the sauce and leave in refrigerator at least several hours or overnight. Pull the pan out of the refrigerator as you preheat the oven at 350 F. Cover pan with aluminum foil and bake for about 45 minutes. Uncover the pan (remove the foil), lower the temp to 325 F and let it sit in oven for 1/2 to 1 hr. Check regularly to see if the ribs and sauce are drying out. If so, add more sauce. Keep in oven for another 30 minutes to develop the nice brownish-red glazed covering that is just delightful. Cut the ribs into sections (several ribs together). Have more sauce available on the table for guests to use if they prefer. A great dish.

Other Items: I usually serve with several other sides such as 1) homemade cole slaw, 2) homemade baked beans, and 3) thinly cut french fries made in a two-step process: low temp to parboil the water out of the fries followed by very high temp flash fry to make golden brown (taste as you go along!).

## INGREDIENTS

To make 1 Qt of Barbecue Sauce:

- 2 1/2 T. white vinegar
- 2 T. Worcestershire Sauce
- 2 T. brown sugar
- 14 oz ketchup
- 3 oz or less water (to thin if needed)
- 1/4 tsp. garlic powder
- 1/2 tsp. cayenne pepper powder
- 1/2 tsp. onion powder
- 1 1/2 T. lemon juice



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# CARIBBEAN BARBECUE

Submitted by:  
**Justin Foster**



Photo inspiration courtesy of Wine'ing Butcher

## INGREDIENTS

Boneless chicken thighs  
Jicama  
Crushed pineapple  
Soy sauce  
Minced garlic  
Chopped green onion  
Sesame oil  
Lime juice  
Onion powder  
Chili flake  
Sea salt  
Brown sugar

## COOKING INSTRUCTIONS

Puree ingredients and marinate chicken thighs. Grill chicken. Serve chicken on bed of shredded jicama and pour remaining marinade over.

# LEMON HUN CHICKEN

Submitted by:  
**Frank Smith**



## THE LEGEND

I wanted a low sodium way to cook my chicken.

## INGREDIENTS

1.5 lbs Boneless chicken breast  
2 T. rice vinegar  
2 T. low-sodium soy sauce  
1/2 cup low salt chicken broth  
1/8 cup dry wine  
1 cup fresh lemon squeezed  
3 T. honey  
2 tsp. mince garlic  
Salt & pepper

## COOKING INSTRUCTIONS

Combine all ingredients in plastic bag except for salt & pepper and marinate in fridge up to 8 hrs.

Barbque chicken on grill 4-8 mins a side depending on thickness of chicken. Sprinkle salt and pepper on chicken before grilling.

Serve with ya favorite side. Suggest 1-2 lbs of asparagus tossed in 2 T. of olive oil, minced garlic, sea salt and pepper. Cook in oven for 15-22 mins @ 350 degrees. Enjoy!



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# BBQ SMOKED RIBS

Submitted by:  
**Anthony Poole**

## INGREDIENTS

Full slab pork baby back ribs  
Garlic powder  
Salt  
Pepper  
Paprika  
Brown sugar  
BBQ sauce (Stubb's or Sweet Baby Ray's)



Photo inspiration courtesy of Wine'ing Butcher

## COOKING INSTRUCTIONS

Rub ribs with garlic powder, salt, pepper, paprika and brown sugar. Cover with aluminum foil and allow them to sit over night in a refrigerator. Set smoker to roughly 225 degrees Fahrenheit and allow ribs to smoke for 5 hours. Add hickory wood chips (about a hand full) every hour. At the beginning of the 5<sup>th</sup> hour, coat ribs with BBQ sauce. When the 5<sup>th</sup> hour is complete, coat ribs again with BBQ sauce. Wrap them up in aluminum foil and let them sit for 20-30 minutes. Serve and enjoy!



# BEN'S GRILLED SPINACH AND GOAT CHEESE PIZZA

Submitted by:  
**Nancy Chapman**

## INGREDIENTS

- 1 1 lb pizza dough
- 2 T. tomato sauce
- 3/4 cup fresh grated parmesan cheese
- 1 bag of fresh baby spinach, sauteed until limp in olive oil and garlic
- 4 oz goat cheese
- 3 strips bacon cooked and crumbled
- 1/4 cup honey roasted almonds crushed

## THE LEGEND

My son came home from a vacation to Puerto Rico and explained how he enjoyed a pizza with spinach and goat cheese. After a little bit of tweaking, we came up with this original recipe.



## COOKING INSTRUCTIONS

Brush dough with olive oil and place on hot grill. When golden brown, flip dough. Once both sides are golden brown add ingredients in order. Continue grilling until cheese is melted.

# KAHLUA AND PECAN GRILLED SWORDFISH

Submitted by:  
**Nancy Chapman**



## THE LEGEND

I adore butter pecan ice cream and wanted to try using similar ingredients with other foods. I think this sauce is incredible over swordfish.

## INGREDIENTS

1 lb fresh swordfish  
3/4 cup chopped pecans, toasted  
3 T. brown sugar  
1 cup Kahlua

## COOKING INSTRUCTIONS

Place swordfish on foil lined gas grill. Brush frequently with butter until thoroughly cooked. Meanwhile, mix liqueur and brown sugar over low heat until the sugar is melted. Pour over finished swordfish.

# GINGER CITRUS GLAZED SHRIMP

Submitted by:  
**Nancy Chapman**



## THE LEGEND

This is a sauce I discovered while traveling in the Virgin Islands. I came home and began experimenting with ingredients until I came up with a recipe that was as good as the original.

## INGREDIENTS

1 1/4 cups water  
1 T. cornstarch  
3/4 cup brown sugar  
1/4 cup soy sauce  
2 T. fresh ginger  
1 tsp. fresh garlic  
2 T. lime juice  
1 T. lemon juice  
1/4-1/2 tsp. crushed red pepper flakes  
1 lb. large shrimp, shelled and deveined

## COOKING INSTRUCTIONS

Dissolve starch in water. Add ingredients and bring to a boil. Grill the shrimp until opaque. Serve the sauce on the side. This sauce is equally good on grilled chicken breasts and pork chops or tenderloin.



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# CRANBERRY TERIYAKI SHRIMP

Submitted by:  
**Nancy Chapman**



## THE LEGEND

While on vacation my husband ordered a cranberry teriyaki pork dish. He loved it so well I began playing around with ingredients until I perfected this recipe. We like it on grilled shrimp better than pork. Both are delicious.

## INGREDIENTS

1 lb large shelled and deveined shrimp  
1 red onion, sliced  
1 T. grated fresh ginger  
1 cup dried cranberries  
Zest and juice of one orange  
1 cup soy sauce  
2 cups cranberry juice  
1/2 cup sugar  
1/4 cup veggie oil

## COOKING INSTRUCTIONS

Skewer the shrimp. Saute onions, ginger, and cranberries. Cook until soft, 5 minutes. Add remaining ingredients and simmer for 10-15 minutes. Puree, but not completely smooth. Brush glaze on the shrimp while grilling and reserve some to serve on the side.



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# PORK K-BOBS

Submitted by:

Kate Bishop Hamel



## THE LEGEND

Our family has always loved creating and cooking and we all started cooking at a young age. Before I moved out on my own, I created a cookbook of all my favorite recipes & those we created on our own or as a family. This is a standby and I even use with chicken. It is quick and easy and can be adapted to the spice you like by adding other ingredients if desired.

## INGREDIENTS

2 1/2 T. dijon mustard  
1/4 cup chili sauce  
4 tsp. molasses  
1 lb pork  
Pepper  
Vidalia onions  
Cherry tomatoes  
Mushrooms

## COOKING INSTRUCTIONS

Mix ingredients and marinade 1 lb pork tenderloin kabobs for 30 minutes before skewering and grilling. Add peppers, vidalia onions, cherry tomatoes and mushrooms brushed with oil to skewers.

# BBQ BAKED MYSTERY CHICKEN

Submitted by:  
**Erik Van Uden**

## INGREDIENTS

4 boneless chicken breasts  
1 T. olive oil  
1 cup soy sauce  
1 1/4th cup ketchup  
1 cup honey  
2-3 cloves of minced garlic  
Salt  
Pepper



Photo inspiration courtesy of Wine'ing Butcher

## COOKING INSTRUCTIONS

Pre Heat oven to 350. Place chicken breasts in baking dish. Mix all ingredients and pour over the chicken. Bake for 35 minutes or until the sauce is caramelized. Finish off on the grill 1 minute per side.



# FABULOUS STUFFED ZUCCHINI CANOES

Submitted by:  
**Marie Ludwick**



## THE LEGEND

Read a recipe once and thought I'd give it my own special "twist". It's proven to be a winner in our house. Can be served for either a casual and upscale dinner.

## INGREDIENTS

4 medium zucchini  
5 tsp. of olive oil, divided  
2 T. freshly minced onion  
1/4 tsp. fresh garlic minced  
1/2 cup Italian seasoned breadcrumbs  
1/2 cup sharp deli provolone cheese, cut into small pieces  
(or you can use mozzarella)  
1/2 tsp. salt  
1/8 tsp. black pepper  
3 T. Parmesan/Romano grated cheese

## COOKING INSTRUCTIONS

Cut zucchini in half lengthwise. Scoop out the pulp, but leave 1/4 inch shells. Brush the inside with 2 tsp. oil. Set aside. Chop the pulp. Saute the pulp and onion in a large skillet with 3 tsp. of oil until onion is translucent. Add the garlic and cook for 1 minute. Add bread crumbs and cook and stir for 2 minutes or until mixture is golden brown. Remove from heat and stir in provolone, salt and pepper. Spoon mixture into "canoes". Top each with Parm/Romano cheese. Place zucchini onto greased grill, put cover down, and cook over medium heat 8-10 minutes or until zucchini is tender. Makes 4 servings.

I DARE anyone who doesn't think they like zucchini to try this recipe. Even children love it!