

# AERODIASPORIC COOKOUT

## ●●●●● shopping list

### PRODUCE

- 4 ears corn
- 1¾ pounds heirloom tomatoes of varying shapes, sizes, and color
- 2 pounds fresh green beans
- 1 pound small to medium okra pods
- 24 cremini mushrooms
- 1 large red bell pepper
- 1 large orange bell pepper
- 1 large yellow bell pepper
- 2 serrano chiles
- 8 lemons
- 3 limes
- 3 oranges
- ½ cup apple juice
- 1 large onion
- 4 clove garlic
- 1 bunch parsley
- 1 bunch rosemary
- 1 bunch basil (preferably purple)
- 1 bunch thyme
- 1 bunch mint
- ginger

### FISH

- 32 large shrimp (about 1 pound)

### PANTRY

- course sea salt
- freshly ground black pepper
- extra-virgin olive oil
- 6 cups sparkling water
- red wine vinegar
- pure maple syrup
- organic raw cane sugar
- Dijon mustard
- cayenne pepper
- 16 12-inch wooden skewers
  
- ice