

May 25, 2016 Grilling Vegetables

Happy Victoria Day long weekend! For many, this weekend marks the unofficial kick-off to summer. While most people take advantage of summer produce with fresh, crisp salads, try something different this year and put your vegetables on the barbecue along with your meats. High heat grilling causes the vegetables to char and caramelize, adding smokiness and sweetness, and it is a method that is low-fat and quick to boot – perfect for weeknight suppers.

Pre-marinating your vegetables can add another dimension of flavour. Bring some Asian flare to your next barbecue with our Sesame Lime Baby Bok Choy, or Spicy Sesame Grilled Vegetables. Both recipes start with a mixture of soy sauce, sesame oil, fresh ginger and garlic in the marinade; the Sesame Lime Baby Bok Choy adds lime and honey for some sweet citrus flavour, while the Spicy Sesame Grilled Vegetables uses hot sauce for extra heat.

Our Grilled Ratatouille marries fresh summer vegetables like tomatoes, bell peppers and zucchini with classic French aromatics like parsley, oregano and thyme. This recipe can easily be adapted for the stovetop in case of rainy days, or if you don't have a grill wok or grill topper.

SESAME LIME BABY BOK CHOY – *Recipe from our new 2016 From the Grill cookbook*

Ingredients:

¼ cup sesame oil
¼ cup soy sauce
3 tbsp grated lime peel
2 tbsp fresh lime juice
2 tbsp liquid honey
1 tbsp finely chopped fresh ginger
2 cloves garlic, finely chopped
½ tsp red pepper flakes
7 baby bok choy, halved lengthwise

Method:

1. To prepare marinade, combine all ingredients except bok choy in a bowl.
2. Add bok choy and toss to coat. Let stand for 15 minutes.
3. Remove bok choy from marinade; reserve marinade to serve with bok choy.
4. Grill bok choy over high heat on natural gas barbecue until wilted and grill-marked, about 1 – 2 minutes per side.
5. Serve drizzled with reserved marinade. Serves 7.

SPICY SESAME GRILLED VEGETABLES

Ingredients:

- 1/4 cup (50 mL) rice vinegar
- 1/4 cup (50 mL) soy sauce
- 1 tbsp (15 mL) sesame oil
- 1 tbsp (15 mL) olive oil
- 1 tbsp (15 mL) grated fresh ginger
- 1 clove garlic, finely chopped
- 1 tsp (5 mL) hot pepper sauce
- 8 cups (2 L) assorted vegetable pieces (bell peppers, mushrooms, onions and zucchini)

Method:

To prepare marinade, combine all ingredients except vegetables in a heavy zip-lock plastic bag. Add vegetables and squeeze bag to coat vegetables with marinade; seal bag. Let stand 15 minutes. Remove vegetables from marinade; discard marinade. Grill vegetables in a grill wok over medium heat on natural gas barbecue, stirring occasionally, for 10 - 15 minutes or until browned and tender. Serves 6 - 8.

GRILLED RATATOUILLE

Ingredients:

4 Roma tomatoes, chopped
2 tbsp extra-virgin olive oil
1 tbsp chopped fresh oregano
1 tbsp chopped fresh parsley
1 tsp chopped fresh thyme
1 clove garlic, finely chopped
1 tsp salt
1 tsp freshly ground pepper
3 medium bell peppers, stemmed, seeded and cut into 1 inch pieces
2 medium zucchini, halved lengthwise and cut into 1 inch pieces
2 tbsp canola oil

Method:

1. Combine tomatoes, olive oil, oregano, parsley, thyme, garlic, salt and pepper in a large heatproof bowl; set aside.
2. Combine bell peppers, zucchini and canola oil in a separate bowl; toss until vegetables are coated.
3. Place bell pepper mixture in a grill wok or on a grill topper and grill over medium heat on natural gas barbecue, stirring occasionally, until vegetables are tender, about 20 minutes. Remove from heat.
4. Add bell pepper mixture to tomato mixture and toss to combine. Serve immediately. Serves 8.