



HOW TO: GRILL VEGETABLES:



FIRE UP THE GRILL 1

When hot, move the coals to one side or turn off one burner. You want a hot sections and a warm section.

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CUT YOUR VEGETABLES 2

Cut to the same thickness. About 1/2 inch thick is usually good. Cut lengthwise or at an angle for bigger pieces.

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PRE COOK 3

See next page to learn which vegetable are best pre cooked and which can go directly on the grill.

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START HOT, FINISH WARM 6

Place vegetables for a few minutes over the heat to brown, then finish cooking on the other side of the grill.

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BRUSH WITH OIL 5

A think layer of oil prevents sticking. Also add salt, herbs or spices. Another option is to marinate your vegetables in the refrigerator.

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AVOID FALLS 4

To prevent small vegetables from falling through the grate, you can put them on a skewer or use a grill pan with holes

Vegetables are finished when tender. Usually 5-15 m minutes





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SOME VEGETABLES cook slowly and will dry out or burn on the grill. You can try cutting these thin to cook faster, but for best results cook them before grilling. Pre-cook them by boiling, steaming, baking, or microwaving until soft enough to be easily poked with a fork. Then, finish them on the grill for a smoky flavor.

ROASTING		
DO NOT PRE COOK		PRE COOK
<ul style="list-style-type: none"> • Asparagus • Beans • Bok choy • Broccoli • Brussels Sprouts • Cauliflower • Corn • Eggplant • Fennel 	<ul style="list-style-type: none"> • Green garlic • Kohlrabi • Onions • Peppers • Radishes • Salad Turnips • Summer Squash • Tomatoes 	<ul style="list-style-type: none"> • Beets • Carrots • Celeriac • Parsnips • Potatoes • Rutabaga • Turnips • Winter squash

TIPS

GRILLING IN A FOIL POUCH

Use Try grilling vegetables with a little oil, herbs and spices sealed in foil. The foil traps steam inside which keeps vegetables moist- no need to pre-cook. Different vegetables cook at different speeds so don't mix vegetable types.

FAVA BEANS AND CORN

Grill fava beans in the pod and corn with the husks on. They will steam inside until tender and develop a smoky flavor. Just peel, season, and eat.