

Grilled Vegetables - Verdure Arrostita

During the summer we like to stay outdoors a lot, and barbeque is one of the cooking method preferred. Here are some roasted vegetables that I did while spending the summer in Favignana Island. Nonna Angelina's house, that my husband inherited, is 200 yards away from Cala Azzurra, the beautiful site that you see in the picture.

Cooking tips:

Zucchini - always wash and dry the slices of zucchini, it will prevent from sticking to the grill.

Peppers - when grilled, place them in a paper bag for ½ hour or more, it will be easier to peel them.

Eggplants - always place them in salted water for 15 – 20 minutes before grilling, it will eliminate the bitterness, and if frying the eggplants will absorb less oil.

When buying the vegetables, make sure that the skin is firm, bright and shiny.

Grilled Peppers

Ingredients:

3 peppers: 1 green, 1 yellow and 1 red
1/3 teaspoon sea salt
2 small clove garlic
3 tablespoons Nonna Angelina's Extra Virgin Olive Oil (EVOO)

Difficulty:

easy

Serves:

4

Cooking time:

10 – 15 minutes

Resting time:

1 hour

Peeling the peppers: 5 minutes

Directions:

Wash and dry the peppers. Place them on the grill low flame and turn them often so they will cook without burning. When done, place the peppers inside a paper bag and let it rest for ½ hour or more. When peeling the peppers, place a bowl of water near you and rinse your fingers often, since the skin and the seeds tend to stick to the fingers. Eliminate the skin and the seeds, cut the pepper in strips about 1 ½ inches wide. Prepare the seasoning by cutting the garlic very small, add the salt and the EVOO, add to the peppers. It can be refrigerated for 3 – 4 days.

Grilled Zucchini

Ingredients:

2 Zucchini
4 tablespoons Salmoriglio

Difficulty:

Very easy

Serves:

4

Cooking time:

10 minutes

Cut the zucchini longwise in strips ½ inch wide.

Wash and dry the strips. Grill with low flame

turning the zucchini often to avoid burning.

When done place in a dish and pour over the Salmoriglio.



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Grilled Eggplant

Ingredients:

2 eggplants
2 tablespoons salt
4 tablespoons Salmoriglio

Difficulty: Very easy

Serves: 4

Resting time: ½ hour

Cooking time: 10 minutes

Directions:

Cut the eggplants in ½ inches slices. Place them in large bowl sprinkle the salt and add water. Place a dish over them to immerge the eggplants and let it rest for ½ hour in order to allow the eggplants to release the bitterness. Drain and grill with low flame turning the slices often. Place them in a dish and pour over the Salmoriglio.



Salmoriglio

Ingredients:

1/3 cup lemon juice
2/3 cup Nonna Angelina's EVOO
½ teaspoon sea salt
1 teaspoon oregano

Difficulty: Very easy

Serves: 4

Preparation time: 5 minutes



Directions:

Place all the ingredients in a glass container, shake well to emulsify. Season the vegetables. It can be refrigerated for one week.

Buon appetito!

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