

PRIMAL GRILL – RECIPES

6. VEGETARIANS AT THE GRILL

Grilled Pepper Salad
Paella Primavera
Fire-Roasted Apples

GRILLED PEPPER SALAD WITH CURRANTS, CAPERS, AND FETA

Source: Adapted from *How to Grill* by Steven Raichlen (Workman, 2001)

Method: Direct grilling

Serves: 4

1 large red bell pepper
1 large yellow bell pepper
1 large orange bell pepper
1 large green bell pepper
1/4 cup plus 2 tablespoons extra virgin olive oil
2 garlic cloves, minced
2 tablespoons pine nuts
2 tablespoons dried currants
1 tablespoon drained small capers
2 tablespoons sherry vinegar
1/4 cup chopped parsley
1/2 cup crumbled feta
Coarse salt (kosher) and freshly ground black pepper

Set up the grill for direct grilling and preheat to high. When ready to cook, place the peppers directly in the embers and grill until the skins are charred on all sides, 4 to 6 minutes per side (16 to 24 minutes in all), turning with tongs. (Or you can do this directly on the grill grate.) Transfer the hot peppers to a large plate and let stand until cool enough to handle. Peel the peppers and discard the charred skins, seeds, and stems. Quarter the peppers lengthwise and arrange them attractively on a platter.

In a small skillet, heat 2 tablespoons of the olive oil. Add the garlic and pine nuts and cook over moderate heat until golden, about 4 minutes. Stir in the

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currants and capers. Remove from the heat and stir in the remaining 1/4 cup of olive oil. Let cool to room temperature. Whisk in the vinegar and stir in the parsley and feta; season with salt and pepper. Pour the dressing over the peppers and serve.

CHIPOTLE PORTOBELLO “BURGERS”

Source: Recipe adapted from BBQ USA by Steven Raichlen (Workman, 2003)

Method: Direct grilling

Serves: 4

Advance Preparation: 30 minutes for marinating the mushrooms

For the marinade:

3 to 4 canned chipotle chiles with adobo sauce
3 cloves garlic, finely minced
1 small onion, chopped (about 1/2 cup)
2 tablespoons balsamic vinegar, or more to taste
1/2 cup vegetable oil
Coarse salt and freshly ground black pepper to taste

4 portobello mushroom caps, wiped clean with a dampened paper towel
1 large sweet onion, cut crosswise into slices, then skewered
1/2 cup salted butter, melted
2 poblano chiles

For serving:

4 individual ciabatta rolls, or other rustic roll, sliced in half
4 slices pepper Jack cheese
2 ripe avocados, pitted and sliced

In a blender jar or food processor, combine the chipotle chiles, garlic, chopped onion, balsamic vinegar, vegetable oil, and salt and pepper to taste and blend until smooth.

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Place the mushroom caps in a single layer in a nonreactive baking dish, gill-side up, and pour the marinade over them, working the marinade into the gills with the back of a spoon. Cover and let marinate, refrigerated, for 30 minutes to 1 hour.

Set up the grill for direct grilling using a two-zone fire; preheat one zone to high and the other zone to medium so you can move the mushrooms over if they start to burn.

When ready to cook, remove the mushrooms from the marinade, reserving the marinade. Brush the onion slices with melted butter. Place the portobellos (gill-side down), the onion slices, and the poblanos on the grill grate. Grill for about 3 minutes, then turn with tongs. Spoon some of the reserved marinade on the gill-side of the mushrooms and continue to grill until tender and sizzling. If the vegetables begin to brown too much before they become tender, move them over the medium zone of the grill.

Lastly, brush melted butter over the cut sides of the ciabatta rolls and grill, cut sides down, for 1 to 2 minutes over the medium side of the grill, or until they are golden brown.

To serve, remove the skewers from the onion slices. Scrape the charred skin of the poblanos, remove the stem end, and cut into quarters. Remove seeds and/or veins. For each sandwich, place a mushroom on the bottom half of a bun; top with a slice of pepper Jack cheese, onion, poblano pepper, and several slices of avocado.

PAELLA “PRIMAVERA” (WITH VEGETABLES AND BEANS BUT NO MEAT)

Please Note: This recipe can be made on a gas grill, but it is best on a charcoal grill fueled with wood chunks. Steven used two grills to construct this paella with one dedicated to grilling the vegetables.

Source: Steven Raichlen

Method: Wood grilling

Serves: 6 to 8

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For the rice:

1/4 cup extra virgin olive oil
1 large onion, finely chopped
1/2 red bell pepper, seeded, stemmed, and cut into 1/4-inch strips
1/2 yellow bell pepper, seeded, stemmed, and cut into 1/4-inch strips
3 cloves garlic, finely minced
2 ripe tomatoes, seeded and cut into 1/2 inch dice
3 cups bomba (Valencian-style rice; see Note; or Arborio rice)
1/2 cup dry white wine
5 to 6 cups hot vegetable stock
1 teaspoon saffron threads (8 to 10 threads), soaked in 1 tablespoon hot water for 15 minutes

For the vegetables:

1 medium zucchini, trimmed and sliced on the bias into 1/4-inch slices
1 medium yellow squash, trimmed and sliced on the bias into 1/4-inch slices
1 Japanese eggplant, trimmed and sliced into 1/4-inch rounds
1 sweet onion, cut into rounds and skewered
15 to 20 cherry tomatoes, on skewers
8 to 10 mini bell peppers, on skewers
6 to 8 cloves garlic, on skewers or toothpicks
Coarse salt (kosher or sea) and freshly ground pepper to taste
1 tablespoon each dried rosemary, dried oregano, and dried thyme

For serving:

1 cup cooked chickpeas, drained
3 piquillo peppers (optional), chopped
1/4 cup finely chopped flat-leaf parsley, plus additional for garnish
Lemon wedges

You'll also need:

Two 22-1/2 inch charcoal grills
Natural hardwood chunks of wood (or logs) for a fire; Tuscan grill or cast iron grill grate; a large paella pan (see Note)

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I did this in twin kettle grills. 1 grill was 3 zone for grilling the veggies. 1 grill was 2 zone for sauteing the rice and cooking the paella.

Build a 2-zone fire in one kettle grill (for the rice) and a 3-zone fire in the other kettle grill (for the vegetables).

Put the paella pan on the grate of the kettle grill with the 2-zone fire. Add olive oil to the pan and preheat. Add the chopped onion and red and yellow bell peppers to the pan, stirring with a clean grill hoe or long-handled spatula, until the vegetables begin to soften. Add the garlic and chopped tomatoes, and cook for 1 to 2 minutes. Add the rice, and stir to coat with the oil. Then add the saffron and wine and cook for 1 to 2 minutes. Add 5 cups of the hot vegetable stock. Simmer the rice for 15 to 20 minutes, or until tender, adding more stock if needed to keep the rice from drying out or scorching on the bottom of the pan.

Meanwhile, brush the vegetables with olive oil and season with salt, pepper, and the herb mixture. Place on the second kettle grill over the 3-zone fire, and grill until vegetables are tender. (The onions will take the longest time, the cherry tomatoes the shortest time.)

To assemble, remove the skewers from the grilled vegetables and add to the rice. Stir in the chickpeas and piquillo peppers. Serve the paella directly from the pan, if desired (be sure to set it on a heatproof surface), or transfer it to a large plate or platter. Sprinkle with chopped parsley and garnish with lemon wedges, if desired.

Note: Authentic paellas are made using bomba rice from Valencia, Spain. It is a unique strain of short-grain rice available at some specialty food shops or from [HYPERLINK "http://www.tienda.com" www.tienda.com](http://www.tienda.com) (1.800.710.4304).

SMOKE-ROASTED APPLES

Method: Indirect grilling

Serves: 6

6 sweet crisp apples (ideally, Fuji apples)

3 tablespoons apricot jam

3 tablespoons whipped cream cheese

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3 tablespoons dark brown sugar
3 tablespoons unsalted butter

You'll also need:

1-1/2 cups apple or hickory chips, soaked in water to cover for 1 hour, then drained;
Grill rings (optional)

Using a small melon baller, core the apples from the top. The idea is to remove the stem end and seeds, creating a cavity in the apple, but leave the bottom intact to hold in the filling. Place 1/2 tablespoon whipped cream cheese in the cavity of each apple. Top with 1/2 tablespoon apricot jam, 1/2 tablespoon brown sugar, and finally, 1/2 tablespoon of butter. The recipe can be prepared several hours ahead to this stage.

Set up your grill for indirect grilling (rake the lit coals into two piles on opposite sides of the grill). Place a drip pan in the center.

Arrange the apples in the center of the grill over the drip pan on grill rings, if using. Toss half the wood chips on each mound of coals and cover the grill. Adjust the vent holes to obtain a temperature of about 350 degrees.

Smoke-roast the apples until tender (the sides will be squeezably soft) and the filling is browned and bubbling. Depending on your grill and the outside temperature, this will take about 1 to 1-1/2 hours.