

Grilled Vegetables

Grilling vegetables gives them a wonderful smoky rich taste and a marvelous charred look. These suggestions can be used for almost any vegetable, skewered on the grill whether gas or charcoal. Flat metal skewers hold the food more securely than traditional round skewers. If making bamboo "rafts", lay a strip of foil under the tips of the skewer to prevent burning.

Clean the grill grate and brush with oil. A clean grate reduces sticking.

Set the grill for direct heating and preheat high for 5 minutes.

Brush skewered vegetables with oil on both sides, season with salt and pepper.

Turning skewers brush additional oil and season again.

Vegetables should be nicely charred on the outside, soft and tender on the inside.

Vegetable Grilling Chart

High heat -- Direct method on a clean oiled grate

Flat skewers are recommended for grilling vegetables.

Brush vegetables lightly with oil, pat on seasonings, brush additional oil as needed to prevent sticking. Sprinkle with balsamic vinegar or lemon juice to taste.

Asparagus	6-8 minutes in all
Corn	8-12 minutes in all
Eggplant, Asian	9-12 minutes, until cooked through and pierces easily with a fork
Eggplant, regular	20-30 minutes, until cooked through and pierces easily with a fork
Mushroom caps	
Portobello	4-6 minutes per side
Regular	3-5 minutes per side
Onions, quartered	10-12 minutes per side
Peppers, whole	16-20 minutes. Let the skin char
Tomatoes, sliced	2-4 minutes per side
Tomatoes, whole	8-24 minutes in all
Zucchini	4-6 minutes per side

Adapted from: [The Barbeque Bible](#) by Steven Raichlen

Grilled Okra on a Bamboo Raft

Okra has a sweet, earthy flavor when not over cooked. Choose smallish pods of uniform size, they should be about the size of a man's index finger.

1 lb. '**Clemson Spineless**' okra

Olive or sesame oil

8 short bamboo skewers.

Trim the tips off the stems of the okra, but do **not** cut into the pods.

Arrange 4 or 5 okra in a neat row at the edge of a cutting board.

Push the skewer through each piece to create a raft.

Brush both sides of the okra with olive or sesame oil, sprinkle with salt and pepper to taste.

Set the grill on high for direct grilling.

Brush a clean grate with oil.

Cook 4-5 minutes per side using a spatula for turning.

Serve as part of a mixed vegetable platter or charcuterie board.

Adapted from: The Barbeque Bible by Steven Raichlen

Grilled Dilled Tomatoes

8 Ripe '**San Marzano**' tomatoes

2 T extra virgin olive oil

2 T **fresh fernleaf dill**, chopped

Salt and freshly ground black pepper

2 long, flat metal skewers

Thread tomatoes crosswise on the skewers, brush with salt, pepper and chopped dill mix.

Set the grill for direct method, preheat to high.

Brush a clean grate with oil.

Place the skewers on the grate, turning as needed until skins are charred and blistered.

The flesh on the inside should be hot and soft, cooking 8-12 minutes in all.

Ease the tomatoes off the skewers to serve.

Adapted from: The Barbeque Bible by Steven Raichlen