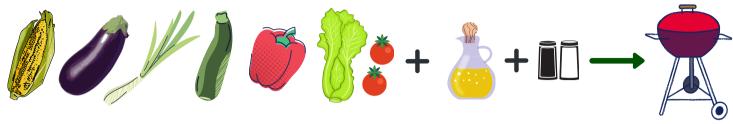
Recipe Formulas

GRILLING GUIDE





1. Choose your veggies.

Almost any veggie is good for grilling. Some favorites are corn, eggplant, summer squash, onions, peppers, broccoli, cantaloupe, cherry tomatoes, fennel, garlic scapes, beans & potatoes. You can even grill hardier greens like bok choy, kale, cabbage, radicchio, romaine or little gem lettuce.

2. Prep your veggies.

More surface area = more flavor, as well as ease of mobility. Cut veggies like zucchini and eggplant into planks; quarter peppers and onions. Cut cabbage into wedges. Thickly slice cantaloupes. Leave whole: cherry tomatoes, asparagus, green onions, garlic scapes, thin carrots & green beans.

3. Season your veggies.

To highlight the farm fresh flavor of veggies simply toss or brush with olive oil and season with salt and/or pepper. Feeling more adventurous? Toss with a balsamic vinaigrette; brush on melted butter with your favorite dried herbs; marinate veggies in a seasoning of your choice for about 30 min (shorter for softer veggies); serve with a spiced yogurt or herby dressing.

3. Choose your method.

Grilling vegetables in foil packets seals in moisture for more of a steaming effect. Try for corn, small potatoes, or mushrooms (cut veggies the same size so they cook the same time.) Other options: in a grill basket (prevents smaller items like cherry tomatoes from slipping through the grates), in a cast iron skillet, or directly on the grates (for larger veggies and beautiful char lines).

3. Grill it.

We prefer to grill slow and low (at medium heat). Timing depends on thickness/hardiness of veggies. Average 10-15 min. For best results cook in a single layer and flip as they brown. Move to area of indirect heat if browning too fast. Grill until tender and lightly charred all over.

FOOLS:

Charcoal or gas grill; Long tongs; long spatula (12-16"); grill basket; basting brush; instant read thermometer (for meats); cast iron skillet (great heat conduction for meat/fish, or use on indirect heat for a berry crisp, eggs or cornbread); pizza stone; grill brush for clean up