

## Grilled Garden Vegetables with Herbed Balsamic Essence

### INGREDIENTS:

- 1 ea Eggplant, medium, washed & sliced lengthwise, ½" thick
- 1 ea Zucchini, washed & sliced lengthwise, ½" thick
- 1 ea Red pepper, washed & wedged, 1" thick or ring cut ¾" thick
- 1 ea Yellow Pepper, washed & wedged, 1" thick or ring cut ¾" thick
- 6 to 7 ea Mushroom caps, large, washed, whole or cut in ½
- 1 ea Red onion, peeled & sliced ½" thick
- 1 gallon Water, cool
- ¼ cup Kosher salt
- Extra virgin olive oil in spray bottle
- Herbed balsamic essence marinade (see recipe)
- To taste Parmesan cheese, fresh shaved



### HERBED BALSAMIC ESSENCE:

- ½ cup Balsamic vinegar
- ½ cup Extra virgin olive oil
- 4 to 5 Garlic cloves, smashed
- ¼ cup Basil, chopped rough
- ¼ cup Oregano, chopped rough
- 1 tsp Black pepper, fresh ground
- 1 ea Lemon, juice, zest and cut in ½" pieces
- 1 tsp Kosher Salt

### PROCEDURE:

- Wash eggplant and slice or cut into desired sizes.
- Combine water and salt in a bowl and whisk together.
- Submerge eggplant in water and soak for 10 minutes. Soaking the eggplant removes some of the bitterness and it also allows the eggplant to become hydrated so it won't soak up all the oil and marinade.
- Remove eggplant from water. Drain & pat dry with a paper towel.
- In a large bowl, combine eggplant, remaining vegetables and herbed balsamic essence.
- Allow vegetables to marinate for a few hours before grilling.
- Over a hot coal fire, with no flames, place eggplant and mushrooms on the grill and cook until caramelized. Then, move them to a cooler part of the grill while grilling other vegetables.
- Add remaining vegetables to the grill. Cook on all sides, obtaining a caramelized brown color.
- Once veggies are cooked through with good color, remove them from the grill and place back in the bowl of marinade.
- The char and sweetness from the caramelized vegetables combines with the marinade making for a delicious combination.
- Allow vegetables to cool a little. Toss in some spinach or arugula or fold in some croutons.
- For an upscale finish, plate and top with shaved Parmesan cheese.