

Throw It On The Grill!

Written by Debbi Covington

Tuesday, 06 August 2019 12:16 - Last Updated Wednesday, 07 August 2019 06:35



Why is it that almost everything tastes better when it's been cooked over an open flame? Meats, vegetables, breads and even some desserts (like grilled pineapple) just don't taste as good when they're roasted in an oven. There's nothing quite as delectable as the smoky charred flavor that only fire can forge.

While I tend to be more of an “indoor girl,” Vince is patiently teaching me how to cook outside — over a mini inferno encased in an iron box. So far, fresh vegetables are my favorites. I absolutely adore a grilled romaine heart salad with charred tomatoes. There are so many yummy options. Grilling meat is a bit trickier. There's an art to knowing when it's rare or well-done and every cut is different. I'm always learning. As it turns out, you CAN teach an old cat new tricks. I hope you'll enjoy these three scrumptious offerings from the grill.

Grilled Zucchini Rolls with Feta and Basil

Serve these yummy rolls chilled, at room temperature or even warmed through. They're delicious!

1 medium zucchini

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2 teaspoons olive oil

Salt and pepper, to taste

1 cup crumbled feta cheese

¼ cup fresh basil leaves, chopped

3 tablespoons diced pimentos, divided

1 tablespoon extra-virgin olive oil

Fresh basil leaves, to garnish

Slice the zucchini lengthwise, using a mandolin. (If some of the slices break, it's okay, you can piece them together.) Drizzle each zucchini strip with olive oil on both sides. Season lightly with salt and pepper. Place on a preheated grill or grill pan and cook for about 2 minutes on each side or until tender. Cool completely. Place feta cheese, basil leaves, 2 tablespoons pimentos and extra-virgin olive oil in food processor and process until smooth. Stir in remaining tablespoon of diced pimento. Place the zucchini strips on a cutting board, piece broken slices together, if needed. Divide the cheese mixture evenly on one end of each of the zucchini strips and roll them up. Garnish with fresh basil leaves. Serves 2 to 3.

BBQ Grilled Lamb Chops

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This is not a dry rub in this barbecue sauce. It's a rip-off of one of my Daddy's recipes. Place



2. Add the pork chops to the grill. Cook for 10-12 minutes, turning once. Place the asparagus on the grill and cook for 10-12 minutes, turning once. Place the salad on a plate and top with the pork chops and asparagus. cateringbydebbicovington.com