

# THE GUILT-FREE GUIDE TO grilling

How you can harness your  
coals to cook the ultimate,  
healthy summer meal.

by viviane bauquet farre

photography by  
elizabeth orozco

**h**ealthy grilling. It sounds like an oxymoron, doesn't it? Thanks to the BBQ sauce aisle at the supermarket, not to mention the invention of the burger, the very essence of modern grilling seems to be unhealthy—all wrapped up in the idea of artery-clogging red meat, doused in high-fructose sauce, sandwiched in nutrient-stripped white bread. But this doesn't have to be.

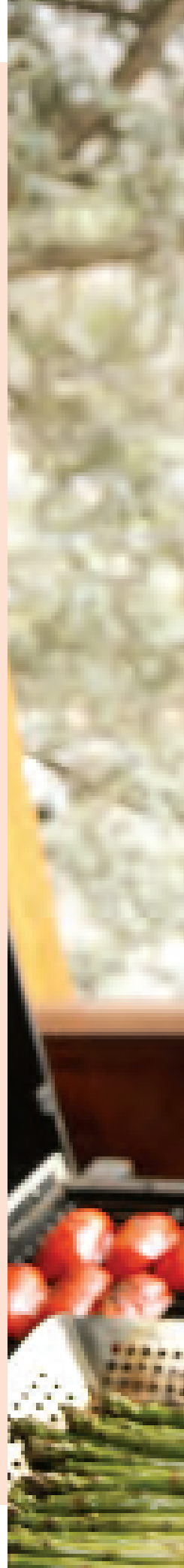
By its very nature, the grill—as利用者 of that primeval, firing-and-smoking process—is one of the most perfect cooking mechanisms ever invented. And yes, that means it's just as good at

cooking nutritious fare, like asparagus and corn, as it is for ribs and sausage. Even when prepared in the simplest way (brushed with a little olive oil and seasoned with sea salt, for instance), most vegetables will transform into delectable morsels while cooking over the coals. Just imagine what happens when they're marinated with fresh herbs or spiked with balsamic vinegar!

This summer, instead of heading over to Costco to buy KC Masterpiece and pork chops in bulk, try giving your grilling repertoire a healthy makeover. To help you get started, I fashioned a full, four-course menu, packed with

vegetables and fruit. Don't worry—it won't leave you feeling deprived. If you're a burger fan, just see how some clever substitutions (portobello mushrooms for beef, soy mayo for the regular stuff) can achieve the same taste. Not psyched about cutting out sugar entirely? How does rum-glazed, grilled pineapple with chocolate sauce sound?

You'll still get those signature grilling flavors—the intensity and smokiness—while shaving off calories in the process. And best of all, if you start cooking this way, firing up the Weber can turn from a once-a-week splurge into a daily ritual.





## MENU

### APPETIZER

Grilled Vegetables  
with Mint-Lemon  
Pesto

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### SALAD

Baby Arugula  
Salad with Grilled  
Peaches,  
Avocados, and  
Fresh Basil

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### ENTRÉE

Grilled Portobello  
Mushroom-  
Burgers with Red  
Peppers, Feta,  
Baby Spinach, and  
Pimentón  
Mayonnaise

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### SIDES

Grilled-in-the-Husk  
Corn on the Cob

AND

Grilled Baby-  
Potatoes with  
Rosemary and  
Garlic

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### DESSERT

Grilled Pineapple  
with Rum Glaze  
and Chocolate  
Sauce

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## GRILLED VEGETABLES WITH MINT-LEMON PESTO

**MAKES 4 servings**

- 1 red bell pepper, quartered and seeded
- 2 baby zucchini, unpeeled, with ends trimmed and cut lengthwise in 1/4-inch slices
- 1 pound asparagus, tough ends snapped
- 2 tablespoons extra virgin olive oil
- sea salt, to taste
- 1/2 recipe Mint-Lemon Pesto (see right)
- Freshly ground black pepper, to taste

- 1** Preheat gas grill to medium-high heat, or prepare charcoal grill.
- 2** Lightly brush the vegetables with olive oil, lay on a jelly-roll pan, and sprinkle with salt (salt only when you are ready to grill, otherwise it will dehydrate them). When the grill is ready, cook vegetables until charring occurs and slices are brown, 2 to 3 minutes on each side. Place asparagus in a perforated, stainless-steel pan, and grill until the tips are just brown, 3 to 4 minutes,

tossing occasionally. Transfer vegetables back to the jelly-roll pan.

**3** To serve, place 2 slices of zucchini, 1 slice red bell pepper, and a few asparagus stalks in the center of each plate. Drizzle with the Mint-Lemon Pesto, and garnish with freshly ground black pepper, to taste.

## MINT-LEMON PESTO

**MAKES 1 cup**

- 1 bunch fresh mint, leaves removed from stems
  - 12 sprigs Italian parsley, stems trimmed
  - 1/4 teaspoon sea salt
  - 1 large garlic clove, skinned
  - 1 1/2 teaspoons finely grated lemon zest
  - 1 tablespoon lemon juice
  - 3 tablespoons pine nuts
  - 2/3 cup extra virgin olive oil
- 1** Place all ingredients in the bowl of a food processor, and process until creamy and smooth, about 2 minutes, scraping the sides of the bowl once.
  - 2** Transfer to a squeeze-bottle, and keep refrigerated until ready to drizzle over grilled vegetables. Pesto can be refrigerated for up to 3 days.

## ROCK'N WINES

We consulted with Eli Hardoff, owner of Wine for All (516 Rte. 303; Orangeburg; 680-9463), to pick wines to pair with each of our healthy courses.

**APPETIZER** Smith Albarino, 2005, California (\$19). Hints of lemon grass, dried apple-skin, and mineral-ity marry well with the vegetables and Mint-Lemon Pesto.

**SALAD** Manfredi Basilicata, 2006, Italy (\$22). An exotic blend of Müller-Thurgau and Traminer, which is grown on volcanic slopes, this white has lots of body and stone-fruit aromas that complement the peaches in our salad.

**ENTRÉE** Layer Cake Côtes du Rhône, 2006, France (\$18). Made from 100 percent syrah, sourced from

three top Rhône appellations, this ruby-colored red has black-cherry, currant, and cedar notes that make it perfect for a burger—healthy or not!

**DESSERT** Yalumba Museum Reserve Muscat, Australia (\$19). Dense, rich, and fragrant, this wine exudes deep, caramelized orange-peel and dried apricot, with an infusion of vanilla and hazelnut notes.





## ARUGULA SALAD WITH GRILLED PEACHES

### MAKES 4 servings

- 1 shallot, skinned and chopped
- 1½ tablespoons aged sherry-wine vinegar
- ½ teaspoon maple syrup
- ⅛ teaspoon sea salt
- freshly ground pepper, to taste
- 4 tablespoons extra virgin olive oil
- 4 ripe, medium peaches, quartered, pitted, and left unpeeled
- 1 tablespoon maple syrup

- 1 tablespoon extra virgin olive oil
- 2 large handfuls baby arugula
- 2 ripe avocados, halved, pitted, skinned, and cut into 16 slices
- 6 large purple basil leaves (or regular basil), cut en chiffonade in ⅛-inch strips

- 1** Place the shallot, vinegar, maple syrup, salt, pepper, and 4 tablespoons of oil in a small bowl, and whisk until well blended. Set aside.
- 2** Preheat a gas grill to medium-high, or prepare a charcoal grill. Place the peach pieces in a bowl, drizzle with the maple syrup and

the 1 tablespoon of oil, and toss well. When almost ready to serve salad, place peaches in a perforated, stainless-steel pan and grill until golden, 2 to 3 minutes each side. Transfer to a bowl.

- 3** Place a small mound of the arugula leaves in the center of 4 large plates. Tuck 4 slices of avocado into the leaves on each. Drizzle with half the dressing. Top each salad with four peach slices and the basil strips. Drizzle with balance of the dressing, sprinkle with freshly ground black pepper, and serve immediately.

## HOW TO grill a peach



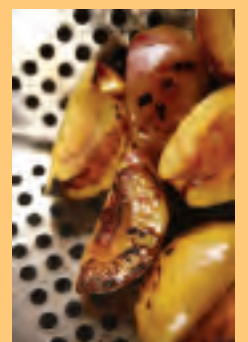
**1**

Quarter peach with a large knife, and use a paring knife to remove pit, if it sticks to the flesh.



**2**

Place slices in a bowl. Drizzle with 1 tablespoon maple syrup and 1 tablespoon olive oil; toss well.



**3**

To grill, place peach slices in a perforated, stainless-steel pan. Toss the peaches, a couple of times only, so they don't get mushy.

## GRILLED PORTOBELLO BURGERS

**MAKES 4 servings**

- 1 tablespoon aged balsamic vinegar
- 3 tablespoons extra virgin olive oil
- 1/8 teaspoon sea salt
- ground black pepper
- 4 whole baby portobellos
- 1 red pepper, quartered
- 1/3 cup low-fat soy mayo
- 2 teaspoons pimentón dulce (see box)
- 4 whole-wheat buns
- 2 ounces goats-milk feta
- 1/2 red onion, cut into 1/8-inch slices
- 1 handful baby spinach

**1** For the grilled vegetables, whisk vinegar, oil, salt, and pepper in a small bowl until blended. Brush mushrooms and red-pepper slices on all sides with marinade, and place on a jelly-roll pan. Set aside.

**2** In bowl, whisk mayonnaise and pimentón until blended. Refrigerate.

**3** Preheat gas or charcoal grill to medium-high. Place peppers in the center of the grill and the mushrooms (cap down) on the edges. Grill until peppers are charred and grill marks appear on the mushrooms, about 3 to 4 minutes on each side.

Transfer to a plate, and sprinkle with salt and pepper. Heat the buns on the grill, cut-side down, until char marks appear.

**4** To assemble burgers, spread Pimentón Mayo on buns. On bottom half of bun, place a portobello, a few red-onion slices, 1 slice of pepper, a little crumbled feta cheese, and several baby spinach leaves, then top of bun. Serve immediately, while the veggies are still warm!



### WHAT'S PIMENTÓN?

Also known as Spanish smoked paprika, this smoky spice is commonly used in chorizo sausage, but can also be used to flavor tomato sauces, stews, marinades, and, of course, mayonnaise for the grilled portobello-burgers. It comes in three varieties: sweet and mild (*dulce*), bitter-sweet and medium-hot (*agridulce*), and hot (*picante*). Pimentón will keep for two years in an airtight container, away from direct light.

### BURGER DO'S AND DON'TS

Five simple substitutions, to make your burger healthier



Use **WHOLE-WHEAT BUNS ... Not WHITE BUNS**

**WHY** 5 grams of fiber in Rudi's Organic Bakery's whole-wheat bun, compared with 1 for Pepperidge Farm white.



Use **SOY MAYONNAISE ... Not REGULAR MAYO**

**WHY** Hellmann's has 90 calories per tablespoon, while Nasoya's Original Soy-Based Spread has just 35.



Use **PORTOBELLO MUSHROOMS ... Not GROUND BEEF**

**WHY** A baby portobello: 11 calories. A 3-ounce burger: at least 246. Any questions?



Use **BALSAMIC VINEGAR & OLIVE OIL ... Not BBQ SAUCE**

**WHY** Less sodium and less sugar—two things you don't need any more of in your diet.





## GRILLED BABY-POTATOES WITH ROSEMARY AND GARLIC

**MAKES 4 servings**

- 1 ¾ pounds baby Yukon gold potatoes, or baby red potatoes, scrubbed, unpeeled, and left whole
- 6 sprigs fresh rosemary, cut into 3-inch pieces
- 3 large garlic cloves, skinned and finely sliced
- ½ cup and 2 tablespoons extra virgin olive oil
- 1 teaspoon sea salt, or to taste
- freshly ground black pepper, to taste

**1** Fill a medium-sized, heavy-bottomed soup pot with cold water, and add the potatoes. Bring to a boil and simmer, uncovered, for 8 to 10 minutes, until they are tender but not falling apart. Strain in a colander, and let stand for a few minutes, until cooled.

**2** In a large bowl, place the garlic, the ½ cup of the salt, and black pepper, to make the marinade. Stir well, and let stand at room temperature for at least 1 hour.

**3** Cut the potatoes into 1-inch chunks and place in a medium bowl with the rosemary. Drizzle with the remaining 2 tablespoons of olive oil, the other ½ teaspoon salt, and black pepper. Toss well and set aside.

**4** Preheat a gas or charcoal grill to high. When the grill is ready, place the potatoes *only* (reserve

the rosemary) in a perforated, stainless-steel pan, and set them over the hottest part of the grill. Grill for 6 to 8 minutes, until brown, tossing only from time to time. Add the rosemary, toss well, and continue grilling until rosemary is crisp, about 1 to 2 minutes.

**5** As soon as they are ready, transfer the potatoes and rosemary into the large bowl with the garlic marinade. Toss well with a wooden spoon, and serve immediately.

## GRILLED-IN-THE-HUSK CORN ON THE COB

**MAKES 4 servings**

- 4 large ears fresh corn, husks removed to the last 2 layers only
- 1 tablespoon extra virgin olive oil
- unsalted butter, to taste
- sea salt, to taste
- freshly ground black pepper, to taste

**1** Preheat gas grill to medium-high, or prepare charcoal grill.

**2** Brush the husks with olive oil, and set aside on a tray. When the grill is ready, place corn directly on it, and grill until husks are brown, rotating them so that they grill evenly on all sides. Transfer to a tray, and let stand until cool enough to handle.

**3** To serve, remove husks and spread butter on the cobs. Sprinkle with salt and pepper, and serve.

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**HOW TO**

slice a pineapple



**1**

Cut off both ends.



**2**

Slice off the skin, in long strips.



**3**

Cut crosswise, in 1/4-inch slices.



**GRILLED PINEAPPLE WITH RUM GLAZE AND WARM CHOCOLATE SAUCE**

**MAKES 4 servings**

- 4 ounces semisweet chocolate (e.g., Callebaut, Valrhona), broken into 1/2-inch chunks
- 1/2 to 2/3 cup heavy cream, depending on brand of chocolate
- 2 tablespoons unsalted butter
- 1/3 cup turbinado sugar
- 1 teaspoon vanilla extract
- 1/2 cup dark rum
- 1 ripe, medium pineapple, cut into 12, 1/4-inch-thick, slices (see box)
- 1 pint vanilla ice cream
- mint leaves as garnish

**1** In a double boiler, melt chocolate, stirring constantly. Turn off heat and slowly add cream, stirring until mixture is smooth. Keep warm.

**2** Heat a small, heavy-bottomed saucepan over medium heat. Add butter, sugar, vanilla extract, and rum. Stir well, and gently simmer for 5 minutes. Remove from heat and transfer to a bowl.

**3** Brush the pineapple slices with rum glaze, and set on a platter. Reserve leftover glaze.

**4** Preheat grill to medium-high. Grill the slices until marks appear. Brush with glaze again, and transfer to a platter.

**5** Place 3 slices of grilled pineapple in 4 dessert bowls, top each slice with 2 scoops of vanilla ice cream, drizzle with chocolate sauce, and garnish with a mint leaf.

**GRILLING WITH VIVIANE**

Want to really take your grill skills to the next level? Viviane will hold cooking classes throughout the summer, including one on June 14, in which you'll learn more searing-secrets, taste the portobello burger in this story, and get to make cherry pie. Then, on August 16, she'll teach "Pizza on the Grill," her most popular course last summer. Log onto [foodandstyle.com](http://foodandstyle.com) to sign up for these and other classes, or see her commercial-free, step-by-step cooking videos (June 14 class: \$120; 2-7 p.m.; Aug. 16 class: \$135; 2-8 p.m.; 365-1599 for reservations).

