DIRECT · EASY

Costa Blanca grilled seasonal vegetables on the kamado

Eggplant, zucchini, Levante red pepper, red onion and whole skin-on garlic, grilled direct at 220°C and finished with warm sherry vinaigrette. A vegetarian plate that stands on its own, not a side.



PREP	COOK	SERVINGS	TEMPERATURE
20 min	35 min	6	220 °C

Ingredients

- **2 ud** medium eggplants, firm and glossy
- **3 ud** small zucchini (<20 cm)
- **3 ud** Levante red peppers
- **2 ud** medium red onions
- **1 cabeza** purple garlic from Las Pedroñeras
- **6 cda** Bajo Aragón extra-virgin olive oil
- **1 cda** sherry vinegar (Reserva)
- **4 ramas** fresh thyme
- **2 ramas** fresh rosemary
- **1 cda** Maldon flaky salt (at the end)

Method

1 EQUAL CUTS

Wash and dry all vegetables. Cut eggplant into 2 cm batons, zucchini into oblique 1.5 cm slices, peppers into seedless quarters, onion into thick wedges. Separate the unpeeled garlic cloves.

2 OIL RUB

In a large bowl toss the vegetables with 3 tbsp of oil, making sure every face is lightly glossy. No salt yet. The garlic goes in a foil packet of its own with 1 tbsp oil.

3 STABILISE AT 220°C

Set the kamado for direct (no deflector) and bring it to 220°C. Wait 20 minutes for the grates to fully heat — water droplets should sizzle off instantly.

4 GRILL AND FLIP

Lay the vegetables directly on the grates, leaving space between pieces. Put the garlic packet in a cooler corner. Flip every 8-10 minutes until well marked and tender — about 30-35 min total.

5 HERBS AT THE END

In the last 5 minutes scatter fresh thyme and rosemary directly on the grate next to the vegetables. They will perfume without burning. Pull when a fork slides smoothly into the eggplant.

6 WARM VINAIGRETTE

In a small pan warm 2 tbsp oil with 1 finely sliced garlic clove. As it starts to brown, take off heat and add the sherry vinegar. It will hiss: be careful.

7 PLATE AND SERVE

Arrange the vegetables on a wide platter. Squeeze the roasted garlic onto the plate, discard the skins. Pour the warm vinaigrette over, scatter Maldon salt and finish with a thread of raw oil. Serve immediately.

Editor's tips

- Salt only at the end. Salt earlier and the vegetables release water and boil in their own juices instead of charring.
- Whole skin-on garlic does not burn: the skin works as insulation. Peeled, it turns black in 10 minutes.
- Fresh thyme and rosemary, never dried. Dried turns to dust and gets bitter; fresh perfumes and stays whole.
- As an alternative to sherry vinegar, try Pedro Ximénez reduced by half: it brings sweetness and depth.

Gear for this recipe

Kamado Joe Classic II 18"

A roomy grate to spread out aubergine, courgette and pepper over direct heat for 6.

mikamado.es/en/kamados/kamado-joe-classic-ii

Weber Briquettes 8 kg

Briquettes for an even bed of embers at 220 °C without spikes.

mikamado.es/en/accesorios/weber-carbon-8kg

Kamado Joe half-moon cast iron grate (Classic)

Cast iron that marks and caramelises the vegetables direct at 220 °C.

mikamado.es/en/accesorios/kamado-joe-half-moon-cast-iron-grate

Weber Precision Tongs 46 cm (6760)

Turn the vegetables and the whole garlic without piercing them.

mikamado.es/en/accesorios/weber-pinza-precision-46

Full recipe at: mikamado.es/en/recetas/verduras-temporada-asadas-kamado

As an Amazon Associate, mikamado.es earns from qualifying purchases. At no extra cost to you.