

Marinated Grilled Veggies

Servings: 6

Source: Rogers Gray Italian Country Cookbook

Ingredients

- 1 lb. Eggplant
- 1 lb. Zucchini
- 1 lb. Red And Yellow Bell Pepper Peeled (see Note)
- Sea Salt And Black Pepper
- $\frac{7}{8}$ cups Extra-Virgin Olive Oil
- 2 Lemons
- 2 Garlic Cloves, Peeled & Crushed In Sea Salt
- 1 Fresh Basil Or Marjoram

Method

Cut the eggplant lengthwise into eighths and place in a colander with some sea salt. Cut zucchini lengthwise into sixths or eighths depending on size, add some salt, and place in a separate colander. Leave both to drain of any bitter juices, for a minimum of 30 minutes. Rinse and dry well.

Break the peeled peppers into sixths, and place on a dish.

Place the eggplant and zucchini pieces on the hottest part of a charcoal grill and grill on both sides, seasoning at the same time with salt and pepper. The eggplant in particular requires care - it needs to be cooked, but should not be allowed to burn. To test, gently press with a finger; if it resists, it is not done. When it is cooked, keep separate with the zucchini.

Mix the olive oil with the lemon juice and garlic and pour over the individual vegetables, gently lifting to coat them. Combine all the seasoned vegetables in a large bowl with the basil leaves, turn over once, and taste for seasoning - it should be robust.

Notes

Char-grill the whole peppers on all sides under the broiler or on a charcoal grill. When the skins are entirely black, place the peppers in a plastic bag and seal.

When cool, remove the blackened skin by rubbing the peppers in your hands. Do not worry if they fall apart. Remove the seeds and cores.