

WINTER GRILLED VEGETABLES WITH BEETROOT AND PUMPKIN

For 4 people

½ small pumpkin (e.g. butternut or hokkaido)
1 beetroot ½ fennel bulbs 4 carrots
4 small waxy potatoes or 1 sweet potato
1 piece of celery or 1 parsley root
3-4 shallots or 3 red onions
2 cloves of garlic
4 tablespoons of olive oil
2 handfuls fresh herbs, e.g. thyme and rosemary
Pepper and coarse salt
1 teaspoon coriander seeds
Fresh chilies and ginger to taste
1 handful chopped parsley

Ignite the fire under the Aerial. Peel the vegetables, core if necessary and then cut them into thumb-thick strips or cubes. Peel the shallots and cut them in half lengthwise. Crush the unpeeled garlic with a knife. Strip the herbs coarsely. Marinate all the ingredients together in a fireproof dish with olive oil and the herbs and season with salt, pepper and the coriander seeds (lightly crushed). If you like it hot, mix a few finely chopped chili strips and rub some ginger into it. Let the vegetables stew in the dish for 35-40 minutes on the hot grill until they are tender and lightly golden brown. Fold in the chopped parsley shortly before serving.

VARIANT WITH GOAT CHEESE

As an independent, vegetarian dish, this variant tastes super delicious!

Marinate the vegetables additionally with some honey and Arabic Ras el Hanout or turmeric and in the last 10 minutes sprinkle with chopped walnuts, organic citrus fruit zest and diced goats cheese.

Markus Sämmer www.the-great-outdoors.de