



70'



4 PAX



DIFFICULTY
MEDIUM



ALLERGEN FREE



KCAL*
182

NUTRITIONAL INFORMATION (by ration)

4,4	Protein
17	Carbs
9,6	Total fat
1,5	Saturated fat
6,2	Monounsaturated fat
1,2	Polyunsaturated fat
0	Cholesterol
5,2	Fiber
0,3	Sodium

ALLERGENS

-

* Kcal by ration



VEGETABLES

GRILLED VEGETABLES

PONS

USE:



**PONS RESERVA
CLASSIC**
EVOO Arbequina

PAIR:



ROC DE FOC
White wine



ALGÉS
Red wine

INGREDIENTS

- 1 Red pepper
- 1 Aubergine
- 1 Medium onion
- 1 Head of garlic
- 4 Small potatoes
- 8 End of season bean pods
- 2 Roma tomatoes
- 25 ml Pons Reserva Classic
- Salt
- Pepper

ÚTILES



BBQ



Tin foil



Knife



Grills

OBSERVACIONES

The seasonality of the vegetables in this dish must be taken into account. Apart from the fact that in the summer they are available, vegetables of any season are suitable for grilling.

ELABORATION

1. Start by lighting the coals. 
2. With the flame still burning, arrange the pepper and aubergine on the grills. 
3. The skin of the pepper and the aubergine need to make direct contact with the flame and be turned constantly until they are very black and lose the raw consistency. The aubergine will take a little longer than the pepper. Place the vegetables inside a bowl and cover them with another bowl upside down. Let it rest for 25 minutes. 
4. Do the same with the beans; scorch the skin of the bean pod in the open flame as if it were a *caçot*. We can thread them one by one onto a wire to lay them all down once they are scorched, on the one side, rotate them so that they are scorched on the other. 
5. Wrap in brown paper and keep warm. 
6. Wrap the tomatoes in tin foil and place them in a corner of the embers away from open flames. Leave them for 20 to 25 minutes and turn them a couple of times. 
7. The potatoes, garlic head and onion should also be wrapped in tin foil and placed in the embers. The garlic heads will need between 10 and 15 minutes, turning them a couple of times. If the potatoes are small, they should have enough with 20 minutes and we will also turn them a couple of times. The onion will need between 30 and 40 minutes depending on the intensity of the coals. 
8. The skins need to be removed from the aubergine and peppers without using water. You have to be patient and precise. Once peeled, cut them into strips and put to one side. Do the same with the onion and also cut into strips. Peel the garlic and carefully remove the cooked pulp and reserve. Peel the tomatoes, cut the flesh into chunks and reserve. Discard the seeds and juice. 
9. Peel the potatoes carefully and cut them into rough chunks. 
10. Mix the tomato and garlic pulps and mix well with Pons Green Oil, season and reserve. Open the bean pods and take out the beans; reserve. 
11. At the bottom of a dish place the strips of skinned pepper, aubergine and onion. Place the potato chunks and beans on top. Season with salt and pepper and dress with the reserved sauce and a little Pons Reserva Classic oil. 

 High heat  Medium heat  Low heat