



Escalibada - grilled vegetable medley from Catalonia

This was an early discovery, not long after I arrived in Spain. On a ski trip to Andorra, we stopped at roadside restaurant in Catalonia, not far from the border with Andorra. They served up **escalibada** with a grilled "butifarra" sausage on the side. Loved it then, still do!

Since then, it's become a regular at home - cooked on the grill, or roast in the oven, it's always a treat. Easy to prepare and always a hit with guests.

Ingredients

1 eggplant

1 red pepper

1 medium onion, halved

1 medium sized tomato

Salt, pepper, olive oil

Optional: vinegar, pimentón, oregano, thyme or rosemary

Preparation

Split eggplant, pepper & onions lengthwise, and roast in a hot oven (375°F/180°C) until nicely browned - 50 minutes or so.

Cut the onion in quarters or slivers, remove peel & slice pepper in strips, peel and slice the eggplant in strips, halve or quarter the tomato.

Present the vegetables on a serving platter, splash on olive oil (and vinegar if using) plus a sprinkle of salt.

Note:

1. This is the basic recipe. Some include green pepper, roast potato, and often a grilled sausage on the side. Other possibilities: fennel or grilled lettuce hearts.
2. Can be served warm or at room temperature, with slices of hard boiled egg for garnish.
3. This recipe was prepared outdoors on my Weber electric BBQ. Worked a treat.



[Download in PDF](#)

[Recipe List](#)

[Recipe List](#)