

Grilled Zucchini Pepper Wraps with Lemon-Grass Aioli

INGREDIENTS

AÏOLI

2 stalks lemon grass
2 tbsp (30 mL) vegetable oil
1 clove garlic, minced
½ cup (125 mL) SCD mayonnaise
Salt and freshly ground pepper to taste

WRAPS

4 medium zucchini, each about 7 x 1¾ inches (18 x 4.5 cm)
3 tbsp (45 mL) vegetable oil
2 tsp (10 mL) ground coriander
½ tsp (2 mL) salt
¼ tsp (1 mL) cayenne pepper
36 thin strips each sweet orange and yellow pepper (each about 2 inches/5 cm long)

DIRECTIONS

1 For the aioli, cut lemon-grass stalks in half lengthwise. Trim out tender inner hearts and the tenderest inner layers. Reserve remaining lemon grass for another use. Finely mince hearts and enough of the tender layers to make about 2 tbsp (30 mL). I recommend additional stalks to give extra flavor to this. The mayo may overpower the taste so prepare extra lemon grass hearts to flavor.

2 In a small skillet, heat oil over medium-low heat. Sauté minced lemon grass and garlic for about 3 minutes or until softened but not browned. Transfer to a heatproof bowl and let cool. Whisk in SCD mayonnaise until blended. Season to taste with salt and pepper. Cover and refrigerate for at least 4 hours to blend the flavours or for up to 2 days.

3 For the wraps, heat barbecue or stove top grill to medium heat.

4 Trim ends from zucchini. Cut lengthwise into thin slices, about ⅛ inch (3 mm) thick, until you have 36 slices. In a shallow dish, combine oil, coriander, salt and cayenne. Add zucchini and rub or brush to coat evenly with spices. Grill, turning once, for 2 to 3 minutes per side, or until grill-marked and tender (do not let crisp). Return to shallow dish and let cool to room temperature.

5 To assemble, hold 1 strip orange pepper and 1 strip yellow pepper together. Wrap 1 slice of zucchini horizontally around peppers, with peppers sticking above the top edge of zucchini. Secure with a toothpick and place on a platter; gently separate pepper strips so they point in opposite directions. Repeat to make about 36 wraps. (Platter can be wrapped and refrigerated for up to 4 hours; let wraps warm to room temperature before serving).

6 To serve, place bowl of aioli on platter along with a small spoon to dollop on top of wraps.

Makes about 36 wraps