

05/14/11 - Grilled Dinner

Isn't it amazing how much longer the days have become these last few weeks? I love May; it gives me time to grill the food for dinner, even for Shabbat dinner on Friday nights. Last week I grilled carne asada and sumac flavored chicken thighs. To compliment the grilled meats I decided to serve Guacamole, Pico de Gallo, Spanish rice and stir fried mixed chile peppers. One other item I placed on the grill was beautiful huge purplish onions that I purchased in the Santa Monica Framers Market on Wednesday.



We also had Avocado Honey and Anise flavored Challah and corn tortillas. What a wonderful and simple meal. You can prepare this and still have plenty of energy left to participate in the Friday night dinner conversation. I served fresh strawberries and Chocolate Bananas for dessert.

This menu would make a fantastic Sunday Grill party or as I call it a barbecue. Lately I have come to understand that barbecue is a way of smoking meats like brisket with slow cooking them in a smoker barbecue. Grilling is when you sear chicken, steak etc on the hot grill over coals or a gas flame. OK, I get it! What do you all think?



To make a mixed pepper stir fry you will need:

1 large red bell pepper

1 large yellow or orange bell pepper

2 Poblano chilies (the kind you stuff for chile rellenos)

1 Anaheim chile

1 Jalapeno chile

2 tablespoons safflower oil

Salt and pepper to taste

2 tablespoons chopped cilantro



Cut the ends of the bell peppers leaving a tube filled with veins and seeds. Slit the tube open and unroll it. Now you can remove the veins and seeds easily with a sharp knife. Julienne the pepper by slicing it in thin strips from the inside and set aside. For the longer shaped peppers, cut the top off and then cut in half lengthwise. These peppers may have a little heat. If you have sensitive skin wear gloves, take care not to touch your face. Julienne the pepper halves horizontally.



Preheat a large sauté pan, add the oil and toss in the peppers. Season with salt and



The recipe for [Pico de Gallo](#), [Guacamole](#), and [Spanish rice](#) are in the recipe index on this blog. The [grilled chicken thighs](#) are also in the recipe index.



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Guacamole

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