



Tip!
For smokey flavour, add a wood chunk to the coolest part of your charcoal fire before you grill the ribs. Or place the wood chips in a smoker box on your gas grill.

YES THIS IS BBQ

(just not as you know it)

→ Beautiful colourful veggies get griddled and mix it up with some seriously hot sauces in this totally 2018 vegan take on the barbecue

110 healthy-magazine.co.uk



CAULIFLOWER RIBS

Serves 4 to 6

Cauliflower florets get the barbecue sticky fingers treatment here. Look for a head of cauliflower that's not too tightly packed. You want to be able to break it down into larger individual florets with the stems on there. The middle of the cauliflower is sweet, tender, and perfect for this preparation. If the cauliflower has some leaves attached, leave them on. They get nice and crisp on the grill. Korean barbecue is the flavour profile of the sauce that's slathered all over these sticky cauliflower ribs. Eat with your hands and keep the napkins nearby!

1 head cauliflower
340g mango or tamarind chutney
85g Ninja Tamari Glaze (see ingredients below)
½ tsp sea salt
1 tbsp black and white sesame seeds, for garnish
25g fresh coriander or parsley leaves, for garnish

For the Ninja Tamari Glaze
470ml water
128ml low-sodium tamari
110g demerara or light brown sugar
110ml sriracha sauce
1 tbsp roughly chopped ginger
1 tbsp roughly chopped garlic
1 bay leaf
1 tsp cornflour
2 tsp cold water

1 To make the glaze, combine 470ml water, tamari, sugar, sriracha, ginger, garlic, and the bay leaf in a medium-sized pot. Bring to a simmer over medium heat for around 5 mins. Whisk the cornflour with the cold water, then whisk this into the pot. Bring back to a simmer and simmer for 5-8 mins, to cook out the

starchy taste. Shut off the heat and allow it to sit for 5 mins.

2 Strain the mix through a fine-mesh strainer into a chillable container, then allow to cool. Seal and refrigerate for up to a month.

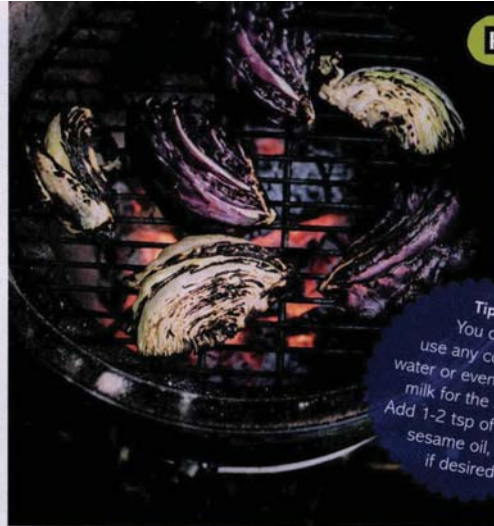
3 To make the cauliflower ribs, set the grill to a medium-high heat. For charcoal or wood, pile the coals to one side of the grill. For gas, heat only one side of the burners, then leave the other side off.

4 Break down the cauliflower carcass by holding the head upside down by the large centre stem. Remove the florets from the centre stem, leaving a long stem intact on each floret. The stems should be reminiscent of ribs that you'll hold as you gnaw the cauliflower from the stem. Try to make sure the 'rib' pieces are thick and strong enough to stand up to saucing, grilling, and being eaten by hand.

5 Whisk together the chutney and tamari glaze in a large bowl. This is your sticky, sweet, spicy barbecue sauce. Wash your hands, add the 'ribs' to the bowl, then generously rub the sauce over them. Thoroughly coat all pieces.

6 Scrape the grill clean, then place the ribs on the hot surface. Grill for 5 mins per side. You want good grill marks and a golden brown colour with some burnt edges on the pieces. You also want the cauliflower to be cooked, through yet still have some crunch. If the ribs char before they're cooked through, move them to the unheated side of the grill, put down the lid, and cook gently until they're tender yet crunchy. Brush any leftover sauce over the ribs while they are grilling.

7 Remove the ribs to a platter and top with the salt, sesame seeds, and herbs. Serve, and eat with your hands.



FOOD

Tip!
You can use any coconut water or even coconut milk for the sauce. Add 1-2 tsp of toasted sesame oil, too, if desired.

GRILLED PURPLE CABBAGE WITH MINT AND PEANUT SAUCE

Serves 6 to 8

The real star here is the peanut sauce. It's creamy and savoury with tropical flavours from ginger, lime, and coconut water. You could also use it to coat tofu or grilled vegetables, toss it with cooked noodles, or drizzle it on savoury oatmeal. Serve this dish alone, or on a platter with some grilled pak choy and tofu, plus a handful of beansprouts.

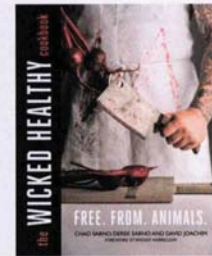
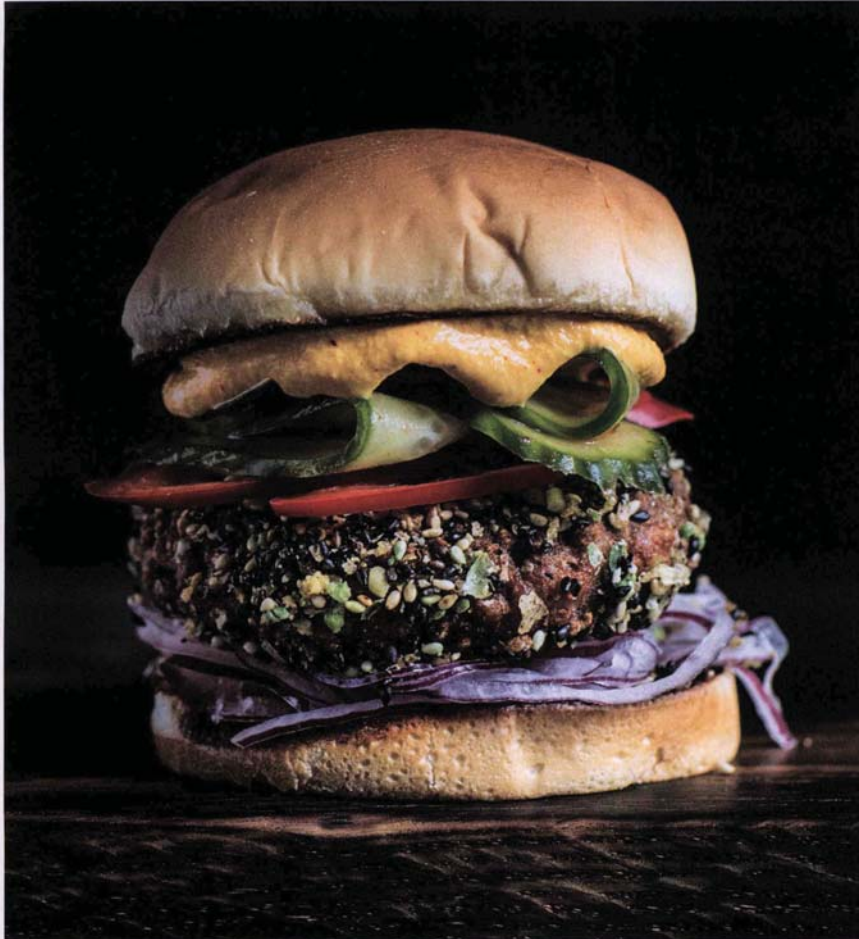
For the peanut sauce
250g smooth peanut butter
3 limes, juiced
42ml tamari
2 tbsp sriracha sauce
1 tbsp peeled and chopped fresh ginger
1 tsp chopped garlic
½ tsp smoked paprika
240ml coconut water or water
15g chopped fresh coriander

For the cabbage
1 head red cabbage, rinsed
1 tbsp toasted sesame oil
1 tsp granulated garlic
1 tsp sea salt
1 tsp freshly ground black pepper
A few fresh mint leaves, cut into thin shreds, for the garnish
Sesame seeds, for garnish

1 To make the peanut sauce, blend the peanut butter, lime juice, tamari, sriracha, ginger, garlic and paprika at a high speed. Begin blending on low, then drizzle in just enough coconut water so the sauce blends and becomes pourable. Add the coriander and blend until just incorporated. Place to one side to use once the cabbage is cooked, or refrigerate in a sealed container for up to three days.

2 To make the cabbage, heat a grill or grill pan to a medium-high heat. Cut the cabbage lengthwise into eighths, leaving the stem on to hold the leaves together on each wedge. Each one should look like a plume of purple feathers. Place the wedges on a rimmed baking sheet and massage with the sesame oil. Season both cut sides of the wedges with the granulated garlic, salt, and pepper. Grill the wedges on all three sides for around 5-8 mins, until nicely charred. Charring gives the cabbage a lot of flavour.

3 Arrange the grilled wedges of cabbage on a platter and drizzle on the peanut sauce as creatively as you like. Garnish with the mint and sesame seeds, then serve. ▶



All recipes from
*The Wicked Healthy
Cookbook* by Chad
Sarno, Derek Sarno and
David Joachim (Sphere,
£20). Photographs
by Eva-Kosmas Flores

SAMURAI BURGER WITH WASABI, SESAME, CUCUMBER AND KIMCHI MAYO

Makes 4 burgers

You can use any veggie or vegan burger of your choice in this dish. Here, the burger is taken in an Asian direction with kimchi mayonnaise and a crust of sesame seeds, fried garlic, and crushed wasabi peas.

30g wasabi peas
50g fried garlic (find in Asian supermarkets and grocery stores)
60g mixed black and white sesame seeds
2 tbsp plant-based butter
4 soft, squishy burger buns
4 veggie or vegan burgers of your choice

2 tbsp tamari or soy sauce
1 tbsp toasted sesame oil
115g Kimchi Mayo (see ingredients below), for garnish
Thinly sliced red onion, crisped up in ice water, for garnish
¼ cucumber, thinly sliced on a diagonal, tossed with 2 tbsps kimchi liquid, for garnish
Thinly sliced red chillis, for garnish

For the Kimchi Mayo, 'kimyo' (Makes about 450g)
190g kimchi
190g plant-based mayo
1 tbsp toasted sesame oil

- 1 Blend the kimchi in a high-speed blender. Start slowly at first, then gradually speed up, until it's smooth. Blend in the plant-based mayo and sesame oil, until smooth. Place to one side to use in the dish (or it keeps chilled in the fridge for a week).
- 2 Crush the wasabi peas under a medium cast-iron skillet, then mix them with the fried garlic and sesame seeds in a wide bowl. This is the crust for your burgers.
- 3 Melt the plant-based butter in the skillet over a medium heat. Brown the cut sides of the buns in the hot butter, then

remove and place to one side on a work surface.

- 4 Crank up the heat under the skillet to medium high. When hot, add the burgers and cook for around 3-5 mins per side, until seared and browned.
- 5 Meanwhile, whisk together the tamari (or soy sauce, if using) and sesame oil in a wide bowl, until blended. Dip the cooked burgers in the tamari mixture, then evenly coat in the sesame seed crust.
- 6 Pile the burgers on to the buns with the kimchi mayo, sliced red onion, cucumber, and chillis and serve immediately. **h**