



### **Grilled Marinara Sauce**

2 pounds ripe roma tomatoes, halved  
Inexpensive olive oil  
1 small onion, halved  
1 carrot, peeled  
1 or 2 celery ribs, leaves removed  
2 garlic cloves  
1 bay leaf  
1 teaspoon kosher salt  
1/4 teaspoon freshly ground black pepper  
1/4 teaspoon dried thyme  
1/4 teaspoon dried basil  
1/4 teaspoon dried oregano  
red wine or water as needed  
sugar if desired

Make sure grill grates are thoroughly cleaned, no residue (ie meat by-products)  
Preheat grill to medium hot; add wood chips in foil pouch to create some smoke.

Coat the cut sides of tomatoes lightly with oil; put tomatoes on grill grid over high heat, cut sides down; cook for 5 to 10 minutes with lid down or until grill marks appear on tomatoes. Roll them over; grill with skin side down. Skins will blacken a little.

While the tomatoes are grilling, put the onions, carrots, and celery on the grill grid; roll them around until well marked and limp. Remove veggies from grill; cool until able to handle.

Remove and discard skins from tomatoes. Chop tomatoes; place in large bowl. Finely chop the onion, carrot and celery. Place in large bowl.

In 2-quart pot or large frying pan, warm 2 Tablespoons olive oil over medium heat; add garlic, bay leaf, salt, pepper, thyme, basil, and oregano; cook for several minutes but don't burn the garlic. If food sticks, deglaze pan with splash of red wine or water; scrape pan with wooden spoon.

Add chopped vegetables to the pot; turn heat to medium low; simmer uncovered for about 1 hour, stir occasionally. If sauce gets too thick; add some red wine or water.

Remove the bay leaf; place cooled sauce in blender, food processor, or immersion blender until smooth. Yield 4 cups Prep. Time: 90 minutes

**Cook's Note:** I used about 3/4 cup light red wine plus 1/4 cup water and cooked the sauce for about 1 hour 20 minutes.

**Meathead's Note:** Grilling really revs up the flavor and complexity of this dish.

**Recipe from:** Goldwyn, Meathead. *The Science of Great Barbecue and Grilling*. New York: Houghton Mifflin Harcourt, 2016, p. 195.

**About the Recipe:** Those country fresh tomatoes and vegetables make an outstanding sauce. Grilling those veggies adds a hint of smoky flavor. It's a perfect Marinara sauce for pizza, pasta, or your favorite party dish.

