



Grilled Leeks with Romesco (Calçotada)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 12 baby leeks
- ☐ 24 blanched almonds
- ☐ 1 pinch cayenne pepper to taste
- ☐ 24 blanched hazelnuts
- ☐ 6 servings kosher salt as needed
- ☐ 1 teaspoon pimenton powder spanish
- ☐ 1 cup olive oil as needed plus more
- ☐ 0.5 pound plum tomatoes whole

- ☐ 0.3 cup red wine vinegar
- ☐ 1 teaspoon sea salt
- ☐ 32 clove garlic whole peeled

Equipment

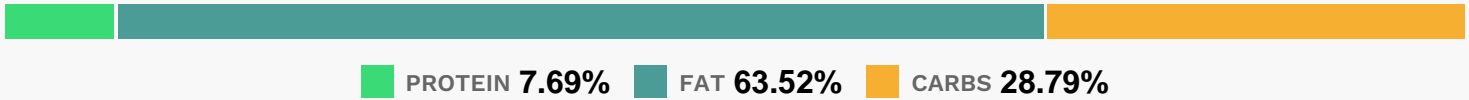
- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ grill

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Place the garlic and tomatoes in a roasting pan, then roast in the oven 30 minutes, until the garlic is softened and lightly brown.
- ☐ Transfer the garlic and tomatoes to a saucepan and add the oil, vinegar, and noras. Simmer on very, very low heat, stirring occasionally. The oil should barely bubble and form a clear ring around the vegetables. Simmer this way about 1 ½ hours. Raise the heat in the oven to 450 degrees F.
- ☐ Place the almond and hazelnuts on a baking sheet and toast them slightly, about 4 minutes.
- ☐ Transfer the warm nuts to a food processor and grind to a sandy consistency.
- ☐ Add the nuts and salt to the garlic and tomatoes and let them cook with the vegetables for the last half hour of their total cooking time.
- ☐ Let the tomato mixture cool slightly, and then scrape it along with the hard-boiled egg, cayenne and pimento into the food processor. Process until very smooth. Adjust consistency with more olive oil drizzled in as the machine whirles as needed. Prepare a moderate charcoal fire for indirect grilling. Slice the leeks in half (quarters if they are very large). Do not trim the root end so that they stay intact during grilling. Carefully rinse the leeks of any grit between the layers. Dry thoroughly.
- ☐ Pour the remaining 6 tablespoons of olive oil onto a rimmed baking sheet.

- ☐
- Roll the leeks in the oil, getting them well coated; season with kosher salt.
- ☐
- Place the leeks over indirect heat; cover the grill and cook, turning occasionally for good coloring until soft and nicely charred. You may need to move them to direct heat in the last few minutes to get the amount of char you like.
- ☐
- Serve hot with the romesco sauce on the side, or drizzled on top.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:3.37, Inflammation Score:-7, Nutrition Score:10.555217307547%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 174.88kcal (8.74%), Fat: 12.96g (19.94%), Saturated Fat: 1.44g (9%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 10.9g (3.96%), Sugar: 2.83g (3.15%), Cholesterol: 0mg (0%), Sodium: 664.75mg (28.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Manganese: 0.89mg (44.51%), Vitamin K: 23.44µg (22.32%), Vitamin E: 3.34mg (22.29%), Vitamin C: 14.43mg (17.49%), Vitamin A: 858.08IU (17.16%), Vitamin B6: 0.34mg (16.99%), Copper: 0.25mg (12.38%), Calcium: 107.67mg (10.77%), Phosphorus: 95.68mg (9.57%), Magnesium: 37.58mg (9.4%), Fiber: 2.31g (9.24%), Iron: 1.61mg (8.92%), Folate: 34.94µg (8.73%), Potassium: 280.33mg (8.01%), Vitamin B1: 0.11mg (7.26%), Vitamin B2: 0.07mg (4.08%), Selenium: 2.86µg (4.08%), Zinc: 0.55mg (3.66%), Vitamin B3: 0.71mg (3.53%), Vitamin B5: 0.24mg (2.38%)