

Typ: Gemüse

Quelle: Mary Berry: Cooks the Perfect, S. 220

Bemerkungen: This is a substantial and delicious vegetarian main Course, consisting of layers of grilled vegetables, tomato sauce, fresh basil, Parmesan, and goat's cheese, finished with a crispy topping.

Zutaten 7 tbsp olive oil, plus extra for greasing
2 aubergines, halved widthways and cut lengthways into slices just under 1cm thick
1 courgette, halved widthways and cut lengthways into slices about 3mm thick
1 onion, coarsely chopped
2 garlic cloves, crushed
400 g can chopped tomatoes
1 tbsp tomato purée
1 tbsp chopped fresh basil, plus 12 whole basil leaves and a few extra small ones for garnish
salt and freshly ground black pepper
50g coarsely grated Parmesan cheese for the layers, plus 30 g for the topping
175 g firm goat's cheese (from a log), sliced into rounds about 5 mm thick
60 g fresh white breadcrumbs

Rezept:

1. Preheat the grill to its highest setting. Put 5 tablespoons of the oil in a small bowl. Brush a little of it onto a large, non-stick baking sheet, lay on as many of the aubergine and courgette slices as will fit in a single layer, and brush the tops generously with some of the oil. Grill for 7-8 minutes, then turn, brush with more oil, and grill for 4-5 minutes. Set aside and repeat for the remaining vegetables, grilling in batches. Preheat the oven to 200 °C.
2. Grease the baking dish. Make the sauce: heat 1 tablespoon of the remaining oil in a pan. Add the onion and garlic and fry over a medium heat for 5-6 minutes. Stir in the tomatoes, tomato purée, and chopped basil. Season. Simmer for about 15 minutes, stirring occasionally, until quite thick.
3. Spread 3 tablespoons of the sauce in the dish. Lay the courgette on top, then sprinkle over one-third of the Parmesan. Put half the aubergines on top, then another third of Parmesan, and half the remaining sauce, seasoning each layer as you go. Finish with the remaining aubergines, Parmesan, and sauce. Scatter over the 12 basil leaves and cover with the goat's cheese. Mix the breadcrumbs with the final tablespoon of oil, rub together, stir in the 30 g of Parmesan, and sprinkle over the goat's cheese. Bake for 25 minutes or until golden. Garnish with basil leaves.