

GRILLED AVOCADO, BASIL AND BRIE

For 4 Persons

Ingredients -

2 Semi ripe Avocado's
1 Large Beef Tomato (Skinned)
2 Teaspoons Basil Pesto Sauce
125 grms Wedge Brie Cheese
2 Shallots (finely chopped)
1 Tin Chopped Tomatoes (400 grams)
Dessert Spoon Olive Oil
Sea Salt & Black Pepper
8 Basil Leaves
1 Table Spoon Toasted Pine Kernels (optional)

You will Need -

Microwave
Grill
Liquidiser
4 Dinner Plates
ClingFilm

Instructions - prep_

1 TO MAKE the TOMATO Sauce.

Sweat shallots in olive oil over MED heat, till cooked (But not Brownd) about 3 Minutes, now add the chopped tomatoes, STIR, bring up heat to simmer for 5 minutes,(STIRRING as required), to stop the tomatoes burning. Now add 1 Teacup of water, bring back to the simmer for 2 minutes. COOL a little, throw into the Liquidiser and Whiz on fast for 10 seconds, pour into a clean pan, season with salt & pepper, leave till required.

2 TO SKIN the TOMATO>

Cut a cross at skin depth on the top and bottom of the tomato, then Plunge into Boiling water for 10 seconds, take out and Plunge into cold water for 30 seconds then skin. Now slice across the width to give you 8 slices, (2 for each portion,) Clingfilm and put aside.

3 TO PREP the AVOCADO,

An hour before required, Halve your avocados, Remove the stone, then very carefully remove the skin,. Wrap each half in Clingfilm. (To stop them going brown) then refridgerate.

4 NOW PREP the BRIE

Cut the Brie into 8 long slices, refridgerate.

5 To Assemble the Dish. (turn on the grill)

6 In the middle of each plate, place 2 slices of tomato, slightly overlapping each other, spread with half a

teaspoon of Pesto Sauce, season with Salt & Pepper.

Now Fan the avocado by placing it flat side down, starting about 2 centimetres in from the narrow end, put 5 cuts down to the wide end, cutting though to the outside edge, then push gently to one side to fan the pear, now place ontop of the tomato. Cut a strip of Clingfilm, wide enough to cover the avocado, (not the whole plate). Next, pour one dessert spoon of water onto each plate, cover with Clingfilm, microwave for one minute, (650 watt,)(1 & 1/2 minute, 500 watt). Remove the cling. Place two slices of Brie on top of avocado, Grill to golden brown. Now run warm tomato sauce round the avocado to form a Coulis, Sprinkle with a few pine nuts, add the Basil leaves to decorate and serve with granary Bread.