Trecce with Grilled Eggplant, Salsa Verde & Chilli



Serves: 6
Prep Time: 20 mins
Cook Time: 15 mins

Ingredients

- 300-350 g Montefiore Trecce, well drained
- 2 medium eggplants, about 550-600 g total
- 30-40 ml extra virgin olive oil, for brushing
- Sea salt
- 35 g flat-leaf parsley leaves
- 25 g capers, rinsed and drained
- 1 small garlic clove
- Finely grated zest of 1/2 lemon
- 20 ml fresh lemon juice
- 60 ml extra virgin olive oil, for salsa verde
- 1/2 long red chilli, very thinly sliced
- Freshly cracked black pepper

Method

STEP 1

Trim the eggplants and slice them lengthways into full-length 5-7 mm slices. Aim for even slices so they cook at the same rate and remain flexible enough to curve on the platter.

STEP 2

Heat a cast-iron grill pan or skillet over medium-high to high heat until properly hot. Brush both sides of the eggplant lightly with olive oil and season with a little salt. Do not soak the slices in oil.

STEP 3

Grill in batches for about 2-3 minutes per side. Press lightly where necessary for contact. They are ready when clearly charred, completely tender and flexible enough to curve or loosely fold without cracking. Transfer to a tray and cool to warm/room temperature.

STEP 4

For the salsa verde, finely chop the parsley, capers and garlic by hand. Mix with lemon zest, lemon juice and 60 ml olive oil. Season with black pepper and taste before adding salt. The finished sauce should be loose, coarse and spoonable – not blended like pesto.

STEP 5

Arrange the long eggplant slices with natural curves and loose folds across the platter, creating some height rather than laying every slice flat.

STEP 6

Position the Trecce through/alongside the eggplant, keeping the braid clearly visible. Spoon salsa verde selectively over the eggplant and only a little over one part of the Trecce.

STEP 7

Finish with thinly sliced red chilli and black pepper.