

★ U.K. ★
BBQ
 ★ Week ★
 19TH - 28TH AUGUST
2017



RECIPE

Bloomin' Vegetable Tart



INGREDIENTS

1 x 320g pack pre-rolled puff pastry
 200g cream cheese
 50g Sour cream
 2 cups freshly grated Parmesan cheese
 1 tsp lemon juice
 1 tsp chopped fresh thyme
 1 Tbs chopped fresh parsley
 Sea salt
 Freshly ground black pepper
 1 large green courgette
 1 large yellow courgette (if you can find one, otherwise 2 x green courgettes)
 1 large carrot, peeled
 1 tbsp. extra-virgin olive oil

METHOD

1. Set up BBQ for indirect grilling, preheat to 180°C (350°F).
2. Unroll pastry and line a 20cm quiche dish, poke with a fork in several places and use baking beans to blind bake until slightly golden, about 10 minutes, then let cool slightly.
3. In a large bowl, combine cream cheese, sour cream, Parmesan, lemon juice, thyme and parsley. Season with salt and pepper and beat until mixture is very smooth.
4. Cut the courgettes and carrot in half lengthwise. Lay each vegetable on a cutting board, cut-side down, and thinly slice each vegetable lengthwise into long thick strips, about 2-3mm wide. (You should be able to bend them!) A mandoline is perfect for this but if you don't have one you may need to use a peeler on the carrots, as cutting them thinly can be difficult.
5. Spread cream cheese mixture on baked pastry. Roll one of the vegetable strips into a tight coil and place it in the centre of the tart. Arrange vegetable slices in tight concentric circles around the middle, alternating colours (if you only have green courgettes, lay every alternate strip with green side down), until the tart is filled. Drizzle the top with olive oil and season with salt and pepper.
6. Place in the bbq with a little Silver Birch wood added to the coals for a light tasty smoked flavour. Cook until the vegetables are tender and the crust is a deep golden, 35 to 40 minutes. You may have to turn the tart half way through cooking if the heat is stronger on one side.
7. Serve warm or at room temperature.

Original recipe from www.delish.com adapted for teh BBQ by @clayfiish on Twitter