

Tomato, courgette and goat's cheese bake with fresh basil oil

Serves 4 as a main or 6 as a starter

Bake:

3 med red onions, sliced
3 Courgettes, sliced ¼" thick
6 Plum tomatoes, sliced ¼" thick
225g Goat's cheese (skinned if applicable), sliced
5 Tbl sp fresh Parmesan, grated
½ Clove garlic, crushed
3 Tbl sp Olive oil
Butter, melted, for brushing
Salt (table salt and coarse sea salt) and pepper

Basil Oil:

Large bunch of fresh basil
100ml Olive oil
3 Tbl sp Groundnut oil
Salt

Basil Oil:

Pick all the basil leaves and place in a liquidiser with a pinch of salt. Warm the olive and groundnut oils in a pan, to just above room temperature. Remove from the heat and pour over the basil leaves and liquidise until smooth. Strain through a sieve and leave to cool. Refrigerated, this will keep up to 2 weeks.

Bake:

Fry the onions in a tablespoon of olive oil for 5 minutes until golden brown and softened. Season. Rub an ovenproof dish with garlic and brush with butter. Place the onions in the dish.

Heat another tablespoon of olive oil in the pan. Using a high heat, sear the courgettes quickly on one side only, allowing them to colour lightly but not cook. Don't place too many slices in at the same time – repeat the process as many times as necessary. Leave to cool.

Cover the onions with the slices of goat's cheese and season. Arrange the tomato and courgette slices overlapping in alternate lines on top of the cheese. Season this top layer with the sea salt and black pepper.

Bake in a pre-heated oven at 200 °C for 20 minutes. Sprinkle over the Parmesan and return to the oven for a further 10 minutes until a rich golden brown.

To serve:

Serve with mixed baby salad leaves and drizzle the bake and leaves with the fresh basil oil.

