

By: Miguel Ángel Mateos



CookinBig

Grilled Melon with Strawberries and **White Garlic.**



DIFFICULTY
EASY



TYPE OF CUISINE
MEDITERRANEAN



SERVES
4



TYPE OF DISH
DESSERT



PREPARATION TIME
20 MINUTES



VARIETY OF GARLIC
WHITE

Ingredients

- 1 clove of White Garlic
- 1 melon
- 100 g strawberries
- 100 g sugar
- Extra virgin olive oil

Step by Step



1. Peel and finely slice the cloves of garlic.
2. Remove the stem from the strawberries, wash and slice them.
3. Wash the melon, remove the pips and the skin, and cut in rectangular blocks of approximately the same size.
4. Place a non-stick frying pan over a low heat, to avoid burning, and add the sugar and garlic.
5. When the sugar has melted, add the melon and cook on all sides.
6. Add the strawberries, sauté and remove.



FINISHING DISH:

7. Place two chunks of melon on a flat plate, separated from each other.
8. Place a few slices of strawberry on top of them and add a little of the syrup left in the pan, along with a few sheets of caramelised garlic.

CHEF'S TIPS Miguel Ángel Mateos:

- While the sugar is melting in the pan, do not stir too much as it can crystallise and will not make syrup.
- The caramel should not take a very dark colour, as this means that it is burning and it will therefore have a bitter taste.
- This dessert can be served hot or cold. A fabulous addition to the dish is to add a scoop of ice cream to the warm fruit.