

CARN A LA BRASA (GRILLED MEAT)

Ingredients

- Chop and leg of lamb.
- Aubergine and red peppers
- Artichoke
- Olive oil
- Salt

Tools

- Grill for the peat
- Grill for the
- Spatula
- Tray
- Firewood

PREPARATION



Start the barbecue 2 hours before.



Put salt in the meat.



Grease the vegetables for the "Escalivada".



When the barbecue is ready, roast the peppers and the aubergines.



Wait to cool down to peel them.



Meanwhile, pour olive oil into the artichoke and salt. Place them in the grill and roast them.



Prepare the meat in the grill.



Cook them for one side and then turn them for the other.



"Parrillada amb escalivada2 is waiting for you. Enjoy it.