

Bruschetta Two Ways – Winter

Season: Winter/Spring

Serves: 30 tastes in the
classroom or 6 at home

Fresh from the garden: broad beans, garlic, kale, oregano, parsley, thyme

This recipe covers the steps for making bruschetta with two types of toppings: Tuscan kale; and broad bean, parmesan & herbs.

Equipment:

clean tea towel
chopping board
cook's knife
grater
bread knife
ridged griddle or barbecue plate
tongs
baking tray
large frying pan
large pot
colander
bowls – 1 small, 3 large
large mortar and pestle
serving platters

Ingredients:

For the bruschetta toasts:

2 sourdough or ciabatta loaves
2–3 garlic cloves, peeled and cut in half
extra-virgin olive oil, for drizzling

For the Tuscan kale topping:

2 tbsp extra-virgin olive oil
1 cup well-packed Tuscan kale (cavolo nero),
stems discarded, leaves finely sliced
3 garlic cloves, peeled and finely chopped
salt, to taste
freshly ground pepper, to taste
50 g parmesan, finely grated

For the broad bean topping:

2 kg broad beans in pods, podded
1 tsp fresh oregano or thyme leaves,
finely chopped
1 small handful of parsley, finely chopped
2 garlic cloves, peeled and finely chopped
50 g parmesan, grated
150 ml extra-virgin olive oil
(plus extra for drizzling)
freshly ground black pepper, to taste
salt flakes, to taste



1. Prepare all of the ingredients based on the instructions in the ingredients list.

For the bruschetta toasts:

1. Cut 1 cm thick oval slices from a sourdough or ciabatta loaf.
2. Toast the slices of bread on a ridged griddle or barbecue plate.
3. Rub the toasts very lightly with the cut clove of garlic. Drizzle over a few drops of extra-virgin olive oil.
4. Keep slices warm on a baking tray in a very low oven (70°C) for up to half an hour while you make your toppings.

For the Tuscan kale bruschetta:

1. Heat the olive oil in the large frying pan and sauté the kale leaves for 3–5 minutes.
2. Add the garlic and lemon zest, cook for a further 30 seconds.
3. Remove from the heat and season to taste.
4. Top toasts with cooked kale and a sprinkle of parmesan to serve.

For the broad bean bruschetta:

1. Put a large pot of water on the stove to boil.
2. Boil the podded beans for 5 minutes, then drain and refresh the beans in a large bowl of cool water.
3. Double-pod the beans by slipping the inner bean out of its skin. Put the inner beans another large bowl.
4. Grind the herbs and garlic to a paste with the mortar and pestle and set aside in a small bowl.
5. Pound the beans in the mortar and pestle in batches and add them to a large bowl.
6. Add the herb and garlic mix to the beans. Add a splash of olive oil, then some parmesan. Stir and taste. Add salt and pepper. Taste again.
7. Set it aside, allowing the flavours to infuse into the beans.
8. Spread a spoonful of broad bean mix onto each remaining bruschetta slice.
9. Drizzle some olive oil over to serve.

