

Bruschetta Two Ways – Summer

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: basil, garlic, lemon, sage, tomato, zucchini, zucchini flowers

This recipe covers the steps for making bruschetta with two types of toppings: zucchini & lemon, and tomato & basil.

Equipment:

metric measuring spoons
clean tea towel
chopping board
cook's knife
zester
bread knife
ridged griddle or barbecue plate
tongs
baking tray
small bowl
colander
large non-stick frying pan
egg flip or spatula
kitchen paper
slotted spoon
serving platters

Ingredients:

For the bruschetta toasts:

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

For the tomato & basil topping:

4–6 medium tomatoes, finely diced
1 tsp salt, plus extra to season
1 large handful of basil, washed and torn
1 tbsp extra-virgin olive oil
pepper, to taste

For the zucchini & lemon topping:

2 small–medium zucchini
2 tbsp extra-virgin olive oil
1 tbsp butter
12 sage leaves
2 zucchini flowers
zest of a lemon
salt and pepper, to taste

What to do:

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 a few drops of extra-virgin olive oil over the toasts.
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 tomato & basil bruschetta:

1. Toss tomatoes with the salt and allow to sit for 10 minutes in a colander.
2. Toss the basil with the tomatoes.
3. Top half of the bruschetta toasts with a big spoonful of the tomato mix.
4. Drizzle with olive oil and season with salt and pepper, then arrange on platters.

For the zucchini & lemon bruschetta:

1. Cut the zucchini on the diagonal into 5 mm slices.
2. Heat half the oil in a non-stick frying pan large enough to hold all the zucchini slices in a single layer. Fry them for 1 minute, then turn and fry for another minute. Lift the slices onto some kitchen paper. Reduce the heat to medium.
3. Add the rest of the oil and the butter. As soon as the butter foams, add the sage leaves and the zucchini flowers. Keep a close watch that neither burns. Lift out the flowers as soon as they are lightly coloured. Cook the sage leaves until they are crisp, then quickly remove from the pan.
4. Overlap the zucchini slices onto the bruschetta toasts.
5. Sprinkle with lemon zest.
6. Season with a little pepper and salt.
7. Scatter crisp sage and a few torn strips of zucchini flower over the bruschetta, and arrange on platters.

