

Bruschetta with broad beans, parmesan & herbs

Season: Spring

Type: Starters

Difficulty: Easy

Makes: 48 slices

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

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

Equipment:

Large pot with water for boiling
Chopping board, kitchen knife and bread knife
Clean tea towel
Strainer
Large bowl with cold water
2 large mixing bowls
Large mortar and pestle
2 small bowls
Grater
Pastry brush
Grill plate
Tongs
Wire racks
Wooden bread boards, for serving

Ingredients:

For the broad bean topping:

2 kg broad beans
1 teaspoon fresh oregano/thyme
2 teaspoons parsley
2 cloves garlic
50 g parmesan
150 ml extra virgin olive oil (plus extra for drizzling)
Freshly ground black pepper and salt flakes

For the bruschetta:

2 French bread sticks
Extra virgin olive oil
1 clove garlic



What to do:

For the broad bean topping:

- Put a large pot of water on to boil.
- Set out the chopping board and knife. Dampen the tea towel and place it under the chopping board to prevent it from slipping.
- Pod the broad beans.
- Boil the podded beans for 2–3 minutes, then drain and refresh the beans in the bowl of cool water.
- Double-pod the beans by slipping the inner bean out of its skin. Put the inner beans in the mixing bowl. (Skins into the compost.)
- Chop the herbs and garlic finely, then grind to a paste with the mortar and pestle and set aside in a small bowl.
- Grate the parmesan into a small bowl.
- In batches, put the beans in the mortar and pestle and pound roughly, then add the herb/garlic mix. Add a splash of olive oil, then add the parmesan. Stir and taste. Add salt and grind some pepper in. Taste again.

- Pour back into a mixing bowl and set aside, allowing the flavours to infuse into the beans.

For the bruschetta:

- Cut the bread sticks into slices, evenly and diagonally across – you should get about 24 slices per stick.
- Pour some oil into a small bowl and, using the pastry brush, lightly paint the bread with oil on both sides.
- Heat the grill plate and, once it is hot, grill the bruschetta evenly on both sides, then take off to cool. Cut garlic clove in half.
- Once cool enough to handle, rub garlic cloves over the bruschetta.

To assemble:

- Divide the bruschetta for 3–4 tables. Present on your wooden breadboards.
- Spread a spoonful of broad bean dip onto each bruschetta slice.
- Drizzle some olive oil over.

