

# 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

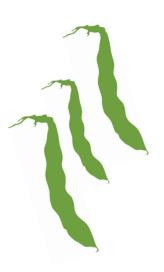
salt flakes

#### 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.

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 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.

