

Tasty Tomato Bruschetta

Bruschetta is an Italian version of an open sandwich. The word 'bruschetta' comes from the Italian word 'bruciacchiare' which means 'to scorch'. The bread, normally ciabatta, is grilled, rubbed with garlic and drizzled with olive oil. Bruschetta are usually topped with fresh tomatoes and basil but a variety of other toppings can also be used.



Wheat (gluten)*

Nutritional information per portion (179g):

Energy 1256kJ 300kcal 15%	Fat 14g 20%	Saturates 3.1g 15%	Sugars 5.5g 6%	Salt 0.90g 15%
------------------------------------	-------------------	--------------------------	----------------------	----------------------

of an adult's reference intake.
Typical values per 100g: energy 702kJ/168kcal.

Equipment

Colander
Sharp knife
Chopping board
Mixing bowl
Scissors (optional)
Measuring spoons
Wooden spoon
Saucepan
Tongs
Wire rack
Tablespoon

Ingredients

Serves 4
6 ripe tomatoes
Small bunch (20g) fresh basil
3 x 15ml spoons olive oil
Ground black pepper (optional)
1 ciabatta
1 garlic clove

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- You can toast the bread in a toaster.
- Make sure the tomatoes are fully ripened to get the best flavour.
- You can roughly chop the tomatoes into small sizes; they don't have to be exact.
- Use part-baked ciabatta bread. Bake according to instructions on the packet and leave to cool before toasting.

Tasty Tomato Bruschetta

Method

1. Turn on the grill to a high heat.
2. Wash and dry the tomatoes.
3. Chop the tomatoes into small pieces (about 1cm) and place in a mixing bowl.
4. Finely chop the basil using a sharp knife or scissors. Add the basil, half the olive oil and black pepper to taste (if using) to the tomatoes and stir gently. Taste for flavour, adding more basil and pepper if necessary.
5. Place in a saucepan and cook on a medium heat, stirring occasionally, for around 5 minutes until the tomatoes soften.
6. Diagonally slice the ciabatta bread into slices (about 2cm thick).
7. Grill the ciabatta slices under a hot grill until golden brown on both sides. Use the tongs to turn the bread over.
8. When the bread is grilled, place on wire rack.
9. Peel the garlic clove and cut in half.
10. Gently rub one side of each slice of bread with the cut garlic clove.
11. Carefully drizzle the rest of the olive oil over the bread.
12. Arrange slices of the bread onto serving plates.
13. Carefully spoon a tablespoon of the tomato topping onto each slice of bread.
14. Serve immediately.

Something to try next time

- Use approximately 390g of different tomatoes, including baby plum and cherry tomatoes.
- For a rustic Bruschetta, try substituting half the tomatoes with 2 roasted red peppers and 4–6 sliced olives.
- Try swapping the olive oil for a flavoured version or add a dash of balsamic vinegar.
- Different types of bread can be used such as French baguettes or panini in place of ciabatta.

Prepare now, eat later

- Toast the bread in advance and store wrapped in foil or in an airtight tin for up to 24 hours. Toast again for a few seconds to crisp before finishing the bruschetta.
- Chop the tomatoes and keep in a covered bowl in the fridge for up to 24 hours. Stir well before using.
- This recipe is best served immediately.

Skills used include:

Washing, measuring, chopping, spreading, frying, grilling and serving.