

Bruschetta with Broad Beans, Parmesan & Herbs

Season: Spring

Makes: Approximately 48 slices

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

This is always a crowd pleaser in kitchen classes because it results in a crunchy, savoury snack which makes use of garden herbs. Try using bread you've made in class to make it even more delicious.

Note: This recipe assumes that 2 kg of broad beans will yield approximately 400 g of podded beans.

Equipment:

metric measuring scales,
spoons and jug
clean tea towel
chopping board
knives – 1 cook's, 1 bread
grater
large saucepan
colander
large mortar and pestle
2 bowls – 1 large, 1 small
pastry brush
grill plate
tongs
wire racks
wooden bread boards,
for serving
spoon

Ingredients:

For the broad bean topping:

2 kg broad beans
1 tsp fresh oregano or thyme,
finely chopped
2 tsp parsley, finely chopped
2 cloves garlic, finely chopped
1/3 cup olive oil
50 g parmesan, grated
1/4 tsp salt flakes, to taste
1/4 tsp freshly ground black pepper

For the bruschetta:

2 French bread sticks
extra olive oil, for brushing
1 garlic clove, cut in half



What to do:

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

To make the broad bean topping:

1. Pod the beans.
2. Fill the large saucepan with water and bring to the boil.
3. Cook the beans in the boiling water for 2–3 minutes or until just tender.
4. Tip the cooked broad beans into the colander, refresh them under cold running water and drain.
5. Peel and discard the skins (double pod). Grind the herbs and garlic to a paste with the mortar and pestle and transfer to a bowl.

6. Place the beans in the mortar and pestle, in batches, and pound roughly, then add to the herb and garlic mix.
7. Add the olive oil to the broad-bean-and-herb mix, then add the parmesan. Stir and taste.
8. Season with salt and freshly ground pepper, then taste again for balance of seasonings. Set aside to allow the flavours to infuse.

To make the bruschetta:

1. Cut the bread sticks into even diagonal slices – you should get about 24 slices per stick.
2. Pour a little oil into a small bowl. Using the pastry brush, lightly brush the bread with oil on both sides.
3. Heat the grill plate to hot and grill the bruschetta evenly on both sides. Remove from the heat and set aside to cool on wire racks.
4. Once cool enough to handle, rub the garlic cloves over the bruschetta.

To assemble the bruschetta:

1. Transfer the bruschetta to the wooden bread boards.
2. Spread a spoonful of the broad bean mixture onto each bruschetta slice.
3. Drizzle over some olive oil and serve.

