

COOKING CUISINE

09th November 2022

Fabulous Toasts

Caramalised Brussel Sprouts

Serves 4

Equipment

- Oven tray or frying pan
- Hand blender or food processor
- Bowls
- Paper towel

Ingredients

- 4 slices crusty bread (toasted)
- 250gr brussel sprouts
- 4 bacon or pancetta slices or 100gr cubed
- 80gr walnuts chopped (or hazel, pecan or pumpkin seeds)
- 1 burrata cheese
- 1 tbsp lemon juice
- 2Tbsp honey or maple syrup
- Flaky salt & pepper



Directions

- Slice the brussel sprouts finely
- Chop the walnuts and toast in a frying pan for 3-4 minutes
- Remove from the pan and set aside
- Return the pan to the hob over medium heat
- Add a little olive oil to the pan
- Add the diced or sliced bacon and fry until crisp
- Using a slotted spoon, transfer bacon to a paper towel lined plate
- Preserve the bacon fat in the pan and add the brussel sprouts.
- Stirring repeatedly, caramelize the brussel sprouts
- Add the honey and lemon juice and return the bacon to the pan.
- Stir everything through and season with salt and pepper.
- Meanwhile, toast the bread and place on serving plates
- Tear the burrata into pieces and place on toast slices.
- Top with the brussel sprout mix and toasted nuts, season with fresh pepper.

Hummus Toast with Balsamic Roasted Tomatoes

Serves 4

Equipment

- Toaster
- oven tray or baking dish

Ingredients

- 250gr cherry tomatoes
- 6 tbsps hummus
- 2 garlic cloves crushed
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 4 slices of thick crunchy bread, toasted
- Salt & freshly ground pepper
- Sunflower or pumpkin seeds

Directions

- Preheat the oven to 180°C
- Add the garlic, olive oil and balsamic vinegar in a small bowl.
- Place the cherry tomatoes in a baking dish or on an oven tray.
- Drizzle with the oil & vinegar mixture, season with salt & pepper.
- put under the grill for 15min or until softened
- Toast the bread and place on serving plate
- Top with hummus (add 1 can drained chickpeas, 2-3 garlic cloves, 2tsp tahini, 4 tbsp olive oil, pinch of salt to food processor and mix to a paste)
- Top with the roast tomatoes and season, finish with a sprinkle of seeds
- Serve warm

White bean and Rosemary Toast

Serves 4

Equipment

- Grill, toaster
- Bowl

Ingredients

- 1 can of white beans (e.g. cannellini or butter beans), rinsed and drained
- 2 sprigs of fresh rosemary or 1tsp dried
- 4 slices of smoked pancetta or bacon
- ¼ tsp salt
- 1 garlic clove halved (optional)
- Freshly ground pepper
- Chili flakes (optional)
- 2 Tbsp olive oil

Directions

- Mash the beans in a bowl using a fork (or in food processor)
- Add the olive oil, salt and chopped rosemary (keep some for serving)
- Place the pancetta under the grill for 3-4 minutes each side or until crisp, turn half way
- Meanwhile, toast the bread to your preferred method
- Rub a little garlic over each toast slice
- spread some bean puree on each slice generously and season with freshly ground pepper and chili flakes.
- Top each with a slice of crisp pancetta and any remaining rosemary
- Serve immediately