



tomato and Roast capsicum BRUSCHETTA

serves 6

Bruschetta is Italian for toast

INGREDIENTS

- 1 punnet cherry tomatoes
- 2 red capsicums
- olive oil
- 1 clove garlic
- 20 basil leaves
- salt
- baguette or foccaccia
- 100g parmesan (optional)

EQUIPMENT

- 2 roasting pans
- chopping board
- kitchen scales
- oven mitts
- baking paper
- pastry brush
- tongs
- plastic or paper bag
- bowl
- potato peeler
- knife

MAKE SURE you GET AN ADULT TO HELP WHEN USING HOT OVENS AND GRILLS!!

METHOD

1. Preheat the oven to 250°C.
2. Line roasting pan with baking paper. Place capsicums in pan and bake in the hot oven until skin is blackened.
3. Turn capsicums over with the tongs and roast again until black and blistered. Using oven mitts carefully remove roasting pan from oven.
4. Using the tongs put the blackened capsicums into a plastic or paper bag, close and allow to cool completely.
5. Lower oven temperature to 200°C. Line second roasting pan with baking paper.
6. Cut cherry tomatoes in half and place in prepared roasting pan. Drizzle with a little olive oil and a sprinkle of salt. Bake tomatoes for 8 -10 minutes until soft. Remove from oven and set aside.
7. Place capsicums on chopping board and peel off skin with your fingers. Remove stem, cut into half and remove all the seeds. Cut into strips.
8. Heat grill. Slice bread into 1 cm thick slices and brush each side with a little olive oil. Grill on both sides.
9. Peel the garlic clove and cut it in half. Rub each slice of bread lightly with the cut side of the garlic.
10. Toss the capsicum and tomatoes together in a bowl. Spoon a generous amount of the tomato and capsicum mixture onto the toast and scatter over the basil leaves.
11. Use a potato peeler to shave strips of parmesan on top if you would like a little extra flavour.

FROM THE MARKET

- Olive oil — Olive Lair
- Cherry tomatoes — Tobalong, H & L Hydroponics
- Capsicums — H & L Hydroponics, N & M Tsimiklis
- Parmesan — Murray Valley Cheese
- Basil — Salad Greens & Kitchen Herbs
- Garlic — Patlin's Gardens