



Basic bruschette

- If you have a large loaf, cut it in half, then slice it crossways about 1cm thick. Charrill these slices on a barbeque or in a griddle pan until they are crispy on both sides, then lightly rub each piece a couple of times with a cut clove of garlic. Drizzle with some good extra virgin olive oil and sprinkle with a tiny pinch of salt.
- You can eat the toasted bread just like this, but make sure the oil is the best you can find otherwise it will never taste good.

Eggplant and Mint

Ingredients:

- 2 nice firm eggplants, the round purple Italian ones if possible, slice lengthways
- extra virgin olive oil
- white wine or herb vinegar
- 2 sprigs of fresh flat-leaf parsley, leaves picked and finely sliced
- a small handful of fresh mint, leaves picked and finely sliced
- 1 clove of garlic, peeled and very finely sliced
- Sea salt and freshly ground black pepper
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Method:

- Heat a griddle pan until nice and hot.
- Lay your eggplant slices on it side by side and when they are nicely charged on both sides, put them into a bowl. You will probably need to do this in several batches.
- While the eggplants are grilling, put 8 tablespoons of olive oil and 3 tablespoons of vinegar, with the parsley, mint and garlic, into another bowl and season with salt and pepper.
- When the eggplants are all done, add them to the dressing and mix around, then check the seasoning again and divide on to the bruschette. Press the topping into the toast so all the lovely flavour gets sucked in.
- *Spread the toast with hummus or baba ganoush, then place eggplant on top.



