

RECIPE 1

Bruschetta is a toasted bread snack. Crusty bread is toasted and flavoured with garlic, drizzled with olive oil and piled with tomato. This recipe serves 2-4 people.

Bruschetta

HOW TO MAKE IT

1. Heat the oven to 200°C/Gas 6. Toast the thick slices of bread under the grill. Rub a cut garlic clove over both sides. Drizzle a little olive oil on to one side.

2. Arrange the tomato on the toasted bread, finishing with Mozzarella cheese, if using. Sprinkle with torn basil. Add the olives.

3. Place on a baking tray in the oven until hot or the cheese, if used, is bubbling. Serve warm.

COOKING KNOW-HOW

Adult preparation

1. Wash your hands (no nail varnish) and wear an apron.

2. Collect all the ingredients and equipment. Arrange them on the table so that all the children can see them.

3. Discuss the ingredients and equipment – what they are, how to weigh and measure them and how they are to be used.

INGREDIENTS

4 slices crusty bread, e.g. Ciabatta or French bread.

1 garlic clove – peeled and halved

2 tomatoes – chopped

1 dessertspoon olive oil

25g Mozzarella cheese (optional)

fresh basil

1 tablespoon black olives – pitted and sliced

EQUIPMENT

sharp knife, chopping board, dessertspoon, baking tray

SHOW THE CHILDREN

- how to toast the bread and rub it with the garlic (see below);
- the 'bridge' cutting technique to cut the garlic and halve the tomatoes;
- how to tear the Mozzarella cheese (if using) and the basil leaves;
- how to drizzle olive oil;
- how to assemble the bruschetta.

The children may, under supervision:

- cut the halved tomatoes;
- tear the Mozzarella cheese and basil leaves;
- rub the bread with garlic and drizzle with olive oil;
- arrange the toppings.

SKILLS

'Bridge' cutting technique, rubbing, drizzling, tearing, arranging (toppings).