



ONTARIO GREENHOUSE **TWISTED BRUSCHETTA**

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## TWISTED BRUSCHETTA

*This amount yields 6 cups (1.44 L)  
or 24 x ¼ cup (60 mL) servings.*

Bruschetta is a wonderful way to capture the flavour of ripe, flavourful tomatoes. The traditional version with fresh basil and garlic is a popular appetizer. Our "twisted" version highlights the sweet taste of Ontario Greenhouse grape tomatoes, but the seasoning is a twist on the traditional. Lime juice, olive oil with fresh ginger and jalapeño create a tasty dressing, with toasted and ground cumin and coriander seeds as the main flavours. To finish off plate presentation, garnish with fresh cilantro and mint.

### ingredients

#### SEASONING

	IMPERIAL	METRIC
• Coriander seeds	1 tbsp., 1 tsp.	20 mL
• Cumin seeds	1 tbsp., 1 tsp.	20 mL

#### DRESSING

• Fresh ginger, minced	½ oz.	14 g
• Fresh jalapeño, seeded and finely diced	½ oz.	14 g
• Fresh lime juice	1 tbsp., 2 tsp.	25 mL
• Extra virgin olive oil	1 tbsp., 2 tsp.	25 mL
• Cayenne pepper	1/8 tsp.	.5 mL
• Sea salt	½ tsp.	3 mL
• Granulated sugar	1 tsp.	5 mL

#### BRUSCHETTA MIX

• Ontario Greenhouse grape tomatoes, various colours <sup>1</sup>	2 lb., 3 oz.	1 kg
• Fresh cilantro, chopped	1/3 cup	80 mL
• Fresh mint, chopped	2 tbsp.	30 mL

#### FOR SERVICE

• Rich's Oven Fired Flatbreads 12x12"	5 each	5 each
• Extra virgin olive oil	½ cup, 2 tbsp.	150 mL

### method

- 1 Toast coriander and cumin seeds in a dry pan until fragrant, being careful not to burn them. Set aside to cool. When cooled, grind to a fine powder in a hand coffee grinder or mortar and pestle.
- 2 To make the dressing, combine ginger, jalapeño, lime juice, olive oil, cayenne, salt and sugar. Set aside in the refrigerator to develop flavour for at least an hour or overnight.
- 3 When close to service time, cut the tomatoes into bite-sized pieces (each grape tomato into approximately 2-4 pieces, depending on size). Keep at room temperature.
- 4 About half an hour before service, gently combine tomatoes with dressing, cilantro and mint. Add the ground coriander/cumin mixture gradually and stir well to combine everything. Again, keep at room temperature.
- 5 In the meantime, brush one side of each flatbread lightly with 2 tbsp. (30 mL) olive oil. Cut the flatbread into 3x3" squares. Each flatbread yields 16 pieces. Place olive oil side down on heated grill pan or char broiler and heat only on one side until grill marks appear.
- 6 Serve a bowl of bruschetta on a platter surrounded with squares of grilled flatbread squares. Provide a spoon for customers to scoop up their own bruschetta onto the bread.

## Chef's Tips & Suggestions

1. Ontario Greenhouse grape tomatoes come in a variety of colours; use a mixture of red, yellow and orange for a visually stunning effect. Other tomatoes may be substituted, but be sure to pick the sweetest tomatoes you can find in any colour.
2. Never refrigerate tomatoes or the flavour and texture will be adversely affected.
3. This bruschetta is very versatile. Try it as a topping for pizza, tossed with freshly cooked pasta, on top of burgers, hot dogs and grilled chicken sandwiches or with mozzarella in a grilled cheese sandwich.
4. When adding the coriander/cumin mixture, add gradually and taste in between additions until you reach a balance between flavour and spice.
5. Some tomatoes are juicier than others. The bruschetta may develop a pool of liquid at the bottom. For that reason, before service it is a good idea to drain the mixture through a perforated insert or colander to remove most of the liquid which could make the bread soggy.

Nutrition Facts per serving (60 ml or ¼ cup): Calories kcal: 172.77, Fat 9.89g (15 %), Saturated Fat 1.80g + Trans Fat 0g (9%), Cholesterol 0mg, Sodium 329.9mg (14 %), Carbohydrate 19.66g (7%), (1.54g sugar), Fibre 3.06g (12%), Protein 3.66g, Vit A (4 %), Vit C (11 %), Calcium (1%), Iron (3%). % = % Daily Value