

# ONTARIO GREENHOUSE TWISTED BRUSCHETTA



ONTARIO GREENHOUSE  
VEGETABLE GROWERS

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inside

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# Ontario Greenhouse TWISTED BRUSCHETTA

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 “globally inspired” versions highlight the sweet taste of Ontario Greenhouse grape tomatoes, but with various seasoning options from around the world. We hope you’ll try them all!

## Indian Influence

	IMPERIAL	METRIC		IMPERIAL	METRIC	
SEASONING						
Coriander seeds	1 tbsp., 1 tsp.	20 mL	BRUSCHETTA MIX			
Cumin seeds	1 tbsp., 1 tsp.	20 mL		Ontario Greenhouse grape tomatoes, various colours'	2 lb., 3 oz.	1 kg
				Fresh cilantro, chopped	1/3 cup	80 mL
				Fresh mint, chopped	2 tbsp.	30 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	FOR SERVICE			
Extra virgin olive oil	1 tbsp., 2 tsp.	25 mL	Flatbread, small	5 each	5 each	
Cayenne pepper	1/8 tsp.	.5 mL	Extra virgin olive oil	½ cup, 2 tbsp.	150 mL	
Sea salt	½ tsp.	3 mL				
Granulated sugar	1 tsp.	5 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.

**GARNISH:** Garnish plate with fresh cilantro and mint.

- CHEF'S TIPS
1.

Consider Ontario Greenhouse grape tomatoes that come in a variety of colours. Cherry or cocktail tomatoes are also good ‘sweet’ alternatives for these bruschetta recipes.
2.

Never refrigerate tomatoes or the flavour and texture will be adversely affected.

**BRUSCHETTA VERSATILITY**

Try any of these recipes as a topping for pizzas, omelets, burgers, hot dogs, salads, freshly cooked pasta, grilled chicken sandwiches or a mozzarella grilled cheese.

Nutrition Facts per serving (60 ml or ¼ cup plus 5 flatbread squares): 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

These recipes yield 6 cups (1.44 L) or 24 x ¼ cup (60 mL) servings.

## Moroccan Spice

	IMPERIAL	METRIC		IMPERIAL	METRIC	
SEASONING						
Ras el Hanout*	2 tbsp.	30 mL	BRUSCHETTA MIX			
				Ontario Greenhouse grape tomatoes, various colours	2 lb., 3 oz.	1 kg
				Fresh parsley, chopped	1/3 cup	80 mL
				Fresh mint, chopped	2 tbsp.	30 mL
DRESSING						
Fresh red onion, minced	½ oz.	14 g				
Fresh red pepper, minced	½ oz.	14 g				
Fresh lime juice	1 tbsp., 2 tsp.	25 mL				
Extra virgin olive oil	1 tbsp., 2 tsp.	25 mL				
Sea salt	½ tsp.	3 mL				
Granulated sugar	1 tsp.	5 mL				
			FOR SERVICE			
			Pita bread, small	12 each	12 each	
			Extra virgin olive oil	1/4 cup	60 mL	

- METHOD
- 1

Prepare the Ras el Hanout if making in-house.
- 2

To make the dressing, combine red onion, red pepper, lime juice, olive oil, 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, parsley and mint. Add the Ras el Hanout mixture gradually and stir well to combine everything. Keep at room temperature.
- 5

In the meantime, brush one side of each pita lightly with 1 tsp (5mL) olive oil. Cut the pita into 8 triangles place olive oil side down on heated grill pan or char broiler and heat only on one side until grill marks appear.
- 6

Serving suggestion: 1/4 cup (60mL) bruschetta per portion with 4 pita triangles.

**GARNISH:** Use fresh parsley and mint

- CHEF'S TIPS: VERSATILE
- When adding the Ras el Hanout mixture, add gradually and taste in between additions until you reach a balance between flavour and spice.

\*RAS EL HANOUT SPICE MIX

Ground cumin

1 tsp.

5 mL

Ground ginger

1 tsp.

5 mL

Salt

1 tsp.

5 mL

Ground black pepper

3/4 tsp.

4 mL

Ground cinnamon

½ tsp.

3 mL

Ground corriander

½ tsp.

3 mL

Cayenne

½ tsp.

3 mL

Ground allspice

½ tsp.

3 mL

Ground cloves

1/4 tsp.

1 mL

Combine all ingredients and mix well.

## Asian Flair

	IMPERIAL	METRIC		IMPERIAL	METRIC	
SEASONING						
Chinese 5 spice powder	2 tbsp.	30 mL	BRUSCHETTA MIX			
				Ontario Greenhouse grape tomatoes, various colours	2 lb., 3 oz.	1 kg
				Fresh cilantro, chopped	1/3 cup	80 mL
				Fresh Thai basil, chopped (Regular basil if not available)	2 tbsp.	30 mL
DRESSING						
Fresh ginger root, minced	½ oz.	14 g				
Fresh garlic, minced	½ oz.	14 g				
Fresh lime juice	1 tbsp., 2 tsp.	25 mL				
Extra virgin olive oil	1 tbsp., 2 tsp.	25 mL				
Sea salt	½ tsp.	3 mL				
Granulated sugar	1 tsp.	5 mL				
			FOR SERVICE			
			Wonton wrappers	60 each	60 each	

- METH OD
- 1

To make the dressing, combine ginger, garlic, lime juice, olive oil, salt and sugar. Set aside in the refrigerator to develop flavour for at least an hour or overnight.
- 2

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.
- 3

About half an hour before service, gently combine tomatoes with dressing, cilantro and basil. Add the 5 Spice Powder gradually and stir well to combine everything. Keep at room temperature.
- 4

In the meantime, cut each wonton wrapper in half and then deep fry until crispy. Drain well.
- 5

Serving Suggestion: 1/4 cup (60mL) bruschetta per portion with 5 wonton crisp triangles.

**GARNISH:** Use fresh cilantro & Thai basil

**CHEF'S TIPS: VERSATILE**

**Asian Fare:** Great as a dip for stuffed wontons, pot stickers or spring rolls.

When adding the 5 Spice Powder, add gradually and taste in between additions until you reach a balance between flavour and spice.

\*Chinese 5 Spice Powder can be purchased from most foodservice distributors.



## Greek Zest

	IMPERIAL	METRIC		IMPERIAL	METRIC	
SEASONING						
Greek seasoning blend*	2 tbsp.	30 mL	BRUSCHETTA MIX			
				Ontario Greenhouse grape tomatoes, various colours	2 lb., 3 oz.	1 kg
				Fresh dill, chopped	1/3 cup	80 mL
				Fresh mint, chopped	2 tbsp.	30 mL
DRESSING						
Fresh red onion, minced	1 oz.	28.4 g				
Fresh lime juice	1 tbsp., 2 tsp.	25 mL				
Extra virgin olive oil	1 tbsp., 2 tsp.	25 mL				
Sea salt	½ tsp.	3 mL	FOR SERVICE			
Granulated sugar	1 tsp.	5 mL		Pita bread, small	12 each	12 each
				Extra virgin olive oil	1/4 cup	60 mL

- METHOD
- 1

Prepare the Greek Seasoning blend if making in-house.
- 2

To make the dressing, combine red onion, lime juice, olive oil, 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, dill and mint. Add the Greek Seasoning mixture gradually and stir well to combine everything. Keep at room temperature.
- 5

In the meantime, brush one side of each pita lightly with 1 tsp (5mL) olive oil. Cut the pita into 8 triangles Place olive oil side down on heated grill pan or char broiler and heat only on one side until grill marks appear.
- 6

Serving suggestion:1/4 cup (60mL) bruschetta per portion with 4 pita triangles.

**GARNISH:** Use fresh dill and mint

- CHEF'S TIPS: VERSATILE
- Greek fare: Great with tzaziki or hummus in a pita with souvlaki or kabobs.

\*GREEK SEASONING BLEND

Dried oregano

1 1/4 tsp.

7 mL

Salt

1/4 tsp.

1 mL

Onion powder

3/4 tsp.

4 mL

Garlic powder

1 ½ tsp.

8 mL

Ground black pepper

1/4 tsp.

1 mL

Dried thyme

1/4 tsp.

1 mL

Sweet paprika powder

1 1/4 tsp.

7 mL

Pinch ground cinnamon

Pinch ground nutmeg

Combine all ingredients and mix well.