



Dificultad
Easy



Cocina
Mediterranean



2 Comensales



Tiempo
10 minutos



Variedad
Morado

Ingredientes

- 4 cloves of Morado Garlic
- 1 Baguette
- 50 gr of Fresh cheese
- 1 fresh Scallion
- 4 slices of Cured Ham
- 5 gr of shelled Sunflower Seeds
- Rocket
- Fresh Coriander
- Extra Virgin Olive Oil
- Fleur de Sel

Toasted Bread With Cured Ham, Fresh Cheese and Morado Garlic



1. Peel 2 Garlic cloves and cut them in half. On the other hand, crush the other 2 Garlic cloves without peeling them off.
2. Cut off the Scallion's stem, cut the Scallion in half and finally cut it into thin strips.
3. Cut the cheese into similar dice of a finger width approximately.
4. Open the Baguette into two halves.
5. Pour a dab of Oil in a non-stick pan on medium heat, when it is hot, add the crushed garlic cloves.
6. Toast the bread on both sides in the pan, and then remove it from it to start preparing the plating. Set the oil aside in the pan for later use.

Terminado del Plato

7. Firstly, rub the raw Garlic on the bread. Add a bed of Rocket and a few dice of Fresh Cheese.
8. Place a few slices of Cured Ham and some Coriander leaves.
9. Then scatter the Scallion strips and the Sunflower Seeds on the toast.
10. Finally pour a dab of Oil and add some Fleur de Sel, and the toast is ready to be enjoyed!

Sugerencias del Chef Miguel Ángel Mateas

- This is a perfect toast to have for breakfast or for an afternoon snack, together with Orange and Pomegranate Juice. This combination will provide a fresh, digestive and purifying dish.
- The cured Ham can be substituted for Turkey, Ham or Iberico Ham to your liking.
- Substituting the Fresh Cheese for Goat Cheese will enhance the flavour of the toast, giving our dish a more intense tone.