

By: Miguel Ángel Mateos



Prawn Toast and Violet Spring Garlic.



DIFFICULTY
EASY



TYPE OF CUISINE
MEDITERRANEAN



SERVES
4



TYPE OF DISH
BREAKFAST



PREPARATION TIME
20 MINUTES



VARIETY OF GARLIC
VIOLET SPRING

Ingredients

- 4 cloves of Violet Spring Garlic
- 4 slices of toasted bread
- 4 prawns
- 200 g cherry tomatoes
- Chopped parsley
- Salt
- Extra virgin olive oil

Step by Step



1. Peel the cloves of garlic, slice them into strips and dice each of them.
2. Wash the cherry tomatoes and chop them.
3. Peel the prawns and make an incision at the loin, without breaking it in half. Keep the head.
4. Place a frying pan over a high heat with a little oil and add the heads and the loins. Cook on both sides, being sure not to leave on either side for too long, then place to one side.
5. In the same oil, brown both sides of the slices of bread.
6. Add a pinch of oil and sauté the cherry tomatoes and garlic. Fry lightly and remove from the flame.



FINISHING THE DISH:

7. Place a slice of bread on a flat plate and add a spoonful of the sautéed tomatoes and garlic.
8. On top of that, add the prawn and finish by seasoning and adding the chopped parsley.

CHEF'S TIPS Miguel Ángel Mateos:

- When the head of the prawn is gilded, it is coated in the oil and thus the bread and the tomatoes gather their flavour.
- You can substitute the prawn for smaller prawns, Norway lobsters or carabineers, depending on your taste.
- It is important that the bread is thick; a dough bread.