

By: Miguel Ángel Mateos



Toasted Hearts with Honey, Cream and Morado Garlic.



DIFFICULTY
LOW



CUISINE
MEDITERRANEAN



SERVES
2



TYPE OF DISH
BREAKFAST



PREPARATION TIME
20 MINUTES



TYPE OF GARLIC
MORADO

Ingredients

- 2 Cloves of Morado Garlic
- 6 slices of bread
- 100g Whipping Cream
- 20g Sugar
- 20g Chocolate Sprinkles or Shavings
- 50g Honey
- 25g Butter

Step by Step



1. Peel and half the cloves of Morado garlic. Put aside.
2. With the help of a heart-shaped cookie cutter, cut the bread slices into romantic little toasts.
3. Melt a teaspoon of butter in a pan over a medium heat and toast the hearts on both sides, until golden.
4. Next, whip the cream, adding the sugar in the process. We have chosen to use a siphon, but you could equally do this by hand. Simply beat the mixture until it holds soft peaks.
5. Rub the toasts with the garlic and then spread with honey.
6. Finally, add the whipped cream and chocolate sprinkles over the top.



FINISHING THE DISH:

7. We have served up our toasted hearts on a black slate dish, to make them really pop on the plate. On the side, we have added a little cup filled with the leftover whipped cream, so that those with a sweet tooth can add a little more to their hearts.
8. We have arranged all of this on a tray, ready to serve as breakfast in bed to that special someone in your life.

CHEF'S TIPS Miguel Ángel Mateos:

- You'll be pleasantly surprised by the contrast in taste and textures of these little toasts.
- Make sure not to be too vigorous with the garlic on the toasts, a gentle swipe is more than enough for the hearts to pick up the taste and aroma of the garlic.

Happy Valentine's Day!