

Our crostone – a rich crostino thanks to chickpea cream and a dollop of yoghurt – you can adapt the spices to the topping as you please.

Crostone quattro stagioni

Toasted bread – four seasons

Ingredients for 4 people **Basic recipe**

150 g cooked chickpeas frozen from your store or from a jar: put them briefly into boiling salted water (set a little cooking water aside), drain and rub them; part of the skins will come off, the rest can stay on.

2 tbsp of these chickpeas set completely aside,
all the others blend, pass or pound with

2 tbsp olive oil

1 small garlic clove

1 tbsp yoghurt or cooking water

1 tsp tahini or

home-toasted sesame seeds

1 tsp lemon juice

Salt and pepper The whole should give a fairly thick, spreadable cream (hummus).

Prepare a yoghurt cream with:

50 g thick natural yoghurt

a little lemon juice and olive oil mix in,

2 leaves of fresh mint, finely chopped add (depending on the topping replace the mint with another herb) and
with salt and pepper season to taste.



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Toasted bread – four seasons



Ingredients for 4 people Basic recipe

1 tsp whole cumin and

1 tsp coriander seeds

Prepare the spice mixture:

roast and grind them finely together in a mortar (you will not need the whole amount of spices, but preparing less is difficult). Adjust the spices to the topping.

Finish just before eating:

Toast slices of bread

the number depends on the size of the bread!

Rub the slices lightly with a garlic clove and oil them with a brush (olive oil).

Spread the chickpea cream at least 0.5 cm thick.

1 Summer version: with tomatoes

4 large tomatoes, cut

into slices

lay them on overlapping, salt and pepper them and sprinkle a little of the spice mixture over them,

put the whole chickpeas all around and

a few parsley leaves

on top,

put a spoonful of yoghurt cream beside the bread and finish the whole

with plenty of olive oil

as decoration!

further options:

- 2 autumn: bread – chickpea cream – briefly fried slices of porcini.
- 3 winter: bread – chickpea cream – briefly fried strips of savoy cabbage or fresh spinach leaves.
- 4 spring: bread – chickpea cream – briefly fried artichoke wedges.