



Recipe suggestion



# Grilled bruschetta with vegetable antipasti and Nuremberg Rostbratwurst Serves 4

## Vegetables

- |                           |                              |
|---------------------------|------------------------------|
| 1 red and 1 yellow pepper | 3–4 springs of thyme         |
| Approx. 2 tbsp oil        | 2 garlic cloves (sliced)     |
| 2 small fennel bulbs      | 3 slices of ginger           |
| 1 small courgette         | 4 tbsp mild olive oil        |
| Mild chilli salt          | Chilli salt · Freshly ground |
| 2 small carrots           | black pepper                 |
| 125 ml vegetable stock    |                              |

## Bruschetta

- 14 small low-fat Nuremberg Rostbratwurst sausages
- ½ tsp oil
- 4 thick slices of sourdough bread

## Directions

### Vegetables

Wash, core and seed the peppers. Peel the peppers with a vegetable peeler and chop them roughly into 3 cm chunks. Place a griddle on the hob on a medium heat and lightly coat with oil using a brush. Add the chopped pepper and cook for around 5 minutes, then transfer to a shallow dish.

Clean, wash and halve the fennel. Slice the two halves of fennel lengthways (the slices should be around 3 mm thick). Clean, wash and chop the courgette diagonally (the slices should be around 4 to 5 mm thick).



Place a large griddle on the hob on a medium heat. Brush the bottom of the pan with the remaining oil using a brush. Gently fry the slices of fennel and courgette in batches to brown them on both sides, adding a little more oil to the pan if needed. Season the vegetables with chilli salt and place them in the dish with the peppers.

Rinse and peel the carrots and then slice them at an angle (the slices should be 3 to 4 mm thick). Pour the stock into a pan and add the sliced carrots. Place a sheet of baking paper over the top and steam at just below boiling point for around 10 minutes until the carrots become soft. Season the vegetables with chilli salt and toss them into the dish with the other vegetables.

Wash the thyme and pat dry, then sprinkle it over the top of the vegetables along with the garlic and ginger. Add the olive oil, mix everything together and season with chilli salt and pepper.

## Bruschetta

Place a pan on the hob on a medium heat and lightly coat with oil using a brush. Gently fry the sausages until they turn golden brown; then roughly cut them in half.

Fry the slices of bread either in a griddle, on the grill or in a pan. Spread the vegetable antipasti onto the bread and top with the Rostbratwurst sausages.

### Tip

If you prefer, you can always use bruschetta bread instead of sourdough bread. Half a slice per person will suffice if you are using large slices of bruschetta bread (approx. 24 × 16 cm).

Enjoy your meal!





# Recommendation



## Nuremberg Rostbratwürste

I like it!

### The art of barbecuing

**Want to barbecue your HoWe original Nürnberger Rostbratwürste sausages?** Here's how: kindle a decent-sized flame and let it burn down to embers before barbecuing anything on the grill. If you start barbecuing the sausages too soon, there's a risk that they might burn or that the dripping fat could cause the heat to distribute unevenly. Ideally, place a fine-mesh wire grill over the normal grill to ensure that the HoWe original Nürnberger Rostbratwürste cannot fall into the embers. Using tongs, turn the sausages several times until they are crispy brown on the outside and cooked through but still tender. Tip: Fry the sausages for longer on a lower heat and turn them several times to experience the full HoWe original Nürnberger Rostbratwürste taste.

### The art of frying

**Want to fry your HoWe original Nürnberger Rostbratwürste sausages?** Here's how: heat 2 tbsp high-quality oil in a medium-sized pan on a medium-to-high heat to ensure that the sausages don't stick. To test whether the oil is hot enough, add a drop of water: if it hisses, it's the perfect temperature. Before you put your HoWe original Nürnberger Rostbratwürste into the pan, turn down the heat. The above tip applies here too: it's best to fry the sausages for longer on a medium heat and turn them several times until they are crispy brown on the outside and cooked through but still tender on the inside. This ensures that the precious ingredients retain their full flavour. Now combine your barbecued or fried HoWe original Nürnberger Rostbratwürste with your favourite side dishes; the possibilities depend entirely on your personal taste. Bon appétit!