

10 Grapes



Grapes are available all year round. Look for plump grapes, with fruits that are firmly attached to the stems.

Bruised grapes rot quickly. Black and white grapes have equally good flavour (although black grapes tend to colour the syrup in a fruit salad) and look for the seedless variety if you don't like pips. Store grapes in the refrigerator and use within 3-4 days.

Grapes are usually eaten raw, always wash first, but they can be used in recipes.

- To remove pips, halve fruit and flick out pips with the point of a knife, or leave whole and scoop pips out from stem end.
- To skin grapes, remove stalks and place fruit in boiling water for 20 seconds. Drain and peel off skin with a knife. Do not peel black grapes as all the colour is in the skin.



Chicken and Grape Bruschetta

Preparation and cooking time: about 30 minutes

serves

3

Ingredients

- small stick of French bread
- 2 x 15ml spoons olive oil
- 1-2 cloves garlic, crushed
- 1 x 20g pack flat leaf parsley
- 125g grapes, halved and deseeded
- 6 slices of cooked lean chicken
- 25g Bavarian smoked cheese, grated

Method

- Diagonally cut the bread into 6 equal slices.
- Blend together the oil, garlic and parsley and drizzle over both sides of the bread. Place the bread under a preheated hot grill until evenly toasted.
- Pile the grapes and chicken on top of the toast and top with the cheese. Return to the grill for 1 minute until the cheese is golden. Serve straight away.