



Serrano Ham and Membrillo Crostini

READY IN



150 min.

SERVINGS



30

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 crusty baguette toasted
- 0.5 cup miso
- 0.5 bunch mint leaves fresh
- 4 ounces manchego cheese with a vegetable peeler shaved
- 0.5 cup olive oil extra virgin extra-virgin
- 4 ounces serrano ham thinly sliced

Equipment

- bowl

- baking sheet
- paper towels
- sauce pan
- baking paper
- oven
- sieve
- blender

Directions

- Bring a small saucepan of water to a boil over high heat. Meanwhile, prepare an ice water bath by filling a bowl halfway with ice and water; set aside. Blanch the mint by submerging the leaves for 10 seconds in the boiling water, then immediately placing them in the ice water.
- Remove the mint from the ice water and pat dry.
- Place the mint leaves and olive oil in a blender and purée until smooth. Set the blender carafe aside and let the oil steep for at least 2 hours. Strain through a fine-mesh strainer into an airtight container, cover, and set aside.
- Heat the oven to 400°F and arrange a rack in the middle. Line a baking sheet with parchment paper and arrange the ham in a single layer on it.
- Bake until the ham is crisp and golden brown, about 15 to 20 minutes.
- Transfer the ham to paper towels to drain and cool, about 10 minutes. Meanwhile, place the membrillo in a small bowl and stir until smooth. When the ham has cooled, crumble it into bite-sized pieces and set it aside. To assemble the crostini, spread a heaping teaspoon of the membrillo on each slice of the toasted baguette, then top with a few crumbles of ham and a shaving of cheese.
- Drizzle a few drops of mint oil on top and serve. Beverage pairing: Bodegas Martín Códax Albariño, Spain. Salty, sweet, and rich with flavor, this dish requires a wine to counterbalance it. Since the theme is Spain, it's good to go with a Spanish wine, in this case a crisp, lemony Albariño.

Nutrition Facts



Properties

Glycemic Index:4.43, Glycemic Load:3.31, Inflammation Score:-1, Nutrition Score:1.605217381421%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 61.37kcal (3.07%), Fat: 2.98g (4.58%), Saturated Fat: 1.2g (7.53%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 4.75g (1.73%), Sugar: 0.68g (0.75%), Cholesterol: 6.07mg (2.02%), Sodium: 319.68mg (13.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.07%), Calcium: 51.98mg (5.2%), Manganese: 0.08mg (3.94%), Vitamin B1: 0.05mg (3.54%), Iron: 0.45mg (2.52%), Selenium: 1.75µg (2.51%), Folate: 9.86µg (2.47%), Vitamin B2: 0.04mg (2.21%), Vitamin B3: 0.42mg (2.1%), Vitamin K: 2.03µg (1.93%), Fiber: 0.43g (1.71%), Phosphorus: 15.25mg (1.53%), Copper: 0.03mg (1.48%), Zinc: 0.18mg (1.23%), Magnesium: 4.42mg (1.11%)