## Sample Food Demonstration Information

**Name:** Tiffany  
**Score:** /15

**Name of Recipe and Page Number:** Crostini p. 31

### Step-by-Step Procedure (keep simple—use the recipe for this):

1. Heat oven to 375 °F.
2. Place bread slices on ungreased cookie sheets.
3. Drizzle 1 tsp. olive oil on each slice of bread.
4. Chop tomato, olives, and basil.
5. Mix basil, tomato, olives, salt, and pepper.
6. Spread half tomato mixture over bread slices.
7. Place one slice of cheese on each slice of bread.
8. Spread remaining mixture over cheese.
9. Bake 8 minutes or until bread is hot and cheese is melted.
10. Serve hot.

### List all Supplies and Equipment:

1. 12 slices of Italian bread
2. 1/4 c. olive oil or vegetable oil
3. 1 large tomato (1 cup)
4. 3 tbs. fresh chopped basil leaves
5. 1 tbs. large capers or chopped ripe olives
6. 1/2 tsp. salt
7. 1/2 tsp. pepper
8. 12 slices (1 oz. each) mozzarella cheese
9. cookie sheet
10. measuring spoons
11. chef's knife
12. bread knife
13. cutting board
14. mixing bowl
15. large spoon
16. 
17. 
18. 

### How the Food Will be Served:

finger food, on a platter

### Information to be Given—Origins of Food, Nutrition, Cost, etc.

1. crostini = “little toasts” in Italian
2. Use more dense bread—baguette or English muffins instead of French bread
3. 1 tbs. fresh spice = ¼ tsp. dry spice (basil)
4. Canned tomatoes can be used instead of fresh
5. Olives are more mild/less expensive than capers
6. This appetizer includes vegetable, dairy, and bread groups
7. This is a fast recipe
8. 

### Uses and Variations:

1. use as appetizer
2. toast bread and rub garlic clove over bread
3. 

### Functions of the Ingredients:

1. bread—base of recipe and FGP
2. olive oil—low-cholesterol and adds flavor
3. tomato—vitamin C: antioxidant, flavor
4. garlic—helps immune system, flavor
5. basil, salt, pepper—flavor
6. olives—flavor
7. cheese—flavor, calcium, low-fat
8. 