



## TOAST TOPPED WITH IBERIAN HAM AND GRILLED SEASONAL VEGETABLES

### INGREDIENTS

- 1 courgette
- 1 aubergine
- 1 red onion
- 1 tomato (any kind)
- 4 slices Iberian ham
- 1 farmhouse loaf
- Olive oil, for instance, Les Tannes en Occitanie from the Domaines Paul Mas)
- A few flakes of Parmesan
- 1 clove garlic

### DIRECTIONS

- Cut the courgette and aubergine into slices, then sear them in a frying pan with a little olive oil.
- Slice the onion thinly and fry gently in a dash of olive oil until soft, stirring occasionally.
- Cut the tomato into slices and season. The salt will extract the water from the tomato.
- Cut the farmhouse loaf into thick slices and toast them, or fry them in a pan in a little olive oil until they are golden.
- When done, rub them with the garlic clove.
- Spread the red onion compote on the toast, then add the sliced tomato, courgette and aubergine, the ham and the flakes of Parmesan.
- The toast with vegetables can be put in the oven so as to melt the Parmesan slightly, or they can be served cold, with an aperitif.

### WINE PAIRING SUGGESTION

PAUL MAS RESERVE Languedoc Blanc, AOP Languedoc

