



Panzanella

A wholesome Italian bread salad that is the essence of summer and a great way of using up leftover crusts.

Ingredients:

1 red onion
 1 lemon
 2 peppers
 600g tomatoes
 ¼ cucumber
200g stale bread
 4 x 15ml white wine vinegar
 1 x 15ml capers or olives
 1 clove garlic
 6 x 15ml olive oil
 1 small bunch fresh basil
 1x 2.5 ml salt

Equipment:

Sharp knife
 Chopping board
 Measuring spoons
 Large Bowl
 Small bowl
 Juice Squeezer
 Wooden spoon
 Oven gloves
 Plastic bag
 Colander

Instructions

1. Pre-heat the oven to its highest temperature. Place the peppers directly on the shelf and cook until the skins blacken and blister. Carefully remove and place in a plastic food bag and set aside
2. Finely slice the red onion, place in a bowl and squeeze over the lemon juice
3. Dice the cucumber and tomatoes, finely chop the garlic and place in the colander over a large mixing bowl, sprinkle over the salt and toss together
4. When cool, remove the peppers from the bag. Gently rub off the skins, remove the seeds and finely chop. Add these to the tomatoes and cucumbers
5. Add the onions (including the liquid), capers or olives and bread to the colander and toss together
6. Make the dressing by combining the white wine vinegar and olive oil with the juices that will have collected in the mixing bowl
7. Add the salad to the dressing, tear the basil and mix in.
8. Panzanella can be eaten straight away or left for a while for the flavours to combine and the bread to soak up some of the dressing

Skills used include:

Measuring, chopping, combining and roasting.
Allergens highlighted in bold

