

Panzanella

Tomatoes, onion and bread salad from Tuscany.

An Italian¹ dish, with quantities for 4 serving portions.

Ingredients

4 slices home-made bread
30 ml Zaytoun **FAIRTRADE**
Palestinian olive oil
15 ml red wine vinegar
1 small cucumber
1 medium red onion
10 cherry tomatoes
2 fat cloves garlic
handful fresh herbs

Serve

Serve chilled.

Notes

Cucumbers are rare in Tuscany and historically this was a bread and onion salad.

Always use the very best ingredients you can afford / find.

Tuscans would probably use basil but this is not available from our garden.

Method

Preparation

Toast the bread and cut into 1 cm squares.

Put the bread in a bowl and season with salt and pepper, the olive oil and the vinegar. Turn to mix and coat.

Dice the cucumber.

Skin the onion and chop fine.

Slice the tomatoes into two or three.

Add the cucumber, onion and tomato to the oily bread.

Skin the garlic and chop finely, then add to the salad.

Wash and chop the herbs and add to the salad.

Turn to ensure everything is well mixed and juicy.

Chill for 30 minutes.

¹<http://www.fairtradecookbook.org.uk/countries/italy.htm>