

## Recipe No 3 – by Mike McCarten, our resident chef

### **Panzanella Salad (Tomato & bread salad)**

600 g ripe tomatoes  
200 g of rustic bread (sourdough or baguette)  
½ Cucumber  
1 shallot  
1 garlic clove  
Extra virgin olive oil  
Red wine vinegar  
Dijon mustard  
Capers  
Fresh basil leaves  
Sea salt  
Black pepper



**The above quantities are sufficient for FOUR**

### **Method**

Preheat your oven to 170° C (fan oven)

Tear your bread into chunks and place onto a baking tray. Add a pinch of sea salt, black pepper and drizzle with olive oil. Place in heated oven for 20 mins. It should be golden and crispy. Leave to cool whilst you prepare the rest of the salad.

Slice your tomatoes into chunks; I like them to be irregular shaped and rustic looking.

Place a sieve over a large bowl. Add the tomatoes to the sieve. Season with sea salt and toss. Leave the tomatoes in the sieve for 20 minutes, tossing every 5 mins or so. The tomato juice that gathers in the mixing bowl will be the base of your salad dressing.

Meanwhile, finely slice 1 shallot and mince 1 garlic clove. Set aside.

Take your bowl with the tomato juice in, add 1 teaspoon of Dijon mustard and 2 tablespoons of red wine vinegar. Whisk together. Gradually add 50 ml of extra virgin olive oil whilst whisking. This will form a vinaigrette. Add the sliced shallot and minced garlic. Taste and season if needed.

Peel the cucumber and then slice it vertically down the middle so you have two halves. Remove the seeds with a teaspoon. Slice the cucumber into chunks.

Add the bread (which should now be cool), tomatoes, cucumber & 1 teaspoon of capers to the mixing bowl with your vinaigrette. Toss it all together. Test for seasoning and add more salt if required. Let the mixture sit for 10 minutes as the bread will soak up the dressing.

Right at the end add some fresh basil leaves and toss it into the salad.

Plate & **enjoy**