

Panzanella with Garlic Croutons



Recipe By FoodieBook

Ref: 347

Heading: Salads

Cuisine: Italian

Food Type: Vegan

No of Portions: 4

Ingredients & Prep

500 g Tomatoes de-skinned & chopped

160 g Buffalo Mozzarella torn to shredded by hand

1 Red onion thinly sliced (optional)

20 g Fresh basil torn

Croutons

160 g Crusty white bread cut into 2 cm cubes

2 Garlic clove grated

4 tbsp Olive oil for frying

Dressing

3 tbsp Extra virgin olive oil

1 tbsp Red wine vinegar

1/2 tsp Caster sugar

1/2 Garlic clove finely grated

1/2 tsp Salt

1/2 tsp Black pepper freshly ground

Suggestion & Tips

Sourdough is good for the croutons.

Method

Step 1 - Heat a frying pan on a med heat, add frying oil, garlic & bread cubes & fry until light brown & set aside.

Step 2 - De-skin the tomatoes by cutting a cross with a sharp knife on the base of the tomatoes, then placing them in a bowl & pour boiling water over them, let them sit in water for 10 seconds then drain, use the knife & thumb to peel from the cross cut.

Step 3 - Place tomatoes, onion (if used), mozzarella & basil in a serving bowl.

Step 4 - Make the dressing ingredients into a clean jam jar & giving it a good shake, or blend with a stick/hand blender, then mix & dress the salad add croutons & mix again & serve before croutons get to soggy.