

Panzanella Bread salad

Le ricette di cucina di Jo Ann DePace

Courtesy of Le Boscarecce Villa



Panzanella was also liked by Bronzino, a Florentine painter of 1500, who also wrote rhymes: “Un'insalata di cipolla trita colla porcellanetta e cetrioli vince ogni altro piacer di questa vita.... Considerate un pò se aggiungessi

Bronzino adored panzanella to which he added the herb purslane (portulaca oleracea) a wild plant with thick fleshy leaves and a slightly acid taste, which is not used nowadays.

He also used in abundance (la rughetta) the wall rocket, a much flavored herb and not to mention the tomatoes, which at the time that Bronzino wrote these rhymes, were still unknown.

Servings: 8

Preparation Time: 30 minutes

Start to finish time: 30 minutes

Ingredienti

- 10 slices stale bread, soaked and drained**
- 5 large ripe tomatoes, sliced**
- 20 fresh basil leaves**
- 2 large red onions, sliced thin**
- 2 cucumbers, sliced thin**
- 10 tablespoons extra virgin olive oil**
- 4 teaspoons salt and pepper**
- 4 tablespoons red wine vinegar**

Come Fare

Cut into pieces the bread and put them into fresh salted water. Leave them to soak for about half an hour.

When the bread becomes soft, take it out of the water and squeeze out as much water as possible.

Put the bread into a salad bowl and add all the vegetables finely chopped.

Buon Appetito!

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