



PANZELLA SALAD

A panzanella is a traditional Tuscan tomato and bread salad. This AMC version is so refreshing and very moreish. Remember to only use a medium temperature when frying the croutons, to ensure that these little chunks of bread toast to a deliciously light golden-brown – you definitely don't want to burn them. Make this salad for a braai or when entertaining.

SERVES 4 – 6

CROUTONS INGREDIENTS

30 ml (2 tbsp) olive oil
1 small clove garlic, crushed
5 ml (1 tsp) coarsely chopped fresh rosemary
3-4 thick slices medium-sized ciabatta or 1 ciabatta roll, cut into small cubes
salt and pepper to taste

CROUTONS METHOD

1. Pour oil into a glass bowl, add garlic, rosemary and bread cubes and toss until well coated. Season to taste.
2. Heat an AMC 24 cm or 28 cm Long Handle Chef's Pan over a medium temperature until the Visiotherm® is just below the first red area.
3. Spoon croutons with any of the remaining oil mixture into the pan and fry to brown evenly on all sides, tossing regularly. Spoon out and set aside.

SALAD INGREDIENTS

60 ml (¼ cup) olive oil
15 ml (1 tbsp) red wine vinegar
30 ml (2 tbsp) lemon juice
10 ml (2 tsp) finely grated lemon rind
45 ml (3 tbsp) chopped fresh Italian parsley
200 g exotic tomatoes or baby tomatoes, quartered
2 large ripe tomatoes, cut into small chunks
¼-½ small red onion, quartered and thinly sliced
¼ cucumber, quartered lengthwise and sliced
150 g bocconcini balls or mozzarella cheese, torn or soft feta cheese, cut into cubes
a large handful fresh basil leaves

SALAD METHOD

1. Mix oil, vinegar, lemon juice and rind and parsley together in a large bowl. Season to taste.
2. Add all the tomatoes and onion.
3. Toss through and allow to marinate for 15 minutes.
4. Spoon tomato mixture into an AMC 24 cm Salad Bowl. Add cucumber, cheese, basil leaves and croutons.
5. Toss well and serve immediately as the salad ingredients will soften the croutons over time. Alternatively add croutons just before serving.

TIP

If preferred, substitute bocconcini balls for a soft burrata. These croutons will be delicious with soup.