



PANZANELLA BACKGROUND

Recipe Background: Panzanella, or bread salad has been eaten in Florence, Italy since at least the 1500's! It is traditionally made with chunks of stale bread that are soaked in water then squeezed dry, with onions, tomatoes and basil with an olive oil and vinegar dressing. It was made only without tomatoes before the 1900s when tomatoes were becoming popular in Italy after being brought from the New World. Can you imagine Italian food without tomatoes?

Panzanella is a very flexible recipe because almost any fresh vegetable can be added, such as celery, carrots, peppers, and garlic. One can use lemon juice instead of vinegar and can swap out the basil for any combination of fresh herbs. Capers can add to the salty pickled flavor of the olives in this recipe. To add protein, you can add canned or fresh fish, flaked in or even slice in some mozzarella or boiled eggs! Panzanella is a great recipe for using up leftovers especially bits of veggies and stale bread instead of wasting them. Beware, the Florentines may not approve of straying from the basic, traditional recipe.

Nutrition: Panzanella has all of the nutrients a person needs for a balanced meal. It is also a great way to get in all your colors because you can substitute almost any vegetable in it for another—need some purple? Add beets! Needs some orange? Add bell Peppers!

The carbohydrates in this dish come from chickpeas and the crusty bread and provide energy. The chickpeas give you plenty of vegetarian protein too. The dish helps build a healthy immune system with all the vitamins and minerals in the many vegetables that it can contain. Since most of the ingredient come straight from plants without being processed, there is a lot of fiber in the dish, which is good for digestion and keeping you feeling full. The olive oil provides heart-healthy fat and long-lasting energy as well as helps you feel satisfied. Talk about a meal in one!

Italian Food: Italy is made of 20 regions. The regions are made of 103 provinces. Each province has special foods and wines. Italians have many different culinary cultures because they stick to their traditional cuisine. Fresh local produce is very important to Italian cooks. Italian recipes require foods that can be made nowhere else. The special olive oil, grains, vegetables, herbs, fish, cheese, fruit, and wine from these areas have been prepared since ancient times. Their mouth-watering mix of aromas, flavors, colors, and textures are becoming the world's favorite way of cooking. Italian food is extra appealing because it's healthy!

La cucina italiana is made up of regional, provincial, local, and family dishes that vary from season to season and cook to cook. Recipes are rarely written down. They are passed from one generation to another. Regional cooking differs from each other on what kinds of cheese, vegetables, and meats they use are produced in each area. Cheese can be made from sheep, goat, and cow's milk. Near the coast they eat lots of seafood, while in the hills they eat more meat.





PANZANELLA (BREAD SALAD)

Prep Time: 15 minutes **Makes:** 6 full or 12 tasting servings
Recipe by Lynn Fredericks, FamilyCook Productions

Cultural Background:

Where in the world? Italy, Europe

Staple Foods: Wheat

Did you know? Italians are very proud of their regional recipes; every town says their version is best!

Nutrition: This Dish Is Rich In...

Carbs: bread, chick peas

Protein: chick peas

Fat: olive oil

Vitamins and Minerals: all!
(Veggies, beans and herbs also have fiber!)

Ingredients:

1 loaf	day old (hard & dry)
2	large, ripe Tomatoes
1	Cucumber
1/2	Red Onion
1/3 cup	pitted Olives
1 can	Chickpeas
4 sprigs	Thyme
10 sprigs	Parsley
1/4 cup	Olive Oil
2 tablespoons	Red Wine Vinegar
10	Basil leaves Kosher Salt, to taste
	fresh ground Pepper, to taste

Directions:

1. **CUT** the bread into 1-inch cubes and **PLACE** into a salad bowl.
2. **PEEL** the cucumber.
3. **SLICE** the cucumber, tomato, and onion.
4. **CUT** the tomato and cucumber slices into bite-sized pieces. **PLACE** in the bowl.
5. **DICE** the onion and **ADD** to the bowl.
6. **SLICE** the olives in half and **ADD** to the bowl.
7. **DRAIN** and **RINSE** the chickpeas and **ADD** to the bowl.



TEEN BATTLE CHEF

Summer Leadership Brigade



8. **REMOVE** the thyme, oregano and parsley leaves from their stems. **CHOP** the leaves and **ADD** to the bowl.
9. **TOSS** well with clean hands.
10. **MEASURE** and **ADD** the oil and vinegar and stir.
11. **TASTE** the salad and **SEASON** to taste.
12. **ADD** basil leaves and **SERVE**.

Seasonal Variations

Season	Variation
Summer	<ul style="list-style-type: none">• Summer Squash• Cherry Tomatoes• Bell Peppers
Fall	<ul style="list-style-type: none">• steamed Beets• Apple• Radish
Winter	<ul style="list-style-type: none">• steamed Winter Squash• Cheese• Dry Herbs
Spring	<ul style="list-style-type: none">• Any fresh Herbs• Scallions





PANZANELLA INGREDIENT & EQUIPMENT CHECKLIST

PERISHABLE INGREDIENTS

- 1 loaf day-old Bread
- 2 Tomatoes
- 1 Cucumber
- 1 Red Onion
- ¼ pound pitted Olives
- small bunch Thyme
- 1 bunch Parsley
- 1 bunch Basil

NON-PERISHABLE INGREDIENTS

- 1 can Chick Peas
- small bottle Olive Oil
- small bottle Red Wine Vinegar
- Pepper Mill
- Kosher Salt

COMMON EQUIPMENT

- Chef's Knife
- Cutting Boards
- Measuring Spoons & Cups
- 10 *mise en place* bowls
- Wooden Spoon
- Colander

SPECIAL EQUIPMENT

- Large Salad Bowl
- Tongs
- Bread Knife
- Vegetable Peeler
- Can Opener

DISPOSABLE SUPPLIES

- Tasting Spoons
- Napkins

SUPPLIES

- Bowls or Plates
- Forks

