



WHAT'S ABOUT

PANZANELLA

PAPPA AL POMODORO

SCARPACCIA



This summer preparation is a clever use of leftover bread. Italians are experts in recycling food surplus, especially bread. The broken-up pieces of sourdough are revived and flavoured thanks to the juices of chopped fresh tomatoes, sliced cucumber, finely chopped red onion and plenty of fresh basil.

The condiment of hearty glugs of olive oil and white wine vinegar, seasoned with only salt and pepper, make *panzanella* a perfect meal for vegans too.

Pappa al pomodoro is what most people would call the definitive taste of Italy: tomatoes, garlic, basil and plenty of extra virgin olive oil.

The very thick soup is full of Tuscan bread (which traditionally doesn't contain salt and therefore goes stale quicker than regular bread) and can be served warm and comforting or chilled and refreshing.

Good quality olive oil is key here, as are the tomatoes – this recipe calls for tinned, but it's a wonderful way to use up a glut of ripe tomatoes too.

This recipe originally comes from the town of Camaiore, in Tuscany. This dish is the perfect starter to any meal or a tasty light lunch served with a green salad. The name is loosely translated as meaning 'bad shoe' and some sources say this dish got its name because it bakes up as thin as the sole of a bad shoe. According to the tradition, in the past grandmothers and aunts would bring their *Scarpaccia* to the local bakery to use the oven at the end of the day, when the oven was turned off but still hot enough to bake some cake.

PANZANELLA

COOKING UTENSILS

- 2 salad bowls

INGREDIENTS *(for 2 ppl)*

- 2 beefsteak tomatoes
(or vine tomatoes)
- ½ bunch of basil
- 8.8 oz of Tuscan bread
(or stale bread)
- 1 cucumber
- 1 fresh red onion
- Tuscan Extra Virgin Olive Oil PGI (Protected Geographical Indication) –
as needed
- thyme – as needed
- salt – as needed
- white wine vinegar (or red wine vinegar) – as needed



Peel your onions and cut them in thin slices, put them to marinate in a bowl with some water and a bit of white wine vinegar for a couple of hours.

Meanwhile peel and cut a cucumber in thin round slices, wash the tomatoes and cut them in small pieces, eliminating the seeds.

Take 4 slices of bread and cut off the crust. Prepare a mixture made with some water and white wine vinegar, then pour it on the bread slices getting them slightly wet. Once the bread slices got softened, squeeze them from water excess, making crumbles from them while working it with your hands.

Put everything in a large bowl. Take your marinated onion and add it to the bread together with the rest of the vegetables (cucumbers and tomatoes). Then put some basil leaves (absolutely torn with your hands and not cut with a knife!).

Add some extra virgin olive oil, salt and pepper if you like. Mix everything and taste it (add more vinegar to taste).

Put your *Panzanella* into the refrigerator for an hour, in order for all the flavours mix better together.

Remove from the fridge 15 minutes before serving.

PAPPA AL POMODORO

COOKING UTENSILS

- risotto pot (if you can't find one, you can use a regular pot)

INGREDIENTS *(for 2 ppl)*

- 17.6 oz of peeled tomatoes
- 8.8 oz of Tuscan bread (or stale bread)
- 2 garlic cloves
- ½ bunch of basil
- black pepper – as needed
- Tuscan Extra Virgin Olive Oil PGI (Protected Geographical Indication) – as needed



Cut your bread slices in rather small cubes. Peel a piece of garlic eliminating its heart and cut in tiny pieces. Take the peeled tomatoes and smash them pretty well with your hands (otherwise use a vegetable mill, but make sure not to use a mixer).

Grab a pan, add some extra virgin olive oil, garlic, the peeled tomatoes and some salt. Let it cook for a little bit on a medium-low flame. Once it starts getting thicker, add the bread. Let it cook, stirring it often until the bread almost “melts” completely. Add some fresh basil leaves and black pepper at the end.

SCARPACCIA

COOKING UTENSILS

- 1 oven tray

INGREDIENTS *(for 2 ppl)*

- 6 small fresh zucchini with their flowers
- 3 zucchini flowers
- 1 fresh green onion
- 1 green tomato
- $\frac{7}{8}$ cups of 0 type flour
- 1 small bunch of pennyroyal
- 1 egg
- 1.8 oz of Parmigiano Reggiano cheese PDO (Protected Designation of Origin)
- 1.8 oz of Pecorino Toscano cheese PDO (Protected Designation of Origin)
- Tuscan Extra Virgin Olive Oil PGI (Protected Geographical Indication) – as needed
- water – as needed
- salt – as needed
- black pepper – as needed



Wash the zucchini and the flowers, removing the pistil afterwards. Cut the zucchini in thin round slices, then proceed with cutting the flowers, the onion and the green tomato. Put all the vegetables in a big bowl. Add the egg, some salt, black pepper (rather abundantly) and some grated Parmigiano Reggiano and Pecorino cheese. Put the bowl in the refrigerator for a couple of hours.

Zucchini will release some juice, but don't worry as the flour you are going to add will absorb it. Remove it from the refrigerator and add the flour, then a little bit of extra virgin olive oil and mix everything.

Spread some extra virgin olive oil on the oven tray and pour the mixture on it, then spread it until about 1cm thick (about 0.4 inch: it should result rather "low").

Bake in the oven at 395 degrees F for about 35/40 minutes.

Your *Scarpaccia* is ready once a slightly golden crust is formed on its surface.

LOOK AT THE LABEL

Protected Designation of Origin (PDO)

Protected Designation of Origin (PDO) refers to the name of a geographical region or specific area that is recognized by official European Union rules to produce certain foods with special characteristics related to location.

In other words, to receive the PDO status, the entire product must be traditionally and entirely manufactured (prepared, processed and produced) within the specific region and thus acquire unique properties.



Protected Geographical Indication (PGI)

Protected Geographical Indication (PGI) identifies an agricultural product, raw or processed, whose quality, reputation or other characteristics are linked to its geographical origin.

In particular, the PGI label applies to agricultural, agro-food and wines.

