

# Late Summer Tomato Panzanella Salad + Best Basil Emulsion + Basil Berry Lemonade



## late summer tomato panzanella salad

### cut+toss+drain

Cut **2 C cherry tomatoes (about 1 pint)** in half or quarters and place in a colander set over a bowl. Season with **1 tsp salt** and toss to coat the tomatoes in the salt. This will get some of the juices out of the tomatoes and intensify the tomato flavor. Set the colander aside at room temperature to drain, tossing occasionally, while you prepare the bread.

### tear+drizzle+add

Have kids tear **3 C crusty baguette bread (about ½ large baguette)** into small bits and place the torn bread cubes in a large skillet on your stovetop. Drizzle bread cubes with the **2 tablespoons of olive oil** and season with **pinches of salt and pepper**. Lightly toss the bread cubes to coat in the oil and seasoning.

### add+toast+cool

Add **2 peeled whole garlic cloves** to the skillet and toast the bread in your skillet on medium heat for 2-5 minutes, stirring constantly, until croutons are golden brown and crunchy. Remove and discard the garlic cloves from the skillet and take the toasted bread croutons from the skillet and set aside to cool.

### mix+measure

Time to make the dressing! Mix and measure **2 T red wine vinegar, 2 T extra virgin olive oil,** and **½ tsp sugar/agave/honey** into the bottom of a large bowl and have kids whisk together.

*::continued::*

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## stir+tear

Have kids add the tomatoes to the bowl with the dressing and stir to combine. Allow this mixture to sit for at least 10 minutes. The longer it sits, the juicier the tomatoes will be. Have kids tear **2 sprigs of fresh basil leaves** into little pieces directly into tomato bowl.

## top+toss

Top the salad with the cooled and toasted bread. If using **fresh mozzarella** (optional) have kids chop up the cheese and add to the salad. Toss and taste to adjust flavors if necessary.

## fill+top

Once cooled, fill each tart shell with the cool lemon curd. Then top with softly shaken cream and no-cook raspberry drizzle (see recipes below). Top with the basil emulsion (recipe below) and enjoy!



### best basil emulsion

## combine+blend

Combine **2 T olive oil**, **a handful of fresh basil leaves**, and **a big pinch of salt** in a blender, food processor, or small bowl for use with an immersion blender. Pulse until smooth and drizzle over panzanella salad.



### berry basil lemonade

## squeeze+tear+combine

Squeeze the juice from **2-4 lemons** and add to a blender or pitcher for use with an immersion blender.

Tear **4 fresh basil leaves** into blender/pitcher, along with **½ C sugar/honey/agave**, **¼ C fresh or frozen raspberries**, and **2 C cold water**.

## blend+add

Blend together and add about **2-3 C ice**. Stir and enjoy!

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# shopping list

## Late Summer Tomato Panzanella Salad

### Bread Croutons

- 3 C crusty baguette bread (about ½ large baguette) or sub GF white bread
- 2 T extra virgin olive oil
- salt and pepper, to taste
- 2 garlic cloves

### Salad

- 2 C cherry tomatoes
- 2 T red wine vinegar
- 2 T extra virgin olive oil
- 1 tsp salt
- ½ tsp sugar/agave/honey
- salt and pepper, to taste
- 2 sprigs fresh basil leaves
- fresh mozzarella cheese, optional

## Best Basil Emulsion

- 2 T olive oil
- handful fresh basil leaves
- big pinch of salt

## Berry Basil Lemonade

- 2-4 lemons
- 4 fresh basil leaves
- ½ C sugar/honey/agave (or 6-8 packs stevia)
- ¼ C fresh or frozen raspberries
- 2-3 C ice

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## What is Panzanella Salad?

**Panzanella is a staple Tuscan food, commonly known as bread and tomato salad.** It is often served with red onions, cucumber and basil. It is not just a tomato salad with bread, it is a bread salad flavored with vegetables. You can see the root of the Latin word for bread, *panis*, right there in the name.

**The history of Panzanella goes back in time to the 14th century, when this simple salad was quite different from what we know and eat today.** The core element of Panzanella is stale bread. Back in that time, bread was only baked once a week in the communal ovens, so people would have to make the most of their bread for the entire week. They soaked the stale bread in water and vinegar and then mixed it with whatever fresh vegetables were available in the garden.

**Bread salads are common elsewhere in the Mediterranean.** Bread has been a staple food in the Mediterranean region for millennia and that ancient bread didn't have preservatives, which meant that folks had to find creative ways to reuse it. Dishes like panzanella and gazpacho (which is a bread soup, not a tomato soup!) were the result. Tomatoes didn't make their way into the dish until the 16th century at the very earliest (since tomatoes didn't exist in Europe until they were brought back from the Americas).

## The Surprise Ingredient of the Week is: Tomatoes!

- ★ **The tomato is in the same family as the potato, pepper, eggplant, and petunia.** It's scientific name (*Lycopersicon esculentum*) means "wolf peach". The name referred to the tomato's round shape, reminiscent of a peach, while the wolf part derived from the Germanic folk belief that werewolves could be called up using other members of the tomato family such as nightshades and wolfsbane.
- ★ **There are thousands of different tomato varieties - an heirloom is generally considered to be a variety that has been passed down through several generations of a family because of its valued characteristics.** In the past 40 years, many heirloom varieties of tomatoes have been lost, along with the many smaller family farms that supported heirlooms. However, today there are still over 600 recognized varieties of heirloom tomatoes.
- ★ **Tomatoes are a good source of vitamins A and C and fiber.** Scientists have also identified two cancer fighting substances in the tomato: P-coumaric and chlorogenic acids.
- ★ **Don't store ripe tomatoes in the fridge.** Cold temperatures lessen the flavor in tomatoes.

Time for a laugh!

How do you fix a broken tomato? Tomato paste!

What did the butter say to the bread? I'm on a roll!

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