

Back-to-School Peachy Panzanella + Bellissima Basil Vinaigrette + Blended Basil Peach-ade



peachy panzanella + bellissima basil vinaigrette

slice + sprinkle + drain

Slice **2 C mixed cherry tomatoes** in halves. Sprinkle with **1 tsp sea salt**, then put tomatoes in a colander set over a large mixing bowl. Let the tomatoes drain for about 30 minutes and discard the juices.

tear + toss + smash + toast

Tear **1/2 large baguette** into rough 1-inch pieces and add them to a bowl. Add **2 T olive oil** and big **pinches of salt and pepper**. Toss to coat the bread with oil. Smash and peel **2 garlic cloves**. Toast bread cubes and smashed garlic in a dry skillet over medium heat. Once toasted, set aside the bread to cool and discard the garlic.

tear + dice + chop + whisk + toss

Tear a **handful of fresh basil leaves** into small bits. Dice **2 ripe peaches** into small pieces. Chop **4 oz mozzarella cheese**. Then whisk together **1/4 C red wine vinegar**, **1/4 C olive oil**, **1/2 tsp sugar/honey/agave**, and the torn basil leaves. Add this to a mixing bowl and toss the tomatoes and peaches with the dressing. Add the cheese and bread and toss gently again, then eat! Or as we say in Italian, **Mangia Bene!**

::recipe continued::

Family Fun Recipes

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blended basil peach-ade

dice + tear + squeeze

Dice **1 ripe peach** into small pieces. Tear **2 large basil leaves** and add them to a blender along with the diced peach. Squeeze juice from **2-4 lemons** into the blender.

measure + add + blend

Measure and add **1/2 C sugar** + **2 C cold water** to your blender! Blitz on high until drink is smooth and blended. Then pour over cups and add ice to chill. Garnish with basil leaves and enjoy!

::continued::



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shopping list!

Peachy Panzanella

- 2 ripe peaches
- 2 C mixed cherry tomatoes
- Handful fresh basil leaves
- ½ large baguette
- 2 T olive oil
- 1 tsp salt + pepper
- 2 garlic cloves
- 4 oz mozzarella cheese

Bellissima Basil Vinaigrette

- Handful fresh basil leaves
- ¼ C red wine vinegar
- ¼ C olive oil
- ½ tsp sugar/honey/agave

Blended Basil Peach-ade

- 1 large peach
- 2 large basil leaves
- 2-4 lemons
- ½ C sugar

::continued::

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Slicing, Dicing, Mincing, Tearing, Whisking!

KITCHEN TOOLS PhD recipes help us get comfortable using common cooking tools in the kitchen, including our hands!

Kitchen tools help young chefs develop and hone fine motor skills as they prepare savory, delicious recipes.

SLICING: to cut into pieces using a sawing motion with your knife!

DICING: chopping foods into small pieces of equal size so that the food is cooked evenly or looks uniform and pleasant when used in the recipe

TEARING: to pull or rip something apart into pieces

WHISKING: to beat or stir with a light, rapid movement either with a fork or an appropriately-named gadget called a whisk!

BLENDING: to combine two or more ingredients together so that they lose their individual characteristics and become smooth and uniform.

A Brief History of Panzanella:

Panzanella (pahn-zah-NEHL-lah) was originally a Tuscan Italian recipe invented to make use of stale, day-old bread.

Back in time, bread was only made communal ovens, so people would have to make the most of the bread they baked for the entire week. They soaked the stale bread in water and vinegar, and then mixed it with whatever fresh vegetables and tomatoes were available in the garden.

Until the 20th century, panzanella was a salad based on onions, not tomatoes.

Other ingredients added to panzanella include anchovies, lettuce, olives, mozzarella, white or red wine, celery, carrots, mint, boiled eggs, and capers. Peaches are certainly not traditional, but we're using them because they are SO good with summer tomatoes and are in season this time of year!

Time for a laugh!

How do you get rid of lazy tomato employees? **Can 'em!**

Did you hear the joke about the peach? **It's pit-iful!**

How do you make a peach into a vegetable? **Step on it and make it squash!**

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