

Taste the Hills



Recipes and Tips

Panzanella

Serves 8 as a starter or side dish

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| 1 kg large ripe tomatoes | 75g tin of anchovies, drained and |
| 3 thick chunks of ciabatta or sour dough | roughly chopped |
| 2 garlic cloves | 1 small red onion |
| 2 tbsp olive oil | 12 black olives |
| 2 tbsp red wine vinegar | Large bunch of basil |
| 1 heaped tbsp capers | Large bunch of parsley |
| 1 mild red chilli | |

Method

Skin the tomatoes and, keeping one aside, deseed and chop the rest. Put in a sieve over a bowl to catch the juice.

Tear up the bread and put in a large bowl. Season the juice with the garlic, pepper, oil and vinegar and pour this over the bread.

Layer up with the other ingredients and leave to steep for an hour before topping with a few more basil leaves and the chopped tomato.

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