

## PANZANELLA ROMANA

### ROMAN PANZANELLA



#### Ingredients for 4:

8 slices of "Casareccio" or "Lariano" wood-oven bread  
6 tomatoes  
2 garlic cloves  
some basil leaves  
oregano  
extra virgin italian olive oil  
salt and pepper

#### Preparation

1. If the bread is too dry, moisten with warm water the slices and place them on the course dish.
2. Put on every slice some thin minced garlic, a few slices of tomato, a pinch of oregano and some leaves of basil.
3. Add salt and pepper and a thread of olive oil.
4. Let the "panzanelle" rest at least 30 minutes and serve.

## Notes

In the past "panzanella", was made by stale bread "washed" with water or even with sea water by the sailors.

To make more tasty the stale bread, where added to it some vegetables different place by place, olive oil and salt.

"Panzanella" probably is from PAN (bread) and ZANELLA (dish for soup in which the stale bread was mixed with water and vegetables).