

Bread and Tomato Salad with Tropea Onions

Serves 6

Ingredients

◆ 1 pound two day old country-style bread, crusts removed, cut into 1/2-inch cubes (about 8 cups) ◆ 2 pounds ripe tomatoes at room temperature, cored, seeded and cut into 1/2-inch cubes (about 4 cups) ◆ 1 cup coarsely diced Tropea onion ◆ 12 fresh basil leaves, shredded, plus a few extra sprigs for garnish ◆ 5 tablespoons extra virgin olive oil ◆ 3 tablespoons red wine vinegar ◆ Kosher salt and freshly ground black pepper

Method

1. Toss the bread, tomatoes, onion and shredded basil leaves in a large bowl until well mixed.
2. Drizzle the olive oil and vinegar over the salad and toss to mix thoroughly.
3. Season to taste with salt and pepper and let stand 10 minutes before serving.
4. Decorate with sprigs of fresh basil.

Source: "Il viaggio di Lidia Bastianich in Calabria"

Food and wine itinerary