

LA PANZANELLA SALAD WITH BURRATA & ARTICHOKEs

Yield: 2-4 Servings

INGREDIENTS FOR VEGETABLES

1 lemon, juiced
3 quarts filtered water, divided
3 small artichokes
4 Tbsp. extra-virgin olive oil
1 clove garlic, smashed
2 basil stems
1 large shallot, sliced
½ cup dry white wine
½ cup English peas
1 cup fresh fava beans
1 cup asparagus, sliced
ice for ice bath
kosher salt

INGREDIENTS FOR SALAD

2 small loaves ciabatta
1½ cups olive oil, divided
1 cup cherry tomatoes, halved
¼ cup shaved spring onion
2 Persian cucumbers, halved lengthwise and cut into half moons
½ cup picked basil
½ cup picked parsley
¼ cup good red wine vinegar
1 ball burrata
kosher salt
freshly ground black pepper



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METHOD FOR VEGETABLES

1. Prepare a container of acidulated water using the juice of 1 lemon and 1 quart of cold water.
2. Peel and then discard the outer leaves of the artichokes. Using a peeler or sharp paring knife, clean the stem of the artichokes. Cut them in half and place them in the acidulated water.
3. In a heavy bottom pot set over medium-high heat, warm the olive oil.
4. When the oil is shimmering, add the smashed clove of garlic, the basil stems and the shallot. Add 2 teaspoons of kosher salt and cook for 4 minutes, stirring frequently.
5. Add the white wine and reduce by half, about 1 minute. Add the remaining 2 quarts of filtered water and bring the braising liquid to a boil.
6. Prepare an ice bath in a large bowl.
7. Once the braising liquid is boiling, quickly blanch and shock the peas, fava beans and asparagus separately. Set aside.
8. Reduce the boil to a high simmer. Now add the artichokes and cook for 6 minutes or until tender. Remove the artichokes and cool.
9. Once cool, cut each half into 3 to 4 slices, set aside.

METHOD FOR PANZANELLA

1. Cut the ciabatta lengthwise into $\frac{3}{4}$ -inch slices.
2. In a wide frying pan, warm 1 cup of the olive oil over medium heat. Fry both sides of the sliced ciabatta until golden. Remove to a wire rack and allow to cool.
3. Once cool, cut the fried bread into cubes, set aside.
4. In a mixing bowl, combine the fried ciabatta, cherry tomatoes, spring onions, cucumbers and all the vegetables. Tear the basil and parsley leaves and add to the bowl. Season the panzanella with a generous pinch of salt and black pepper.
5. Drizzle in the vinegar and the olive oil and toss the panzanella together with your hands. Taste and adjust the seasoning to your liking with flaky salt and black pepper.
6. To serve, arrange the panzanella on a platter. Place the burrata on top and tear it open. Drizzle some additional olive oil over the burrata and serve.

