

Insalatta Capressa

Capressa Salad is a staple of Italian cuisine. In America, we can eat it in most Italian restaurants. Many of them have fun with this salad adding other ingredients such as balsamic, prosciutto and roasted peppers, which in my opinion is genius. However, if you want to offer your guests a real Roman experience the best way is to keep it simple. (Recipe serves 2 people)

Ingredients

Two tomatoes (any kind). I use beefsteak, heirloom or tomato on the vine.

8 slices of fresh mozzarella cheese

8 medium basil leaves.

Salt

Fresh ground pepper

Olive oil (make sure you use a robust oil)

Italian bread to serve on the side.



Instructions

1. To get perfect slices, cut both ends of the tomatoes, then cut the tomatoes in half and each half in half. Set aside.
2. To assemble the salad, start with the tomatoes by placing them on the plate in any formation you desire.
3. With a teaspoon, add olive oil to each tomato piece, then sprinkle each with salt and pepper.
4. Place one slice of mozzarella cheese on top of each slice of tomato, repeat the procedures with the oil, salt and pepper.
5. Place one leaf on each tomato/cheese pile.
6. Place bread in the oven (350 degrees) for 6 minutes. Slice and serve on the side.