



Food Museum Recipes

Panzanella



Ingredients:

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10 cherry tomatoes

1 small courgette

Olive oil (extra virgin if possible)

Flaky sea salt

Balsamic vinegar

A handful of fresh basil leaves

3–4 anchovies in oil

1 slice sourdough bread

½ small red onion

Method:

1. Slice the red onion thinly and pop it in a small bowl. Add a good glug of olive oil, a splash of balsamic vinegar and a small pinch of salt. Mix and let it steep whilst you prep the rest — this helps take the sharpness off the onion and adds a lovely tang.
2. Slice the courgette as finely as you can (a mandoline helps). Toss with olive oil, salt and balsamic vinegar, making sure every slice is coated.
3. Slice the tomatoes into halves or quarters and sprinkle with flaky sea salt.
4. Drizzle olive oil onto a serving plate, swirling the plate to spread the oil along the base.
5. Arrange the tomatoes and courgette slices over the oiled plate.
6. Toast the sourdough until golden, then break into small chunks over the salad.



7. Tear the anchovies into small pieces and scatter them on top along with the marinated onions.
8. Tear over the basil leaves, then give everything a final drizzle of olive oil, a splash of balsamic vinegar and a light sprinkle of flaky salt.

This recipe is part of our Walled Garden Series — a celebration of seasonality and the produce grown in our walled garden. Each instalment features the talented chefs and cooks we're fortunate to work with. This dish was created by Jake Barwood, a classically trained chef with a background in fine and private dining, who has led our Thrills and Grills programme for the past five years. To learn more about Jake and watch the video recipe, simply scan the QR code or click this link.

