



Aunt Rosemary's Panzanella Bread Salad + Fried Cheese Frico + Italian Sweet Rosemary Fizz

By Dylan Sabuco

Prep Time 21 / Cook Time 10 / Serves 4 - 6

Shopping List

☐ FRESH

☐ 2 sprig fresh rosemary

☐ 1 tsp dried basil

☐ 1 C cherry tomatoes

☐ 2 green onions

☐ 2 oranges

☐ BREAD

☐ 1 French baguette OR 4 to 5 slices of any nut-free type of bread ******(for GLUTEN ALLERGY sub gluten-free/nut-free bread)******

☐ PANTRY

☐ 3 T olive oil

☐ 1 lemon

☐ 1/2 tsp salt

☐ 1 pinch ground black pepper

☐ 1/2 C shelf-stable grated Parmesan cheese ******(for DAIRY ALLERGY sub vegan/dairy-free/nut-free shelf-stable grated Parmesan cheese)******

☐ 3 C sparkling water

☐ 1/2 C sugar

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

tear: to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

fry: to cook in a pan in a small amount of fat.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

pour: to cause liquid, granules, or powder to stream from one container into another.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- ☐ Skillet (if toasting bread slices)
- ☐ Large mixing bowl
- ☐ Small mixing bowl
- ☐ Cutting board + kid-safe knife
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Citrus juicer (optional)
- ☐ Pitcher
- ☐ Whisk
- ☐ Wooden spoon or rubber spatula
- ☐ Skillet
- ☐ Tablespoon
- ☐ Heat-resistant spatula or tongs

- ☐ Liquid measuring cup
- ☐ Wooden spoon or spatula

Ingredients

Aunt Rosemary's Panzanella Bread Salad

- ☐ 1 French baguette OR 4 to 5 slices of any nut-free type of bread ******(for GLUTEN ALLERGY sub gluten-free/nut-free bread)******
- ☐ 1 sprig fresh rosemary
- ☐ 1 tsp dried basil
- ☐ 1 C cherry tomatoes
- ☐ 2 green onions
- ☐ 3 T olive oil
- ☐ 1 lemon
- ☐ 1/2 tsp salt
- ☐ 1 pinch ground black pepper

Fried Cheese Frico

- ☐ 1/2 C shelf-stable grated Parmesan cheese ******(for DAIRY ALLERGY sub vegan/dairy-free/nut-free shelf-stable grated Parmesan cheese)******

Italian Sweet Rosemary Fizz

- ☐ 2 oranges
- ☐ 1/2 C sugar
- ☐ 3 C sparkling water
- ☐ 1 sprig of fresh rosemary

Food Allergen Substitutions

Aunt Rosemary's Panzanella Bread Salad

Gluten/Wheat: For 1 French baguette, substitute 4 to 5 gluten-free/nut-free bread slices. If using gluten-free bread, toasting it will help prevent it from becoming soggy.

Fried Cheese Frico

Dairy: Substitute vegan/dairy-free shelf-stable grated parmesan cheese.

Italian Sweet Rosemary Fizz

Instructions

Aunt Rosemary's Panzanella Bread Salad

intro

Panzanella (PAHN-tsah-nehl-lah) salad is a dish that stretches the limits of your imagination. It is a salad with no lettuce—only bread, cheese, tomatoes, and dressing. This Italian classic is sure to make you rethink what it means to be a salad.

tear + chop

Start by tearing or or chopping **1 baguette** or **4 to 5 slices of bread** into a large dice and place all the bread in a large mixing bowl. (If not using a crusty baguette, or if using gluten-free bread, we recommend toasting the bread first.) Then, roughly chop **2 green onions**, **1 sprig of rosemary**, and **1 cup cherry tomatoes** and add those to the large bowl as well.

juice + measure + whisk

In a separate bowl, measure **3 tablespoons olive oil**, **1 teaspoon dried basil**, **1/2 teaspoon salt**, and **1 pinch of black pepper**. Also, add the juice of **1 lemon** to the bowl. Whisk until the mixture is fully combined.

combine + serve

Pour the dressing over the bread and tomato mixture. Then, gently stir to combine. That's all it takes to make a super delicious panzanella salad. Serve immediately so the bread does not become soggy. Serve your Aunt Rosemary's Panzanella Bread Salad alongside Fried Cheese Frico and Italian Sweet Rosemary Fizz (see recipes) for the perfect flavor combination. Salute!

Fried Cheese Frico

intro

Frico is a crispy, fried disc of cheese. It is really just as simple as it sounds. All you will need to do is place cheese in your skillet and wait for the magic to happen. These cheese treats rely on you using shelf-stable grated parmesan cheese. DO NOT use fresh or pre-shredded Parmesan cheese, as it will melt differently than is intended, creating a huge mess in your skillet.

measure + fry

Heat a skillet to extra low heat. Pour 1 tablespoon of the **1/2 cup shelf stable grated Parmesan** into the

skillet. Keep the parmesan in a small circle by gently spooning the cheese into the pan. Fill the pan with as many 1 tablespoon circles of cheese as you can fit without overcrowding or letting the cheese touch at all. From there, you simply wait about 6 minutes for the cheese to melt and become a crispy (or chewy) disc of cheese. It is that simple. Remove the crispy fried cheese from the skillet using a spatula or tongs. Serve this garnish alongside your favorite salad or Aunt Rosemary's Panzanella Bread Salad (see recipe).

Italian Sweet Rosemary Fizz

squeeze + measure

Wash and slice **2 oranges** in half and squeeze their juice into the bottom of a pitcher. Then, measure and add **1/2 cup of sugar**. Stir until the sugar is dissolved. Kids can drop the oranges directly into the pitcher to add flavor to the drink.

stir + pour

Measure and pour in **3 cups of sparkling water** and stir to combine. Finally, add 1 sprig of fresh rosemary for added flavor. Stir the mixture a few more times before pouring into your cups. Enjoy! Salute!

Featured Ingredient: Bread!

Hi! I'm Bread!

"I'm a popular food all around the world and I come in many different forms! You can make a sandwich with me, serve me as a side with a meal, toast me, or cut me into cubes to make a stuffing or bread pudding!"

Bread is considered a staple food in many countries and can be an important part of a person's diet. The history of bread probably started with primitive flatbread made from flour from available edible plants. The plant roots would have been pounded and ground against a rock to create a starchy substance that could be made into dough. If the dough was left to rest outside, air-borne yeast spores might have acted as a natural raising agent.

There is archaeological evidence that a 14,500-year-old Natufian culture in Jordan made bread, and Neolithic peoples began using grains to make bread around 10,000 BCE. In 6000 BCE, the Sumerians in southern Mesopotamia baked leavened bread using wood ash, and in 3000 BCE, the Egyptians improved the method by adding yeast to their flour.

Eventually, bakers started experimenting with other sources of yeast, such as beer and wine. However, it was more common to set aside some fermented dough from a previous batch to form a starter for a new batch of bread dough. Bread starter is sometimes called the "mother dough" and is still used when baking sourdough bread.

Today, active dry yeast or instant (rapid-rise) dry yeast is an easy way to add leavening to your dough when making homemade bread.

Bread is typically made from wheat flour but can also be made from corn, oat, rye, and other grains. Wheat sometimes has to be added to these other flours because it has more gluten content, which creates a more elastic dough.

Gluten-free bread, made without wheat or other grains that have gluten, began to be sold in the early 2000s for people with celiac disease, gluten intolerance, and wheat allergies. These breads may include flours from almonds, corn, rice, or garbanzo beans, and potato or tapioca starch.

In addition to sourdough bread, famous in San Francisco, other white yeasted breads with a hard crust include French baguettes and Italian ciabatta. Italian focaccia bread is a flatter, leavened bread brushed with olive oil and sprinkled with coarse salt.

There are also whole wheat, multigrain, rye, oat, and potato breads. Rustic breads are typically hand-shaped before baking rather than put in a loaf pan.

Bread is typically baked in an oven, but if you do not have access to an oven, you can bake it on a stovetop in a cast iron Dutch oven or a large pot or saucepan. You can also bake bread in an air fryer, slow cooker, toaster oven, or microwave, with varying results. Bread machines that mix, knead, proof, and bake are popular with some home bakers.

Breads made with an enriched dough that includes eggs, milk, sugar, or a combination, include French brioche, Jewish babka and challah, cinnamon rolls, dinner rolls, and doughnuts.

The type of bread and the flour or other ingredients used determine the amount of nutrients it contains.

For example, whole-grain bread has more fiber, protein, vitamins, and minerals than other breads.

Adding whole-grain bread to your diet will help with digestion and control blood pressure, cholesterol levels, and weight. It also lowers your risk of diabetes and heart disease.