

Panzanella

Cynhwysion

1 hen dorth ciabatta
750g tomatos aeddfed
½ ciwcymber wedi dorri'n giwbiau mawr
2 ewyn o garlleg wedi'i falu gydag ychydig o halen
75ml olew olewydd da
2 llwy fwrdd finegar gwin coch
2 pupur coch
2 pupur melyn
1 tsili coch
1 winwns coch wedi'i dorri'n denau
100g olifau du heb gerrig
bwndel o fasil wedi'i dorri'n fras
papur du

Dull

Torrwch y bara i dafellu tew a rhowch mewn powlen fawr. Tynnwch y croen a hadau y tomatos a rhowch mewn rhidyll dros powlen arall. Torrwch y tomatos i 8 darn. Blaswch sudd y tomatos gyda'r garlleg, pupur du, olew olewydd a'r finegar. Arllwyswch hwn dros y bara a throwch tan bod y bara wedi amsugno'r sudd i gyd.

Rhostiwch y pupur a'r tsili mewn ffwrn dwym neu ar y barbeciw tan bod y croen bron yn ddu. Tynnwch groen a hadau'r pupur a thorrwch i 8 darn. Tynnwch hadau'r tsili a thorrwch yn fân.

Mewn desgl fawr, rhowch y bara, tomatos, ciwcymber, winwns, basil a phapur mewn haenau gan orffen gyda'r pupur, olifau cyfan a'r basil. Gadewch am awr cyn ei weini gyda mwy o olew olewydd.

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Ingredients

1 stale ciabatta loaf
750g ripe tomatoes
½ cucumber cut into large cubes
2 cloves of crushed garlic with a little salt
75ml good olive oil
2 tablespoons red wine vinegar
2 red peppers
2 yellow pepper
1 red chilli
1 red onion thinly sliced
100g black olives without stones
bunch of basil, coarsely chopped
black pepper

Method

Cut the bread into thick pieces and place in a large bowl. Remove the skin and seeds of the tomatoes and place in a sieve over another bowl. Cut the tomatoes into 8 pieces. Season the juice of the tomatoes with garlic, black pepper, olive oil and vinegar. Pour this over the bread and stir until the bread has absorbed all the juice.

Roast the pepper and chilli in a hot oven or on the barbecue until the skins are almost black. Peel and seed the peppers and cut into 8 pieces. Remove the seeds and finely chop the chillies.

In a large dish, place the bread, tomatoes, cucumber, onion, basil and peppers in layers, finishing with peppers, whole olives and basil. Leave for an hour before serving with more olive oil.