

P · R · I · M · V · S

CAPONATA

TIME: 20 M

LEVEL: EASY

Servings 4

4 crisp round bread croutons

400 g cauliflower, cleaned

150 g Giardinera

2 pickled neapolitan peppers

1 head escarole

1 head lettuce

100 g capers

100 g black olives from Gaeta

4 salted anchovies

200 g mackerels, fresh

1 dl of PRIMVS OLIO EXTRA VERGINE DI OLIVE IGP

1 dl white wine vinegar

1 dl white wine

lemon juice to taste

ground pepper to taste

salt to taste



20 minutes preparation

In a large salad bowl put the anchovies, boiled cauliflower, jardinière, pickled Neapolitan peppers, escarole and lettuce, all chopped, and the capers and olives. Season with a pinch of salt, pepper, oil and vinegar, and mix well. In a container soak the "freselle" (crisp round bread croutons) in vinegar and wine; once softened, crumble rather roughly into the salad bowl and mix well, leveling off the top. On the top arrange the boiled mackerel dressed with oil and lemon juice.