

Insalata Caprese – Campania
(Fresh Mozzarella and Tomato Salad)

This well known salad is very simple to make, yet yields one of the most delicious and often stunning salads when made with ripe seasonal tomatoes. Nothing says summer like a plate of colorful tomatoes drizzled with olive oil and layered with mozzarella di bufala (the traditional water buffalo milk mozzarella used to make this dish). This salad is its best when using the fresh mozzarella made from water buffalo milk and room temperature tomatoes straight from the vine.

Yield – 15 Portions at 6 ounces/Portion

Cooking Method - None

Ingredients

For gathering the mise en place for the salad

½ bunch Basil, chiffinade

4 lbs ripe Tomatoes, sliced ¼ inch thick

2 lbs Fresh Mozzarella, sliced ¼ inch thick

Assembly

Prep from above

8 oz Extra Virgin Olive Oil

Freshly Ground Black Pepper

Salt

Procedure

For preparing the mise en place to make the salad

1. Gather the basil, tomatoes and mozzarella together and prepare by cutting basil in chiffonade and slicing both the tomatoes and the mozzarella.
2. Set the ingredients aside until ready for service (ideally cut the tomatoes to order and keep them at room temperature, this way the salad will have peak flavor).

For Assembling the Salad

1. To assemble alternate the slices of tomato and fresh mozzarella and season with the extra virgin olive oil, salt, black pepper and top with the basil chiffonade