

**Pappa al Pomodoro**  
(Italian Bread and Tomato Soup)  
(Serves 4 to 6)

**Time:** 30 minutes to an hour (can be served cold)

**Ingredients:**

½	lb	2-day-old, good quality, country style, Italian bread, sliced
4	tablespoons	olive oil
3	cloves	garlic, minced
¼	teaspoon	crushed red pepper flakes (optional)
1	lb	mixed ripe yellow and red tomatoes, peeled, seeded, and quartered. See Cook's Tips on tomatoes below.
½	cup	sun-dried tomatoes cut into strips
4	cups	Chicken Stock
		Salt and pepper
¼	cup	basil leaves
		Grated Parmesan cheese

**Instructions:**

1. Place bread in a warm oven (about 250 degrees F) and let dry out but not colour (about 30 minutes). Cut into 2-inch cubes.
2. In a medium non-reactive pot, heat oil over medium-high heat. Cook garlic and red pepper about 3 minutes.
3. Add tomatoes, sun-dried tomatoes, bread and cook, stirring, until the bread absorbs some of the tomatoes.
4. Stir in the stock a little at a time until a thick mush forms. Taste for salt and pepper and stir in the basil leaves.
5. Simmer about 10 minutes. Pass cheese or sprinkle each serving with cheese if desired.

**Cook's Tips:**

Yellow tomatoes (pomodori in Italian means “golden apple”) have less acid in them and provide a more mellow taste to this dish. If you can not find yellow tomatoes, you can use all red tomatoes or a good quality canned tomato. My favourite canned tomato is the San Marzano from the Campania region near Salerno.

Tomatoes should have some smell to them to indicate their ripeness.

To peel a tomato, prick the blossom end of the fruit with a knife and plunge into boiling water for 30 seconds then refresh in cold water (thicker skinned or less ripe tomatoes will take a little longer). The skin should peel off easily. Quarter, then seed using a spoon.

Source: **A Good Day for Soup**; by Jeannette Ferrary and Louise Fiszer – Chronicle Books