Caprese Salad

Serves 1 | Active Time: 30 minutes | Total Time: 30 minutes

Chef's Notes

(1) Mozzarella – use fior di latte, bocconcini or buffalo mozzarella.
(2) Balsamic Reduction – can be made in advance and kept in the refrigerator for
weeks. Great drizzled over chicken, salads, roasted vegetables and antipasto.
(3) Tomatoes – look for green or yellow heirloom varieties in season.

This recipe is from "Dish", Trish Magwood's most recent cookbook.

Step 1: Making the Pesto

- 1 cup (250 ml) loosely-packed, fresh basil
- 2 cloves garlic
- zest and juice of 1 lemon
- 1/2 cup (125 ml) extra-virgin olive oil
- sea salt (to taste)
- freshly ground black pepper (to taste)

To make the pesto, put the basil, garlic, and lemon zest, along with the juice, in a food processor; pulse to combine.

Add oil and pulse to combine. Season with salt and pepper. Scrape down sides of bowl and pulse once more. Transfer pesto to a bowl and set aside.

Step 2: Marinating the Mozzarella

- 6 balls soft mozzarella cheese

Slice the mozzarella into 1/2" -inch (about 1 cm) thick rounds.(1)

Place the slices into the pesto and gently mix to coat the cheese.

Step 3: Making the Balsamic Reduction

- 1 cup (250 ml) balsamic vinegar

In a small saucepan over medium heat, simmer balsamic vinegar until syrupy and reduced to 1/4 cup, about 15 to 20 minutes.(2)

Let cool.

Step 4: Assembling the Salad

- 1/4 cup (50 ml) pine nuts
- 6 ripe, but firm tomatoes
- Maldon sea salt (to taste)
- freshly ground black pepper (to taste)

Toast pine nuts in a fry pan over medium heat until lightly golden, about 2 to 4 minutes.

Slice tomatoes into 1/4-inch slices.(3)

Make 6 to 8 stacks by topping tomato slices with a slice of mozzarella; top with a bit of pesto and season with a pinch of Maldon sea salt and pepper.

Repeat, using about 3 slices of tomato and cheese for each stack.

Place a stack in the centre of each plate. Drizzle the plate with any leftover pesto and some balsamic reduction. Sprinkle pine nuts around each plate.