



INSALATA DI TRIPPA (Tripe Salad)

Ingredients:

- 500 gr. Clean Tripe
- 100 gr. Green Beans
- 100 gr. Cherry tomatoes
- 50 gr. Black olives
- 50 gr. Capers
- 30 gr. Parsley
- 2 carrots
- 2 zucchini
- 1 celery stalk
- 1 onion
- 1 glass of white vinegar
- Balsamic vinegar
- extra virgin olive oil
- salt and pepper

Directions:

Fill a saucepan with water, white $\frac{1}{2}$ glass of wine vinegar, salt and pepper and bring to boil. Add the tripe cut into strips and boil for 20 minutes, then drain.

In fresh water place the remaining vinegar, salt and pepper and bring to boil. Add the carrots cut into strips, cook lightly. Take out the carrots and repeat with all the other vegetables, similarly cut, in the same water.

In a large bowl mix the cooked tripe and the vegetables, add halved tomatoes, capers, olives and chopped parsley.

Dress with extra virgin olive oil and balsamic vinegar.