



## **BEEF CARPACCIO and CALIFORNIA PRUNE SANDWICH**

**By Teresa Balzano**

Today I present to you a delicious sandwich with beef carpaccio and California Prunes, enriched with a goat cream and a crunchy courgette carpaccio.

How many times for convenience, or because we want something good but easy, do we opt for a delicious sandwich?

The kitchen does not get dirty, it is comfortable and relaxing to enjoy. We can take it everywhere, eat it anywhere and, above all, we can fill it in a thousand different ways.

We owe the realization of this invention to John Montagu IV, earl, hear ye, of Sandwich, an English county. Obsessed with gambling, he spent whole days at the table without getting up, this led him to ask his waitress for a meat based snack between two slices of bread. So appreciated by his guests, everyone began to call this dish " in honor of the count. The rest is a story that goes from 1700 up to now.

I decided to fill my sandwich with ingredients that between them give life to a fresh and delicious, creamy and crunchy filling, in short, what a good sandwich requires!

Goat cheese, beef carpaccio and also zucchini which add freshness and a crunchy note.

To make it even tastier, I also added California Prunes, fleshy, juicy, sweet and with a very slight acid note, which creates a perfect combination with the meat. These precious dried fruits, world excellence from California, can be used in many dishes, obtaining original recipes and unexpected flavors every time. They have many nutritional properties: rich in vitamins and fibre, they are naturally sugar free and therefore, are excellent to integrate into your daily diet.

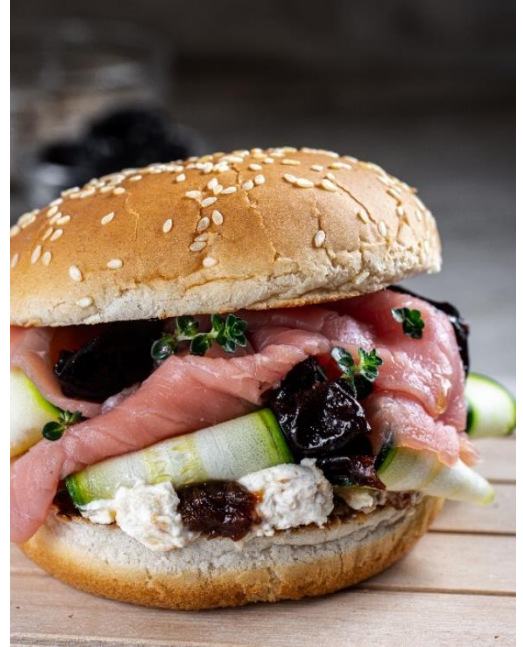
I decided to add them to this succulent sandwich with carpaccio, perfect for the first warm days and as a relaxed meal for those who don't want to give up on taste!

**Prep Time:** 20 minutes  
**Cook Time:** 60 minutes  
**Serves:** 4



**Ingredients:**

- 4 bread rolls
- 400g veal carpaccio
- 400g goat cheese
- 4 California Prunes
- 2 courgettes
- Coarse salt to taste
- Extra virgin olive oil to taste



**Here's How:**

1. Wash and slice the courgettes with a mandolin to have very thin slices. Once sliced, put the zucchini in a colander with coarse salt and let it rest for an hour.
2. After this time, pat them with a clean cloth to dry the water they have released.
3. Cut the California Prunes into small pieces and mix them with the cheese.
4. Cut the bread rolls and spread a layer of cheese on the bottom, then arrange the courgettes and the carpaccio.
5. Complete with a drizzle of oil and close the sandwich.

**Link to Website:** <https://www.californiaprunes.net/recipes/beef-carpaccio-sandwich/>