



PANE GUTTIAU

from

Sweet Myrtle & Bitter Honey

The Mediterranean Flavors of Sardinia

By Efsio Farris with Jim Eber

Published by Rizzoli International Publications (October 2007)

Pane Guttiau *Toasted Sardinian music bread*

Serves 4

- 4 sheets pane carasau
- 4 tablespoons extra virgin olive oil
- 4 pinches kosher salt

To Prepare:

Drizzle each sheet of pane carasau with extra virgin olive oil. Lightly sprinkle the salt on the bread. Warm bread until becomes golden.

NOTE: Acceptable toasting methods vary: charcoal flames, flat grill or oven. It is important that the heat comes from under the bread.