

Na'ama's Fattoush Salad

Jerusalem: A Cookbook, by Ottolenghi and Tamimi

Internet Address:



Servings: 6

1. If using yogurt and milk, start at least 3 hours and up to a day in advance by placing both in a bowl. Whisk well and leave in a cool place or in the fridge until bubbles form on the surface. What you get is a kind of homemade buttermilk, but less sour.
2. Tear the bread into bite-size pieces and place in a large mixing bowl. Add the yogurt mixture, followed by the rest of the ingredients, mix well, and leave for 10 minutes for all the flavors to combine. Taste for seasonings.
3. Spoon the fattoush into serving bowls, drizzle with some olive oil, and garnish generously with sumac.

1 cup greek yogurt, full-fat (scant) 200 g

3/4 cup whole milk, plus 2 tbsp

(Or use 1 2/3 cups regular buttermilk to replace both yogurt and milk above)

2 large flatbread, stale Turkish flatbread or naan (9 oz / 250 g in total)

3 large tomatoes (13 oz / 380 g in total), cut into 2/3-inch / 1.5cm dice

3 1/2 ounces radishes, 100 g radishes, thinly sliced

9 ounces Lebanese cucumbers, or mini cucumbers (9 oz / 250 g in total), peeled and chopped into 2/3-inch / 1.5cm dice

2 green onions, thinly sliced

1/2 cup fresh mint, 15 g fresh mint

3/8 cup flat-leaf parsley, 25 g, coarsely chopped

1 tablespoon dried mint

2 cloves garlic, crushed

3 tablespoons fresh lemon juice

1/4 cup olive oil, 60 ml, plus extra to drizzle

2 tablespoons cider vinegar, or white wine vinegar

3/4 teaspoon freshly ground black pepper

1 1/2 teaspoons salt

1 tablespoon sumac, or more to taste, to garnish

Per Serving (excluding unknown items): 233 Calories; 15g Fat (57.8% calories from fat); 6g Protein; 19g Carbohydrate; 2g Dietary Fiber; 11mg Cholesterol; 665mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons
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