

Miele



Tomato and fregola salad with sumac

By Miele

20 minutes plus 30–60 minutes marinating

Preparation Time

1 hour 15 minutes

Cooking Time

4

Serves

INGREDIENTS

Pickled shallots

- ½ cup golden shallots, sliced
- 1 tbs sumac
- 2 tbs red wine vinegar
- 1 tsp pomegranate molasses
- Salt flakes, to taste

Fregola

- ½ cup fregola
- 1 cup cloudy apple juice
- 1 tbs olive oil

Tomato salad

- 400g heirloom tomatoes, cut into rough bite size pieces
- 4 tbs extra virgin olive oil
- ½ cup green olives, pitted and halved
- Basil leaves, roughly torn or bitter leaves
- Salt flakes, to taste
- Black pepper, freshly ground to taste

METHOD

Shallots

1. Combine shallot, sumac, vinegar and pomegranate molasses with salt flakes. Stand for 30 minutes to 1 hour at room temperature.

Fregola

1. In a Solid steam tray, add fregola and apple juice. Steam at 100°C for 15 minutes.
2. Once cooked, strain through a sieve and rinse with water. Add olive oil and stir to coat.

To serve

1. Combine tomato, fregola, shallots and olive oil. Season to taste.
2. Spoon into serving bowls; scatter with green olives and basil leaves or available herbs.