

Fatoush

A popular Syrian salad, often eaten wrapped up into lettuce or vine leaf parcels.

Equipment:

Chopping boards
Knives
Garlic crusher
Measuring spoons
Oven tray
Measuring cup
Serving bowls (1 per table)
Tongs
Small bowl
Large mixing bowl
Salad spinner or clean tea towel
Pastry brush

Ingredients:

Dressing

3 garlic cloves
1 tsp. salt
2 teaspoons sweet paprika
2 teaspoons sumac
2-3 tablespoons olive oil
4 tablespoons lemon juice

Salad

3 pita bread
3 long cucumbers, cut into chunks
6 tomatoes, cut into chunky pieces
12 radishes, halved and thinly sliced
1 red capsicum, seeds removed, diced
9 cos or iceberg lettuce leaves, torn
Extra lettuce leaves for wrapping
Handful purslane leaves
1 cup chopped mint
1 cup roughly chopped parsley
9 spring onions, sliced

What to do:

- Mix the dressing ingredients in a small bowl. If desired, you can add more sumac, salt or lemon juice.
- Brush the pita bread lightly with olive oil. Crisp the pita breads in a moderate oven.
- Place all prepared vegetables and herbs in a large bowl.
- Break the crispy bread into small, rough pieces and add to the bowl.
- Add the dressing and toss well with your hands.
- Divide the mixture into serving bowls (1 per table) and serve with extra washed lettuce leaves for wrapping the salad into parcels.