



Fattoush

When I have stale Lebanese bread I generally turn it into pita crisps, then use some of them to make fattoush, the easiest and most delicious salad. There are as many variations as there are Lebanese cooks. Some recipes add lettuce, others just use herbs, generally the dressing includes the lemony tang of sumac sometimes with lemon juice and sometimes without. Some recipes soften the bread in the dressing, but I like it tossed through at the last minute for the crunchy contrast.



INGREDIENTS

- 1 small Lebanese cucumber
- 100g grape tomatoes, halved (3½oz/about 10)
- 3 green onions, thinly sliced
- 1 baby cos (gem) lettuce, sliced about 1cm (½") thick
- ½ cup flat-leaf parsley leaves, roughly sliced (about 20g/¾oz whole)
- ¼ cup mint leaves, roughly sliced (about 20g/¾oz whole)
- 2 tablespoons extra virgin olive oil (40ml)
- 2 teaspoons strained lemon juice (10ml)
- 2 teaspoons sumac
- Salt flakes, to taste
- Handful Pita Crisps, broken into pieces

METHOD

1. Halve the cucumber lengthways then cut into thick slices.
2. Toss with the tomato, green onion, lettuce, parsley and mint.
3. Place oil, lemon juice and sumac in a screw top jar and shake to combine well.
4. When ready to serve, sprinkle salad with salt, add dressing and toss to coat well.
5. Add Pita Crisps and serve immediately.