



Fatoush Recipe

Fatoush / فتوش/Fattouche is a salad traditionally made in the Arab world, that combines Arabic bread with vegetables. There are a number of dishes that use "Fatta" that is the use of stale flatbread as a base. To make Fatoush one can use seasonal produce and herbs, according to taste, while making use of Fatta. Sumac is used to add sourness.



Basic Ingredients (6 servings/ 6 cups)

- 1 big Arabic bread/pita bread
- 1 tablespoon olive oil
- ¼ cup fresh parsley (¼ bunch, finely chopped)
- ¼ cup fresh mint (¼ bunch), finely chopped
- 2 spring onions or 1 dry onion, thinly sliced
- 1 big cucumber, thinly sliced
- 2 medium tomatoes, cut into bite-size pieces
- 1 pomegranate
- ¼ teaspoon dry mint
- ½ teaspoon salt
- ¼ teaspoon ground pepper (any color)
- ½ teaspoon ground sumak
- 3 tablespoons fresh lemon juice
- 3 tablespoons olive oil

Variation Ingredients

- Yellow & Orange Peppers
- Hot chili peppers
- Purslane/Glistritha, γλιστριδα
- Radish
- Carrots
- Zucchini
- Sweet Paprika
- Lemon/lime zest
- Green/Black olives

Directions

Brush bread with olive oil, cut or break randomly into bite size pieces and toast (or fry). Leave to cool. Meanwhile, cut the rest of the ingredients, mixing well every time you add a new item to the main bowl. Add seasoning. Chill vegetable mixture before serving. When ready to serve, fold in toasted bread pieces.

Tips

Can be kept for 2 days, covered and refrigerated.