

Authentic Lebanese Fattoush

Jacob · 29/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

4

Description

This Lebanese fattoush recipe is good for hot weather. The salad uses two unusual ingredients: sumac and purslane. Sumac, usually sold ground, is made from ground red berries and used in Middle Eastern, mainly Lebanese, cooking. Purslane is a succulent with a lemony flavor and makes a nice salad green. I find them at farmers' markets.

Ingredients

- ½ cup water - 1 teaspoon cornstarch - ½ cup lemon juice - 2 cloves garlic
- minced - 2 teaspoons sumac powder - salt and ground black pepper to taste - 1 head romaine lettuce
- torn into bite-size pieces - 2 large tomatoes
- diced - 1 green bell pepper
- seeded and chopped - 1 medium cucumber
- diced - 1 cup chopped purslane - 4 green onions
- chopped - ½ (5 ounce) package arugula - ¼ cup chopped fresh flat-leaf parsley - ¼ cup chopped fresh mint
- 4 pita rounds
- toasted and torn into pieces

Instructions

1. Make dressing: Stir together water and cornstarch in a small saucepan over medium-high heat until thickened. Remove from heat and mix in lemon juice
2. garlic
3. sumac
4. salt
5. and pepper. Refrigerate until ready to use. Assemble salad: Combine lettuce
6. tomatoes
7. bell pepper
8. cucumber
9. purslane
10. green onions
11. arugula
12. parsley
13. and mint in a large serving bowl. Toss with dressing and serve with toasted pita.