



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.