



**Miele**

# 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.