



sharing our Greek culinary heritage

Vikki's Dakos Salad

For the Dakos Salad you will need...

Bowl of water
5 small Cretan barley rusks
2-3 very ripe medium sized tomatoes
Extra virgin olive oil (EVOO)
Sea salt
Pepper
Dried oregano
Feta

Preparing the Dakos Salad

- Briefly dip the barley rusks into the water and then place on a serving dish
- Drizzle generously with EVOO
- Sprinkle with sea salt, oregano and ground black pepper
- Cut the tomatoes in half and using a coarse grater, grate the flesh from each half
- Spoon 1 1/2 soupspoons of grated tomato flesh on top of the seasoned rusks
- Season with more salt and ground pepper
- Drizzle generously again with EVOO
- Add crumbled feta on top
- Sprinkle with more oregano

Serving the Dakos Salad

- Serve and enjoy!
- Serves 3-5

Key Points

- Fresh, ripe, summer tomatoes are best for this preparation, but you can use store bought tomatoes too. Purchase tomatoes with a dark red hue and do not refrigerate them (ever!!!!). If they are not ready to use immediately, allow them to sit out for a few days to ripen a bit
- You can use fresh ricotta or a slice of pan-fried haloumi instead of feta in this preparation
- Mini Cretan barley rusks (rather than the larger rusks) were used in this recipe to provide the right textural balance between the rusk, the tomato puree and the feta cheese. Cretan barley rusks are readily available from your city's Greek delicatessen(s). Otherwise you can buy them online or make your own, using the recipe from another wonderful foodie, Magdalini at <http://mylittleexpatkitchen.blogspot.com/2013/10/greek-barley-bread.html>