



sharing our Greek culinary heritage

Vikki's Haricot Bean and Barley Rusk Salad

For the Haricot Bean and Barley Rusk Salad you will need...

100g dried haricot beans
6 cups of water
2 large or 4 small barley rusks
3 medium-sized ripe tomatoes
1 lemon (preferably meyer)
2 handfuls of dill finely chopped
1 large, ripe avocado
2 handfuls of flat leaf parsley roughly torn
Sea salt
Pepper
Extra virgin olive oil (EVOO)

Preparing the Barley Rusk and Haricot Bean Salad

- Place the dried beans in a bowl, cover them with 2 cups of water and allow them to soak for at least 4 hours
- Drain the beans and add them to a small pot with 4 cups of fresh water and gently boil for about 1 hour, or until tender
- Once cooked, drain the beans and set them aside to cool
- Place the rusks on a baking tray; bake them in an oven pre-heated to 180°C until golden brown (about 15 minutes); set them aside
- Slice the tomatoes in half and grate the tomato flesh in a large serving bowl (keeping the seeds)
- Squeeze in the juice of one a lemon
- Season with sea salt and a few good grinds of pepper

- Add a generous amount of EVOO
- Add the dill
- Using a small spoon, scoop out the flesh of the avocado in small chunks and add these to the serving bowl
- Add the cooled beans and the parsley
- Cut the rusks into large pieces, place them in the serving bowl with the other ingredients and mix them, ensuring the rusks are well coated with the tomato mixture
- Taste for olive, lemon juice, salt and pepper and add more as required
- Plate up the salad and garnish with a little parsley and another drizzle of EVOO

Serving the Haricot Bean and Barley Rusk Salad

- Serve and enjoy!
- Serves 4-6

Key Points

- Fresh, ripe, summer tomatoes are best for this preparation, but you can use store bought tomatoes too. Purchase tomatoes with a deep 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
- Fear not, the barley rusks will absorb all the tomato and lemon juices
- You can replace the haricot beans with larger, dried cannellini beans or if you are really pressed for time, you can always use canned beans that have been rinsed thoroughly!