



sharing our Greek culinary heritage

Cypriot Grain Salad

Original recipe by George Calombaris - this modified recipe has more nuts and blackcurrants and the ingredient weights are given in grams

You will need...

50g slivered almonds

60g pumpkin seeds

70g pine nuts

100g dried blackcurrants

65g capers in vinegar/brine (include a little of the vinegar/brine)

180g dry freekeh - boil till *al dente*, strain, spread across a large plate and cool completely

100g dry French lentils - boil till *al dente*, strain, spread across a large plate and cool completely

1 bunch / 75g coriander leaves and fine stalks, washed and chopped

1/2 bunch / 40g continental parsley leaves and fine stalks, washed and chopped

125g red onions, finely diced

Arils of 1 pomegranate

Extra virgin olive oil (EVOO) to taste

Lemon juice to taste (I find it needs more lemon juice than you think)

Salt to taste

Preparing the Cypriot Grain Salad

- Mix the blackcurrants with the capers, so the blackcurrants absorb the vinegar juices from the capers and they plump up a little.
- Toast the nuts/seeds all together, till they brown nicely. **Toss them often once they begin to warm. Make sure they cool completely before adding them to the salad.**
- If the nuts/seeds/freekeh/lentils are still warm/hot when mixed into the salad, the heat will cook the herbs, which will not be nice! So make sure they have **all cooled completely!**

- Mix all the salad ingredients ***just before serving, as you don't want the nuts to absorb too much of the dressing and soften. You want their texture to remain crunchy.***
- This salad is beautifully delicious as it is. I find the optional yoghurt dressing masks the freshness and flavours of the salad, but taste is subjective. So try it both ways and decide which way you prefer.
- This salad is the perfect side to any of your cooked meats and perfect for a Sunday barbecue. So make it and/or take it to any gathering and enjoy!

Preparing the dressing (optional)

- Combine 1 cup thick Greek yoghurt, 1 teaspoon ground cumin and 1 tablespoon honey.

Same, same, different

- If you are pressed for time or prefer the texture of bulghur to freekeh, then add 3 cups of boiling water to 1.5 cups of fine bulghur (I use the Duru brand) and allow it to sit for 5 minutes.
- Using a fork, gently fluff the bulghur and transfer it to a large plate to cool.
- Drain and rinse 2 cans of lentils, spread them across a large plate and allow them to dry out a little.
- Note: The canned lentils will be salted, so adjust your salt seasoning accordingly.
- I use about $\frac{3}{4}$ of the bulghur and $\frac{3}{4}$ of the lentils (you can use the rest to make a little salad)

Fun Fact

- Did you know that French lentils are called Du Puy lentils when they are grown in the Puy region of France?