

Fattoosh

(Middle Eastern Bread Salad)

This recipe for bread salad is from Syria and Lebanon.

Ingredients

1 loaf of pita bread

1 bunch of scallions

1 cucumber

1 sweet red pepper

4 firm, ripe tomatoes

2 garlic cloves

1 large lemon

2 Tbs. fresh parsley

2 Tbs. fresh mint

3 Tbs. fresh coriander **or** cilantro leaves

5 Tbs. olive oil

salt

pepper

1 tsp. sumac (optional)

Utensils

knife and cutting
board

measuring spoons

salad bowl

salad tongs

This dish is seasoned to taste. Peel and crush the garlic into small bits. Juice the lemon. Finely chop the mint, parsley, coriander or cilantro leaves, and scallions, discarding the roots. Chop the tomatoes, red pepper, and cucumber. The dish can be prepared up to this point in advance. Toast the pita bread and break it into pieces. Place all the ingredients in the salad bowl and toss well. Adjust the seasoning. Serve before the bread becomes soggy. *Fattosh* can be made in advance of the meal and stored in the refrigerator in a serving bowl covered in plastic wrap if the bread is not added until just before the dish is served.