Posted on 14 May 2015

by Francesca Verrucci

Beetroot and Aubergine Fattoush Salad



Ingredients

2 medium aubergines
3 -4 small beetroots
1 purple onion, very thinly sliced
120 ml red vinegar
juice of 1 lemon
2 heaped tablespoons sumac, plus extra to garnish
30 -40 g (about 1 cup) parsley leaves
30 -40 g (about 1 cup) fresh mint leaves
50 ml extra virgin olive oil
1 tablespoon pomegranate molasses
sea salt
1 sheet Saj bread (or 2 flatbread)

Preparation

1. Preheat the oven to 200°C. Trim the beetroots stalks. Wash well the beetroot then wrap them individually in aluminum foil and bake for about 1 hour or until tender when pierced with a skewer or a sharp knife(baking time strongly depends on beetroot size and variety). When ready remove from the oven and let rest until you can handle, then unwrap and peel with a small knife.
2. Roll the bread and cut into strips, place onto a baking tray, drizzle with a little olive oil and toast in the oven until they are crispy and golden brown. Set aside.
3. Place the onion in a small mixing bowl, add the vinegar, lemon juice and 2 tablespoons sumac, mix well and let rest while you prepare the rest of the ingredients.
4. Cut the aubergines in half lengthwise, then into 1 cm thick slices.
5. Heat 3 - 4 tablespoons oil in a large frying pan, then fry the aubergines turning them from time to time, until they are golden brown and cooked through (you'll probably need to do this in batches, as it is important to place the aubergines in a unique layer). Remove from the pan and transfer to a plate lined with kitchen paper to drain excess oil.
6. Cut the roasted beets into slices or even cubes of 2 to 3 cm.
7. Drain the onion from the marinade, reserving some of the liquid.
8. In a large bowl combine the onion, aubergines, beets, mint and parsley and mix gently (salad).
9. In a small bowl, combine 3 to 4 tablespoons olive oil, pomegranate molasses, 1

teaspoon of the reserved marinade, a pinch of salt and whisk well (dressing).

10 Gently arrange the salad into a serving dish, drizzle the dressing on top, garnish with the toasted bread, sprinkle some more sumac and serve.

Cooks Note

Recipe contributed by Francesca Verrucci of Kitchen in the Sand