

Barley and Pomegranate Salad

From Plenty by Yotam Ottolenghi



This beautiful salad has a matching spectacular taste. You will love it and the fact that - it is not time-consuming.

It goes well with fried leeks as well as many fatty cuts of meat.

Serves 4

Ingredients	Instruction
<p>1 cup pearl barley 6 celery stalks (leaves picked and reserved), cut into small dice. ¼ cup olive oil. 3 tbsp sherry vinegar 2 small garlic cloves, crushed. 2/3 tsp ground allspice Salt and black pepper 3 tbsp chopped dill 3 tbsp chopped parsley Seeds from 2 large pomegranates</p>	<p>Rinse the barley with cold water, then place in a medium saucepan and cover with plenty of fresh water. Simmer for 30 to 35 minutes, or until tender but still with a bite.</p> <p>Drain the barley and transfer to a mixing bowl. While it is still hot, add the celery, olive oil, vinegar, garlic, allspice and some salt and pepper. Stir, then leave to cool down completely.</p> <p>Once cool, add the herbs, celery leaves and pomegranate seeds and mix in. Taste and adjust the seasoning to your liking then serve.</p>



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