

Fattoush

Bread Salad

This is a much-loved Syrian peasant salad in which pieces of soaked toasted bread provide an unusual texture.

½-1 flat pitta bread	2 tablespoons finely chopped fresh mint or 1 tablespoon dried crushed mint
Juice of 1-2 lemons, or to taste	
1 large English cucumber or 2 small ones, chopped	3 tablespoons chopped fresh coriander (optional)
3-4 firm tomatoes, chopped	2 cloves garlic, crushed (optional)
1 medium-sized mild onion or a bunch of spring onions, chopped	6-8 tablespoons olive oil
A bunch of parsley, finely chopped	Salt and black pepper

The ingredients and proportions of this salad vary with every family. Cos lettuce can be used instead of cucumber, and sometimes chopped sweet peppers are added.

Open out the pitta bread and put it in a hot oven or under the grill until it is crisp and brown, then crunch it in your hands to break it into little pieces.

Put the broken pieces of toast in a bowl. Moisten and soften with a little cold water or lemon juice. Mix with the remaining ingredients. Taste and adjust seasoning.