

BARLEY AND POMEGRANATE SALAD

200gm pearl barley
6 celery sticks diced small (save leaves)
60ml olive oil
3 tbsp sherry vinegar
2 clove garlic, crushed
2/3 tsp allspice
3 tbsp chopped dill
3 tbsp chopped parsley
seeds from 2 large pomegranates
salt and pepper

Rinse the barley, cover with cold water and simmer 30–35 minutes or until tender.

Drain and put in mixing bowl. While still hot add the celery, oil, vinegar, garlic, allspice and salt and pepper. Allow to cool completely.

When cool add the herbs, celery leaves and pomegranate. Check seasoning, then serve.