Sumac Tomato & Onion Salad

Tomato-forward Turkish-style chopped salad with mint and a light pomegranate dressing.



4 side servings · About 4 cups total (~1 cup each) Prep 20 min · Cook 0 min · Cold rests 5 + 5 min Total about 30 min

INGREDIENTS

1 1/2 lb (680 g) firm ripe Roma/plum tomatoes, before coring; 1/2-inch dice

1 small red onion, 120 g peeled; 1/4-inch dice

1/4 cup fresh flat-leaf parsley, measured after chopping

1 tbsp fresh mint, measured after chopping

1/2 tsp (3 g) fine salt

2 tsp commercial food-grade ground sumac, pure and unsalted

1 tbsp (15 ml) fresh lemon juice

1 1/2 tbsp (22.5 ml) extra-virgin olive oil

2 tsp (10 ml) pure pomegranate molasses (concentrated pomegranate juice), not grenadine

EQUIPMENT & NOTES

Clean knife, board, mixing bowl, dressing bowl, spoon/whisk, measuring tools, covered container and fridge thermometer.

Check spice and molasses labels for additives and allergens. No unknown sumac blend, foraged sumac or cocktail syrup.

Keep at 40°F or below. Use within 48 hours from preparation (or sooner per component labels). This short household window is our choice, not an FDA recipe-specific or validated shelf life.

METHOD

1 · Wash and cut. Wash hands with soap for 20 seconds; clean tools and board. Rinse tomatoes, herbs and lemon under running water before cutting; no soap on produce. Drain and pat herbs dry. Core and dice tomatoes 1/2 inch; peel and dice onion 1/4 inch. Chop and measure herbs. Keep raw-meat tools separate.

2 · Soften the onion. Rub all onion, salt and sumac gently with clean fingertips for about 1 minute until glossy and starting to soften. Cover and refrigerate 5 minutes. Keep the juices; do not rinse or drain.

3 · Whisk. After the onion rest, whisk all measured lemon juice, olive oil and pomegranate molasses in a small bowl until dispersed and fluid.

4 · Fold. Add tomatoes, all parsley and all mint to the onion. Pour over all dressing. Fold gently until coated without crushing the tomato cubes.

5 · Rest cold. Cover and refrigerate 5 more minutes at 40°F or below. Fold once to combine the light juices. Both cold rests are included in the 30-minute estimate; resting develops flavor, not pathogen control.

6 · Serve fresh; store cold. Divide into 4 sides, sharing juices. Best texture is just after assembly. Refrigerate reserve promptly, covered, at 40°F or below; label prep date/time. Use within 48 hours from preparation, sooner per component labels. Limit cumulative time out, including prep/serving, to 2 hours (1 hour above 90°F); discard if exceeded. Never return served portions to reserve. Lemon and molasses do not make it shelf-stable.

[1] Inspired by Food Diaries By Humera, Turkish Tomato Onion Salad.

[2] FDA: 7 Tips for Cleaning Fruits, Vegetables — running-water produce washing; no produce soap.

[3] FDA: Are You Storing Food Safely? — cold storage and 2-hour/1-hour rule; NOT our 48-hour shelf life.

RECIPE NOTE

Not kitchen-tested; quantities, yield and times are estimates. AI-generated serving illustration.

Sources: [1] facebook.com · [2] fda.gov · [3] fda.gov