



Cauliflower and Cranberry Salad

MICHAEL RANTISSI

Ingredients

200g (1 cup) pearl barley
60g (½ cup) chopped walnuts
½ cauliflower, cut into small florets
1 pomegranate, seeds removed
75g chopped pistachios
75g dried cranberries
1 bunch of flat-leaf parsley, leaves picked and chopped
4 mint sprigs, leaves picked and chopped, plus extra leaves to garnish

DRESSING

60ml (¼ cup) extra virgin olive oil
60ml (¼ cup) white balsamic or white wine vinegar
2 tablespoons pomegranate molasses
Sea salt and freshly ground black pepper

This is one of chef Michael Rantissi's signature dishes, and it's been a staple on his Kepos Street Kitchen menu since the restaurant opened in 2012. It was originally a side dish made with leftover cauliflower florets and pomegranate seeds. A perfect salad on its own for vegetarians or vegans, it also makes a delicious accompaniment to a piece of fish or grilled meat.

Place the pearl barley in a large saucepan of cold water. Bring to the boil over high heat, then reduce the heat to medium and simmer for 20-25 minutes until just cooked. Drain and refresh, then set aside to cool.

Meanwhile, preheat the oven to 170°C.

Spread out the chopped walnuts on a baking tray and toast for 8-10 minutes until fragrant and lightly golden. Remove and allow to cool.

Blanch the cauliflower in salted boiling water for 1 minute. Drain and refresh under cold running water. Drain again.

Combine the pearl barley, cauliflower, pomegranate seeds, cranberries, pistachios, walnuts, parsley and mint in a large bowl.

To make the dressing, whisk together the olive oil, vinegar and pomegranate molasses, and season to taste.

Pour the dressing over the cauliflower salad and gently toss to combine. Garnish with a few extra mint leaves and serve.



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