

Purslane and Tomato Salad

Yields approx. 2 lbs.

Ingredients

- Purslane - 1 lb. (450 g)
- Parsley, flat leaf (Italian) - 4 oz. (115 g)
- Tomato, grape (or any heirloom variety) - 8 oz. (225 g)
- Cucumber, medium size, diced - 1 ea. (8 oz.) (225 g)
- Red Onion, sliced - 1 ea. (8 oz.) (225 g)

- Lemon Juice, 1 whole; 1-2 fl. oz. (30-60 ml)
- Honey, wildflower - 2 tsp. (10 ml)
- Ground Mustard - 1 tsp. (5 ml)
- Olive Oil - 4 fl. oz. (120 ml)

- Sea Salt - 2 tsp. (10 ml)
- Fresh Pepper - 1 tsp. (5 ml)

Directions:

1. Purslane - Submerge in cold water and agitate to remove all grit and dirt. Wash again with the same method, but spike your cold water with white vinegar (about 1 cup of vinegar to 3 cups water) and let it soak for 1-2 minutes. Pick the leaves from the tough stems. Pickle or freeze for future use.
2. Parsley - Wash, pick, and chop. Save stems for cooking or compost.
3. Tomatoes - Wash. If using grape or cherry, cut in half, anything else dice.
4. Cucumber - Wash. Peel skins. Trim ends and slice down the middle of cucumber; slice those down the middle again (quarter). Slice center section of seeds at an angle and remove. Dice close to the same size of the tomatoes. Compost trimmings.
5. Red Onion - Peel paper skin; wash. Slice very thin. Sprinkle with salt and let onions stand for a minute; rinse with cold water and pat dry.
6. Lemon Juice - Wash. Roll whole lemon with your palm and apply pressure to loosen flesh and obtain more juice. Squeeze half, or a whole for more tang.
7. Assembly - Toss all vegetables and herbs together in a proper sized mixing bowl.
8. In a separate bowl, whisk together lemon juice, honey, and mustard; slowly whisk in olive oil drops at a time or in a thin stream, whisk quickly to achieve an emulsification. Toss vegetables and herbs with dressing, season with salt and pepper to taste.