

A Juicy Israeli Tomato and Cucumber Salad

Adapted from Cook's Illustrated

This recipe involves salting the tomatoes before mixing them into the salad. The salting brings out the juices, which makes a great base for the dressing

About 1½ pounds of great-tasting tomatoes

½ teaspoon salt

3 Tablespoons extra virgin olive oil

2 Tablespoons lemon juice

½ preserved lemon, cut into slivers (optional)

¼ cup finely chopped red onion

¼ cup finely chopped fresh mint leaves

Ground black pepper

2 medium or good-sized cucumbers (peeled or unpeeled depending on type of cuke)

1. Prepare cucumbers about an hour before resuming the rest of the prep. Quarter and seed them, cut them into ¼ inch pieces, toss with 2 teaspoons salt in a strainer, set over a bowl and drain about 1 hour; the discard the liquid
2. Core and halve tomatoes, then cut each half into four or 5 wedges. Toss wedges with salt in a large bowl. Let rest until a small pool of tomato juice accumulates, about 15 to 20 minutes.
3. Meanwhile, whisk oil, lemon juice, preserved lemon, red onion, mint and pepper to taste in a small bowl. Pour mixture over tomatoes and accumulated liquid and toss to coat. Rest to blend flavors, about 5 minutes.
4. Add drained cucumber pieces and toss to combine. Adjust seasonings and serve.