

Heirloom Tomato, Fresh Basil & Feta Cheese Salad



TIP: Heirloom tomatoes are tomato varieties of different sizes, shapes, and colors that have been passed down from generation to generation to maintain their favorable flavor, color, and texture characteristics. Heirloom tomatoes are most plentifully available at the end of summer and are best when they're ripened on the vine and eaten fresh off the field.



I got the gigantic, gorgeously yellow and slightly red heirloom tomato along with the fresh basil and red onion to make the salad shown in this recipe at Berberian Farm Stand in Northborough, Massachusetts. This salad is as “chop, slice, and pour” easy to make as it is rich with late summer-fresh flavor!

Preparation Time: 7-10 minutes

Ingredients (for 3-4)

1-2 Heirloom Tomatoes (the one shown below is exceptionally large)

2-3 Garlic Cloves

1/4 Red (or any) Onion

Handful of Fresh Basil

Feta Cheese (can be substituted with Parmesan or any cheese)

Olive Oil

Balsamic (or any) Vinegar

Salt (optional, but not needed if you're on a salt-restricted diet)

Ground Black Pepper



Equipment

Cutting Board

Wide-Bladed Sharp (Chef's) Knife

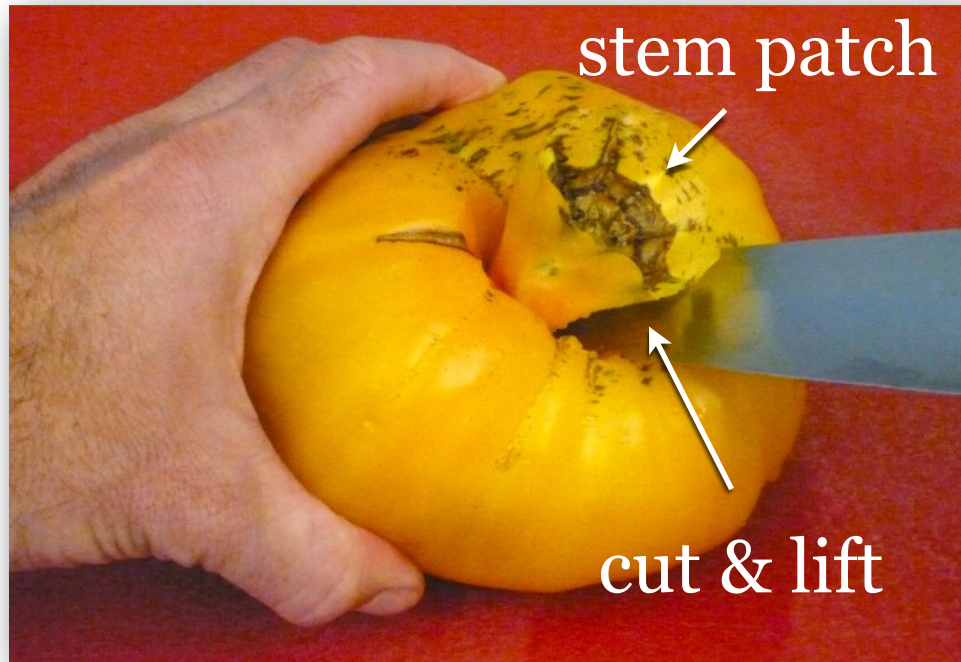
Plate



1. Rinse and shake dry **1-2 heirloom tomatoes** and a **handful of fresh basil** in the sink.



2. For **larger tomatoes**, like the one shown below, carefully use a sharp knife to make a cone-shaped cut at the **top of the tomato** to remove the tough, fibrous **stem patch**.



Cut the **tomato(es)** into slices $\frac{1}{4}$ - $\frac{1}{2}$ inch (6-12 mm) wide.



3. Pinch the **basil leaves** from their stems with your thumb and forefinger. Then bunch and hold the **basil** to the cutting board with

curled fingers, and cut the **leaves** into pieces 1/8 - 1/4 inch (3-6 mm) wide.



Finish by chopping the **basil** coarsely into smaller pieces about like this.



4. Put **2-3 garlic cloves** on the cutting board. Cover them with the flat side of a wide bladed (chef's) knife. Press on the top flat side of the

knife with the heel of your hand until you hear and feel the **garlic skins** pop open.



Peel the **garlic skin**. Then hold the **garlic cloves** securely to the cutting board with curled fingers, and let the side of the knife blade touch and glide along your curled knuckles as you cut the **garlic** into thin slices about 1/8 inch wide.



Finish by chopping the **garlic slices** into smaller pieces about as shown below.



5. Cut a **red** (or any) **onion** in half, and cut one of those **onion halves** in half again.



Cut off the tough **onion stem and root ends**, peel the **onion skin**, and...



...cut **thin slices** about $\frac{1}{8}$ - $\frac{1}{4}$ inch (3-6 mm) wide.



6. Put the **tomato slices** on a plate so that they overlap evenly about as shown.



7. Top with an evenly spread layer of **chopped garlic**,...



...sliced onion,...



...crumbled feta (or any) cheese, and...



...chopped basil.



7. Pour on a good shot of both balsamic (or any) vinegar and...



...olive oil, and...



...finish with a **light shake of salt** (optional) and **ground black pepper** to taste.

