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LET'S EAT

Recipe: Old World salad

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KAROLINE BOEHM GOODNICK FOR THE BOSTON GLOBE

Serves 4

Salvatore (Sal) Pappalito of the Sit Down Cafe and Sushi Bar in Chicago's Hyde Park makes this salad with various combinations of raw vegetables; here we suggest steaming the broccoli and carrots briefly. Pappalito's version contains white beans, which turn the dish into a main course. If you like, add 1 can (15 ounces) white beans or chick peas to this mixture.

2 large broccoli crowns, cut into small florets

2 large carrots, thinly sliced

2 large tomatoes, seeded, and cut into strips

1/2 small red onion, thinly sliced

1 each yellow and orange bell pepper, cored, seeded, and cut into strips

15 pitted Kalamata olives

2 teaspoons chopped fresh oregano

1/3 cup red wine vinegar

1 clove garlic, finely chopped

Salt and black pepper, to taste

1/3 cup olive oil

1/4 pound imported feta, finely diced

1. In a steamer insert over several inches of boiling water, steam the broccoli and carrots, covered, for 3 minutes. Remove from the steamer and spread out on a platter so they cool quickly.

2. In a bowl, combine the broccoli, carrots, tomatoes, onion, bell peppers, olives, and oregano; toss well.

3. In a small bowl, whisk together the vinegar, garlic, salt, and black pepper. Gradually whisk in the oil. Pour the dressing over the vegetables and mix well. Add the feta and toss again. *Helene Spoto. Adapted from the Sit Down Cafe and Sushi Bar*