

Herbed Whole Oat Salad

This delicious whole oat salad was inspired by a recipe in the July 1994 issue of Gourmet Magazine.

- 1 c. whole oats (groats)
- 1/2 c. minced onion
- 1 large shallot, minced
- 1 1/8 t. ground allspice
- 1 t. salt
- 2 T. lemon juice
- 2 T. olive oil
- 1/2 c. finely chopped fresh parsley leaves
- 1/3 c. finely chopped fresh spearmint leaves
- 1 cucumber, peeled, seeded and chopped
- 1 pint cherry tomatoes, halved

In a large saucepan of salted boiling water cook oats 25 minutes. Drain oats in a colander and rinse under cold water. Set colander over a kettle of boiling water (oats should not touch water) and steam oats, covered with a kitchen towel and lid, until fluffy and dry, 5 to 10 minutes (check water level in kettle occasionally, adding water if necessary). You can also use a steamer basket if it has an insert that sits well above the water. While oats are cooking, in a large bowl stir together onion, shallot, allspice and salt. Stir in hot oats and cool. Stir in lemon juice, olive oil, parsley, mint, salt and pepper to taste. Add cucumber and tomatoes and toss salad gently. Salad may be made one day in advance but add the tomatoes just before serving and after the salad has been brought to room temperature. Serves 4 as a main course, 6 as a side dish.