

# Tina's Corn and Black Bean Salad

SERVES 8

PREP: 45 MINUTES \* CHILL: 2 TO 3 HOURS

## TOTE NOTES

can tote the salad in a serving platter or in a serving bowl covered with plastic wrap. Bring tortilla chips in a separate plastic bag.

## AN AHEAD

You would like to make this salad the day before, omit the cilantro; they will be folded in just before serving. Spoon salad into a large serving bowl, cover it with plastic wrap, and refrigerate it until it's time to leave. Tote the salad and cilantro separately in plastic bags, along with the dressing, and assemble the salad at the gathering.

TINA OSCHMAN OF KNOXVILLE, TENNESSEE, HOSTED a party for a group of teens who had traveled through Europe together over the summer. She served grilled burgers and bratwursts and loaded the dining room table with a variety of salads. Tina made the most wonderful corn salad with black beans and lima beans and Mexican flavors. She piled it on a big ceramic platter; I loved the salad's freshness and its bright, vibrant yellow, red, and green colors. Since Tina sent me the recipe, it has become a mainstay in my kitchen.

- 4 ears white or yellow corn, or a mix of the two, shucked
- Salt
- ¼ cup all-fruit apricot preserves
- 3 tablespoons fresh lime juice (1 large or 2 medium-size limes)
- 1 tablespoon olive oil
- ½ teaspoon ground cumin or chili powder
- Freshly ground black pepper
- ½ head iceberg lettuce, thinly sliced (about 2 cups)
- 1 red bell pepper, cored, seeded, and chopped
- 1 can (about 16 ounces) black beans, rinsed and drained
- 1 can (about 15 ounces) lima beans, rinsed and drained
- 1 fresh jalapeño pepper, seeded, deveined, and finely chopped
- ¼ cup chopped fresh cilantro
- 2 cups large tortilla chips, for garnish

**1.** Fill a large pot with 3 to 4 inches of water and bring to a boil over medium-high heat. Add the corn and ½ teaspoon of salt, reduce the heat to low, and let the corn simmer until it is just done and still crisp, 3 to 4 minutes. Remove and drain the corn, then set it aside to cool.

**2.** Place the apricot preserves, lime juice, olive oil, and cumin or chili powder in a large glass bowl and whisk to combine. Season with salt and black pepper to taste. Set the salad dressing aside.

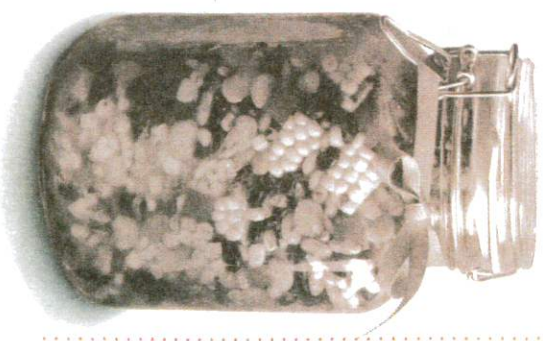
**3.** When the corn is cool enough to handle, hold an ear upright on a cutting board and, using a sharp knife, cut down close to the cob to slice off the kernels. It is fine if some of the kernels stay together in pieces. Repeat with the remaining ears of corn. Set the corn aside.

**4.** Add the lettuce, bell pepper, black beans, lima beans, jalapeño, and cilantro to the bowl with the dressing. Toss to combine, then fold in the corn kernels.

**5.** Refrigerate the salad for 2 to 3 hours, either in the mixing bowl or transferred to a serving platter or bowl and covered with plastic wrap. When ready to serve, transfer the salad to a serving dish, if necessary, and arrange the tortilla chips around the edge.

**WHAT ABOUT A SUCCOTASH SALAD?** Add chopped fresh tomatoes to the beans and garnish the top with crumbled bacon.

**BIG BATCH:** Double this recipe, boiling enough corn as needed. Take care not to overcook the corn, so the kernels still have some crunch to them.



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Made for

Prep notes

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# Egyptian Barley Salad

**WHY THIS RECIPE WORKS** This impressive and unique salad, inspired by the flavors of Egypt, relies on a bed of tender, toothsome pearl barley as its base. Pearl barley is a great candidate for the multicooker; by cooking the grains in plenty of water, similar to our method for brown rice, they cooked perfectly and evenly. To further ensure separate, intact grains when pressure cooking, we found that a natural release was essential (quick-release caused some of the grains to blow out). After pressure cooking and then draining the barley, we spread it on a baking sheet so that it would cool quickly. With our perfected barley finished, we incorporated toasty pistachios, tangy pomegranate molasses, and bright, vegetal cilantro, all balanced by warm, earthy spices and sweet golden raisins. Salty feta cheese, pungent scallions, and sweet-tart pomegranate seeds adorned the top of the dish for a colorful and tasty finish. You can find pomegranate molasses in the international aisle of most well-stocked supermarkets. Do not substitute hulled, hull-less, quick-cooking, or presteamed barley (read the ingredient list on the package to determine this).

**SERVES 6 TOTAL TIME 1 HOUR**

- 1½ cups pearl barley
- Salt and pepper
- 3 tablespoons extra-virgin olive oil, plus extra for drizzling
- 2 tablespoons pomegranate molasses
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cumin
- ⅓ cup golden raisins
- ½ cup coarsely chopped fresh cilantro
- ¼ cup shelled pistachios, toasted and chopped coarse
- 3 ounces feta cheese, cut into ½-inch cubes (¾ cup)
- 6 scallions, green parts only, sliced thin
- ½ cup pomegranate seeds

1. Combine 12 cups water, barley, and 1 tablespoon salt in multicooker.

2. Lock lid in place and close pressure release valve. Select high pressure cook function and cook for 8 minutes. Turn off multicooker and let pressure release naturally for 15 minutes. Quick-release any remaining pressure, then carefully remove lid, allowing steam to escape away from you.

3. Drain barley, spread onto rimmed baking sheet, and let cool completely, about 15 minutes. Meanwhile, whisk oil, molasses, cinnamon, cumin, and

½ teaspoon salt together in large bowl. Add cooled barley, raisins, cilantro, and pistachios and gently toss to combine. Season with salt and pepper to taste. Spread barley salad evenly into serving dish and arrange feta, scallions, and pomegranate seeds in separate diagonal rows on top. Drizzle with extra oil and serve.

