

Turkish Spoon Salad

Traditional Turkish Spoon Salad (Kaşık Salatası) - fresh chopped vegetables with spicy pepper paste dressing. Easy 20-minute healthy Turkish recipe.

20 min

PREP

20 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 4 tomato
- 2 cucumber
- 0.5 sprig parsley
- 0.5 capia pepper
- 4 green pepper
- 1 onion
- 1 tbsp pomegranate molasses
- 4 tbsp olive oil
- 1 tsp chili flakes
- 1 tsp pepper paste
- 1 tsp dry mint
- 0.5 lemon
- 1 tsp salt
- 4 ice

Instructions

1 Prepare the vegetables

Wash and thoroughly dry 4 tomatoes, 2 cucumbers, 0.5 capia pepper, 0.5 green pepper, and 1 onion. Dice all vegetables into uniform 1/4-inch pieces - they should be small enough to eat easily with a spoon but large enough to maintain texture.

- 2 Finely chop 0.5 sprig of fresh parsley, removing any thick stems. The parsley pieces should be small and evenly distributed.
- 3 Combine all diced vegetables and chopped parsley in a large mixing bowl. Gently toss together until evenly distributed.
- 4 **Make the dressing**

In a small bowl, whisk together 1 tablespoon pepper paste, 4 tablespoons pomegranate molasses, 1 teaspoon olive oil, 1 teaspoon salt, 1 teaspoon dried mint, and 0.5 teaspoon chili peppers until smooth and well combined.
- 5 Pour the dressing over the vegetables and toss thoroughly with a large spoon or clean hands until all pieces are evenly coated and the mixture is well combined.
- 6 Taste and adjust seasoning with additional salt or 1 teaspoon sumac if desired for extra tartness.
- 7 Transfer to individual serving bowls and add 4 ice cubes to each bowl just before serving to keep the salad refreshingly cold. Serve immediately with spoons.

Tips

Use the ripest, most flavorful tomatoes you can find - they're the star of this salad and will make the biggest difference in taste.

Salt the chopped vegetables lightly and let them sit for 10 minutes before adding the dressing to help release excess moisture and concentrate flavors.

Chill all your vegetables and serving bowls before assembling the salad for the most refreshing experience.

If you can't find Turkish pepper paste, you can substitute with a mixture of tomato paste and mild paprika, though the flavor will be slightly different.

Make sure your knife is very sharp for the finest, most uniform chop - this makes a significant difference in the final texture.

Add the ice cubes just before serving to prevent diluting the flavors while keeping the salad refreshingly cold.

Taste and adjust the dressing as you go - the balance of salty, sweet, and tangy should be harmonious to your palate.