



Heirloom Tomato, Corn, Pomegranate and Rocket Salad



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BY JAMES BECK

A vibrant, fresh seasonal salad that is the perfect complement to grilled crayfish. Heirloom tomatoes are varieties of tomatoes whose seeds have been passed down for generations. They have a much more interesting and in-depth flavour than your average supermarket variety.

INGREDIENTS

- 400g mixed heirloom tomatoes cut into chunks
- 2 ears of sweetcorn
- 100g rocket
- The seeds of one pomegranate
- Handful of roughly chopped basil

FOR THE DRESSING

- *This will make more than you need but keeps for ages in the fridge
- 100ml The Limery Lime Juice
- 100g brown sugar
- 300ml neutral oil
- 1T Dijon mustard
- ¼ tsp cayenne pepper
- Salt to taste

METHOD

1. For best results, prepare the corn a day in advance. Place the corn in a lidded pot with a small amount of water and steam for 45 minutes (make sure the pot doesn't run dry)
2. Cool the corn under running water and then allow it to soak in the water for at least one hour or better still overnight. This process makes the corn kernels swell and stick together for easy slicing.

TO SERVE

3. Grill the corn on a hot BBQ.
4. Allow the corn to cool so that you can handle it and slice thick chunks of kernels off.
5. Place all of the salad ingredients in a bowl.
6. Dress liberally with the dressing and serve.