

High Barn Oils

The home of english linseed

Tomato salad with a linseed dressing

This is a delicious and simple way to enjoy fresh tomatoes of all shapes and sizes. Try to use locally grown tomatoes, or even better, grow your own to get that just picked taste. The salad is delicious served with cheese and a hunk of fresh bread. Serves up to 4 people.

Ingredients:

- 6 to 8 tomatoes
- Two tablespoons of High Barn Oils culinary linseed oil
- The juice of half a freshly squeezed lemon
- Small crushed clove of garlic
- A handful of fresh basil leaves
- A small handful of toasted pine nuts (optional)
- A twist of sea salt and black pepper

Simply:

1. Chop the tomatoes roughly into quarters, halves and thick slices. Place in a bowl and add the sea salt and black pepper. Mix gently.
2. Combine the linseed oil with the lemon juice, crushed garlic and black pepper. Add to the tomatoes.
3. Leave for a few hours to allow the flavours to combine (you can even make this the day before)
4. Just before serving garnish with the basil leaves and the toasted pine nuts.