

# Antipasto Barley Salad with Roasted Tomato and Garlic Dressing

**Serves:** 6 to 8

## **Roasted Tomato and Garlic Dressing:**

1 pint grape tomatoes, sliced in half lengthwise

3 cloves of garlic, unpeeled

¼ cup plus 1 tablespoon extra-virgin olive oil, divided

1 ¼ teaspoon kosher salt, divided

¼ cup water

1 teaspoon red wine vinegar

¼ teaspoon black pepper

## **Salad Components:**

1 ½ cups quick barley

2 cups chicken stock

2 cups water (may use all water instead of stock)

¼ teaspoon kosher salt, more to season as desired

1/3 cup Genoa or hard salami, diced into ¼-inch cubes

½ cup kalamata olives, roughly chopped

½ cup fresh mozzarella cheese, diced into ¼-inch cubes

1 tablespoon fresh basil, finely chopped (about 5 large leaves)

Roasted grape tomatoes (left over from the dressing)

Roasted Tomato and Garlic Dressing

## **Directions:**

Prepare the dressing first as you will use it as soon as the barley is cooked.

Preheat the oven to 300 degrees and line a baking sheet with parchment paper.

Place the tomato halves on the baking sheet with the cut side facing up. Add the unpeeled garlic cloves. Drizzle the tomatoes and garlic with 1 tablespoon of the olive oil and season with ¼ teaspoon of kosher salt.

Roast in the center of the oven until they are soft and somewhat shriveled, about 50 to 60 minutes. Remove from the oven and let cool at room temperature. Once cool, remove and discard the peel and the stem end from the roasted garlic cloves.

To make the dressing, place ¼ cup of the roasted tomatoes and all the roasted garlic in a small food processor or liquid blender. Add the remaining ¼ cup of olive and 1 teaspoon of kosher salt, plus the water, vinegar and black pepper. Blend until smooth and well combined. Use immediately or refrigerate in an airtight container for up to one week.

To prepare the quick barley, add 2 cups of chicken stock, 2 cups of water and ¼ teaspoon kosher salt to a large pot and bring to a boil over high heat (you may also use all water or all stock instead). Stir in the barley and reduce the heat to low. Cover and let simmer until the barley are tender, about 10 to 12 minutes. Remove the pot from the heat and keep it covered for 5 minutes. Transfer the barley to a large bowl and immediately add 2 tablespoons of the Roasted Tomato and Garlic Dressing; stir until well combined.

To assemble the salad, add the chopped salami, olives, mozzarella, basil and the remaining roasted grape tomatoes to the cooked barley. Add 3 tablespoons of the dressing and gently toss until well combined. Taste and add more dressing, salt and pepper as desired. The salad may be served immediately or refrigerated in an airtight container for up to 5 days. This recipe can easily be doubled as needed.