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International Union of Arab Master Chefs

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Lebanese fattoush — standardised recipe and tasting card

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Four side portions of Lebanese fattoush with toasted flatbread and a lemon and sumac dressing.

Ingredients for four side portions

Ingredient	Weight in grams
Romaine lettuce	160
Tomatoes	180
Cucumber with peel	160
Red radishes	80
Spring onions	30
Mint leaves	10
Thin pita bread	80
Extra virgin olive oil	35

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Ingredient	Weight in grams
Lemon juice	40
Unsalted ground sumac	4
Fine salt	3

Standard pita bread contains wheat and gluten.

Preparation

1. Cut the bread into pieces and toast at 180°C for 6–10 minutes until golden and crisp, then let it cool.
2. Wash and dry the vegetables and herbs. Chop the lettuce, tomatoes and cucumber, slice the radishes and spring onions, and roughly chop the mint.
3. Whisk the lemon juice with the sumac and salt, then add the oil. Toss the vegetables with the dressing and add the toasted bread just before serving.

Estimated nutrition

Approximately 165 kcal per side portion, or 660 kcal for the whole recipe. The estimate varies with the type of bread and the amount of oil used. The vegetables and bread contribute fibre, and olive oil provides monounsaturated fats.

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Tasting card

- Texture: firm vegetables and bread that stays crisp when served.
- Acidity: clear lemon and sumac notes with the vegetables and mint still distinct.
- Balance: the dressing lightly coats the vegetables without pooling at the bottom.

Use two samples from the same batch. Add bread to the first five minutes before serving and to the second just before serving. Compare their crispness.

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