



THE ULTIMATE ANYTIME BLACKCURRANT BBQ SALAD

From Sophie Grigson's™ Organic Cooking

200g frozen blackcurrants (readily available in supermarket frozen berry section)
Place blackcurrants in a pot with 4 tsp caster sugar and 1 Tbsp white wine vinegar.
Simmer till juices running and sugar dissolved (about 3 minutes).
Take off heat and cool. Add:

- Handful finely shredded mint leaves
- 400g skinned/seeded diced tomato flesh
- 4 spring onions finely sliced

Stir then let sit for minimum 30 minutes
Salt and pepper to taste and stir briefly.
Garnish with fresh shredded mint and serve.
Delicious with a glass of chilled sauvignon blanc.

