

Treasure Barrel

Sumac Potato Salad: Mediterranean-Inspired Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
6 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

For the Salad

- [ ] 2 lbs waxy potatoes (like Yukon Gold or red potatoes), scrubbed and cut into 1-inch cubes
- [ ] 1/2 red onion, very thinly sliced
- [ ] 1 cup fresh parsley, roughly chopped
- [ ] 1/2 cup fresh dill, roughly chopped
- [ ] 1/4 cup fresh mint leaves, roughly chopped
- [ ] 1/4 cup extra-virgin olive oil
- [ ] 2 tablespoons balsamic glaze
- [ ] 1 tablespoon ground sumac
- [ ] 1 teaspoon sea salt, or to taste
- [ ] 1/2 teaspoon black pepper, or to taste

Instructions

1. First, let's get our potatoes ready. Place the scrubbed and cubed potatoes into a large pot. Cover them with cold water until they are submerged by about an inch, and add a generous pinch of salt to the water. This helps season the potatoes from the inside out. Bring the pot to a boil over medium-high heat, then reduce the heat to a gentle simmer. Let them cook for about 15-20 minutes, or until they are perfectly tender when pierced with a fork. Be so careful not to overcook them; you want them to hold their shape.

2. While the potatoes are bubbling away, you can prepare all the other lovely components. This is a nice, calm moment in the process. Thinly slice your red onion—the thinner, the better, so its flavor is present but not overwhelming. Gently wash and chop all of your beautiful fresh herbs: the parsley, dill, and mint. The kitchen should start to smell absolutely amazing right about now. In a small bowl, you can whisk together the extra-virgin olive oil and balsamic glaze to create your simple dressing. It's a really easy and moist way to bring everything together.

3. Once the potatoes are perfectly tender, drain them immediately and gently in a colander. Let them sit for just a minute to allow some of the steam to escape. Now, transfer the warm potatoes to a large mixing bowl. While they are still warm, pour over your olive oil and balsamic mixture. The warmth of the potatoes helps them absorb all of that deliciousness. Add the thinly sliced red onion, the chopped herbs, the ground sumac, sea salt, and black pepper. Using a large spoon or a rubber spatula, gently fold everything together until the potatoes are evenly coated.

4 Now for the hardest part: patience. I know it's tempting to dig right in, but I promise it's worth the wait. Cover the bowl and let the salad rest at room temperature for at least 30 minutes before serving. This allows the flavors to meld and deepen into something truly special. Before serving, give it one last gentle toss and taste for seasoning. You might find it needs another sprinkle of salt or a bit more sumac. Serve it warm or at room temperature; it's honestly delicious either way.

Nutrition per serving

280 kcal	4 g	35 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Don't be shy with the herbs! The large quantity might seem like a lot, but they are essential to the salad's fresh, vibrant character and wilt down slightly when tossed with the warm potatoes.
- The quality of your olive oil really makes a difference here, as it's a primary flavor component. Use a good-quality extra-virgin olive oil that you enjoy the taste of on its own.
- If you want to mellow the flavor of the red onion a bit, you can soak the thin slices in a bowl of ice water for about 10 minutes before adding them to the salad. Just be sure to pat them completely dry.