

Greek Salad

Season: Summer/Autumn

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: cucumbers, green capsicums, spring onions, tomatoes

Cold, salty and refreshing, Greek salad is a classic dish with a number of variations, but always with tomatoes. Choose the ripest ones you have so their sweetness and taste come through the other flavours.

Equipment:

metric measuring spoons
and scales
clean tea towel
chopping board
knives – 1 small, 1 cook's
vegetable peeler
teaspoon
bowls – 1 small, 1 large
fork
wooden spoon
serving dishes

Ingredients:

12 small tomatoes or 6 large, cut into chunks or wedges
2 green capsicums, de-seeded and chopped
2 cucumbers, peeled and halved lengthways
4 spring onions or 1 small red onion
24 kalamata olives
3 tbsp extra-virgin olive oil
3 tsp red-wine vinegar
salt, to taste
freshly ground black pepper, to taste
100 g feta



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Place the tomatoes and capsicum in the large bowl.
3. Scoop out and discard most of the seeds from the cucumbers with the teaspoon. Chop the cucumber into 2 cm cubes and add it to the large bowl.
4. If using spring onions, remove the outside layer and the roots then trim the tops. Cut into 1 cm pieces. If using red onion, cut it in half and peel it, then slice it as finely as you can. Add the onion to the large bowl.
5. If the olives have pips, remove them by squashing the olives. You can do this by squeezing each olive between your thumb and the middle joint of your forefinger, or by carefully pressing the flat side of the cook's knife onto each olive. Add the olives to the large bowl.
6. Whisk the oil and vinegar lightly with the fork in the small bowl. Pour the dressing over the salad and mix well.
7. Taste and season with salt and pepper (try to under-salt it as the feta will be salty). Crumble the feta over the salad, then serve.

