

## Kitchen Garden at Collingwood College 2017

### Name of Recipe: Asian Salad

Volunteer notes: Your group can make up the dressing, using my guidelines.

**Please check with Desley at each lesson for allergies- gluten, seeds, fish**

From our garden; broad bean tips, edible flowers, chard, silver-beet, chives, mint, spring onions

What to collect	What to do
1/2 pkt Rice noodles, soaked in cold water, cooked & drained	<ul style="list-style-type: none"><li>• Cook then drain and cool the noodles. Put in large bowl.</li></ul>
Portion cabbage-savoy & purple- finely sliced	<ul style="list-style-type: none"><li>• Wash the cabbages &amp; spin dry. Separate the leaves and lay 1-2 flat on your board, and slice as thinly as you can. Put into the bowl</li></ul>
3- carrots, peeled & grated	<ul style="list-style-type: none"><li>• Grate the carrot, finely cut the spring onion. Add all to the bowl.</li></ul>
4- spring onion, finely sliced	
Lots of herbs- coriander, chives, mint, Vietnamese mint	<ul style="list-style-type: none"><li>• <u>Wash the herbs</u>. Pick both mints off the stems &amp; add to the bowl.</li></ul>
Silverbeet/chard etc- washed/chiffonnade & sautéed in garlic	<ul style="list-style-type: none"><li>• Mix all well, set aside in the fridge while making the sauce.</li><li>• Once the greens are sautéed in garlic- cool before adding to the salad.</li></ul>

<p><u>Sauce:</u>  1 x Lemon zested &amp; juiced  3 cloves Garlic-finely chop  3 cm ginger-zested  3 x tblsp Soy sauce (gluten free)  2 tblsp white sugar  ½ tsp Sambal olek –chilli puree (optional)</p> <p>Plum sauce (check gluten students)  Hoisin sauce (check gluten students)  Fish sauce (check about vegans/vegetarians or fish allergy)</p>	<ul style="list-style-type: none"> <li>• Make the sauce to your taste ...don't go overboard on the chilli. Get me over if you need help.</li> <li>• Remember Asian flavour&gt;&gt;&gt;sweet &amp; salty &amp; acidic.</li> <li>• Pour over the salad &amp; toss. TASTE. Put back into the fridge till service.</li> </ul>
<p>Platters for serving &amp; spoons</p>	<ul style="list-style-type: none"> <li>• To serve.</li> <li>• Gently divide the salad into 3-4 platters, Garnish with more herbs. Serve with tongs.</li> </ul>