

Kitchen Garden at Collingwood College 2019

Name of Recipe: Cannellini Salad of Fennel, Radish, Herbs & Orange Creamy Tarragon Dressing

Volunteer Notes:

BE GENTLE with the leaves.

From our garden: Salad leaves, Herbs, Citrus, Edible Flowers

What to collect	What to do
<p>1 x small Basket baby Lettuce (Coz, Freckle coz, Radicchio, Royal Oak leaf, Nasturtium, Snow pea tips, beetroot leaves, calendula, nasturtium leaves Oak leaf) Lettuce spinner</p> <p>1 tin cannellini beans, drained, rinsed, drained</p> <p>1 x Orange-zested and juiced</p> <p>1 x Fennel, sliced very thinly (store in lemon water) & chop feathery tops Radishes, trimmed, washed, cut into 1/2 & finely sliced Colander</p> <p>6 stalks Parsley-pick leaves, wash & spin dry Mint-if available Nasturtium/calendula flowers for garnish</p>	<p>Go thru your lettuce & discard any damaged leaves, wash & dry. GENTLY. Divide into 3 bowls.</p> <p>Open the tin beans, wash well in a colander with cold water-leave to drain. Add to a large mixing bowl.</p> <p>Wash the fennel. Cut fennel into ½, then separate the fennel leaves. Slice each fennel piece very thinly. Put into lemon cold water until assembling the salad. Trim the radish, slice and add to cold water</p> <p>Prepare the herbs & flowers.</p>
<p><u>Tarragon dressing:</u> 70 ml olive oil 70ml vegetable oil 1 tsp Dijon mustard 30 ml homemade Tarragon vinegar 1 x tbsp tarragon herb, picked & washed 1x tsp honey Salt Ground pepper Large bowl & whisk</p>	<p>Put the honey, vinegar & mustard in a bowl, whisk well.</p> <ul style="list-style-type: none">• Slowly add the oils, WHISKING AS YOU GO. <p>Add the chopped tarragon, Add orange zest , season well.</p> <ul style="list-style-type: none">• If it needs thinning add a bit of orange juice.

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3 platters & salad servers	<ul style="list-style-type: none">• 5 mins before serving DRAIN the radish & fennel well. Add to bowl of beans. Add herbs, 2/3 of the dressing and mix.• Divide all the ingredients onto 3 platters.• GENTLY toss thru a small amount 1/3 dressing on the lettuces & pile gently onto each platter.• Scatter over edible flowers.
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