



Salad of the Imagination

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: chicory, chives, garlic, lettuce, radish, radicchio, rocket, soft-leaved herbs, spinach, witlof, zucchini

Students love making Salad of the Imagination and there are so many possible combinations.

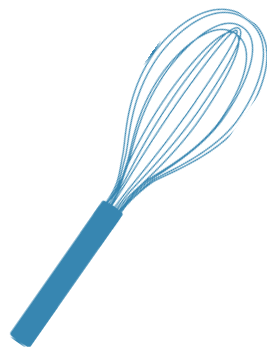
Note: Heavy extras tend to sink to the bottom of a bowl, so serve your salads on a wide shallow platter, which will display the tasty extra touches to good advantage. Toss the salad and dressing just before serving.

SUGGESTIONS BY SEASON:

- **Spring:** herbs (such as flowering thyme), pine nuts, rocket leaves (arugula)
- **Summer:** tomatoes, mozzarella, basil, spinach, rocket leaves (arugula)
- **Autumn:** celeriac, gruyère, parsnip chips
- **Winter:** spinach, croutons, bacon, beetroot

EQUIPMENT:

metric measuring cups and spoons
salad spinner
clean tea towel
chopping board
cook's knife
small frying pan (optional)
grater (optional)
juicer (optional)
bowls – 1 large, 1 small
whisk
tongs
salad bowls or platters
salad servers



INGREDIENTS:

4 cups mixed salad leaves, washed and dried
2 cups mixed small leaves and soft-leaved herbs, washed and dried

Garnishes and other ingredients such as:

avocado
crispy bacon
croutons
cured fish (anchovies, smoked salmon)
finely sliced red onion or spring onion
grated vegetables (beetroot, carrot, celeriac, radish)
hard-boiled eggs (sliced or chopped)
pickles or preserves (cornichons or gherkins, preserved lemons, olives)
raw fruits (apples, citrus, pears)
shaved or crumbled cheese (blue cheese, cheddar, feta, gruyère, parmesan, pressed ricotta salata)
toasted nuts (almonds, pecans, pine nuts, walnuts)
toasted seeds (pumpkin, sunflower, sesame)

Dressing ingredients such as:

acids (lemon juice, vinegar)
oils (olive oil)
additions (mustards, honey, sugar, herbs, toasted spices)
salt and freshly ground black pepper



WHAT TO DO:

1. Choose your ingredients, thinking about what is in season, which flavours go together and how they will feel in a salad (for example, it's always nice to have something crunchy along with the soft green leaves).

To make the dressing:

1. The most common ratio is one part acid (such as lemon juice or vinegar) to four parts oil. (You may need to adjust this depending on the strength of your vinegar.)
2. Combine your acid with your oil in a small bowl. Whisk lightly to combine.
3. Whisk in additions, which could include mustard, small amounts of honey or sugar, freshly chopped herbs (such as parsley, tarragon, chervil or mint), toasted spices (such as coriander seeds or cumin seeds), yoghurt.
4. Whichever combination you choose, always season to taste with salt and freshly ground black pepper.
5. Taste the dressing and adjust the flavours as necessary before using.

To assemble the salad:

1. Wash and dry the salad leaves and herbs.
2. Prepare any other ingredients for your salad, such as croutons or toasted seeds, cheeses, preserves, grated vegetables or hard-boiled eggs.
3. Tip the salad leaves into the bowl with the dressing, then very gently turn them in the dressing with tongs or your hands.
4. Serve on platters and scatter with croutons or edible flower garnishes, if using.

