

# Mandarin and Fennel Salad

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| <b>Equipment needed</b> <ul style="list-style-type: none"><li>• Small Mixing bowl</li><li>• Salad spinner</li><li>• Chopping board and non-slip mat</li><li>• Knife</li><li>• Whisk</li><li>• Serving bowls</li><li>• Tongs</li></ul>  | <b>Salad Ingredients</b> <ul style="list-style-type: none"><li>• Salad leaves, herbs and edible flowers from the garden (or check what is on harvest bench)</li><li>• 2 Mandarines</li><li>• ½ bulb of Fennel</li></ul> <b>Salad Dressing Ingredients</b> <ul style="list-style-type: none"><li>• 2 tbsp extra virgin olive oil</li><li>• 2 tbsp of vinegar (only choose <b>one</b> of the following to use)<ul style="list-style-type: none"><li>o Tarragon or basil infused vinegar</li><li>o Balsamic vinegar</li><li>o Apple Cider vinegar</li><li>o Malt vinegar</li><li>o White wine or red wine vinegar</li><li>o Fresh lemon or orange juice</li></ul></li><li>• 1/2 teaspoon caster sugar</li><li>• Pinch of salt</li><li>• Freshly ground black pepper</li></ul> |
| <b>Notes:</b> <ul style="list-style-type: none"><li>• Today we are going to work as a group.</li><li>• Make 4 bowls of salad, one for each table.</li><li>• Make <b>one</b> salad dressing and spread it across the 4 salad bowls.</li><li>• The ingredients we use will change depending on availability (what is ready in the garden).</li></ul> <b>What to do:</b><br><b>Salad:</b> <ul style="list-style-type: none"><li>• Collect salad leaves from harvest table or harvest from the garden.</li><li>• If harvesting from the garden get an adult to help you select the leaves that are ready.</li><li>• Pick all the leaves off the lettuce.</li><li>• Wash all salad leaves twice in the sink, (this removes the dirt and insects).</li><li>• Dry using salad spinner.</li><li>• Tear or chop leaves into small pieces and place into the four serving bowls. (Think about the size you would like a piece of lettuce on your fork).</li><li>• Divide up mandarin and place in bowl.</li><li>• Finely slice fennel and add to bowl</li><li>• Add some edible flowers/petals.</li></ul> <b>Dressing:</b> <ul style="list-style-type: none"><li>• Whisk all dressing ingredients together in a small bowl.</li></ul> <b>To assemble</b> <ul style="list-style-type: none"><li>• Clean up</li><li>• Just before we sit down pour salad dressing onto salad, (otherwise it goes soggy).</li><li>• Serve on the tables with small tongs.</li></ul> |  |