

## Kitchen Garden at Collingwood College 2022

### Name of Recipe: Perfect Salad Greens with a perfect Salad Dressing

Volunteer Notes: I would like the students to prepare this with just you to oversee.  
Thanks.

The entire group should understand-

1. *The varieties of lettuces used & may include EDIBLE weeds (Dandelion, Purslane & Mallow leaves)*
2. *How to gently wash the leaves without wasting water! PLUG IN!! How many to put into the sink at a time.*
3. *How to gently spin a small number of leaves to dry them. How (why) to empty water from the spinner & then spin again. How (why) to stop any bruising of the leaves.*
4. *The recipe for a basic salad dressing (vinaigrette)*

### **From the garden- lettuces, capsicum, edible weeds, edible flowers, mint, small amaranth/calendula/sorrel/Purslane & nasturtium leaves**

<b>What to collect</b>	<b>What to do</b>
Salad spinner Selection of salad leaves, including: Coz, Royal oak leaf, Mizuna, Baby beet leaves, Tiny>Nasturtium leaves, Borage leaves, Amaranth, Calendula, Sorrel leaves Edible weeds-dandelion, purslane, mallow Herbs; parsley, mint	Decide on the, presentation as a group, then divide the tasks. Fill a clean sink halfway with cold water. Go thru the leaves & discard any mouldy, pick out bugs. Gently separate the leaves from the lettuce heart for washing. Gently wash your lettuce leaves in cold water a small amount at a time. Spin a small amount <b>dry</b> - divide your leaves evenly into 3 bowls- continue until all the leaves are washed. Pick & then wash parsley & mint- divide into the 3 bowls <b>Fennel/oranges/fetta -see Des</b>
<u>Salad dressing</u> Bowl Whisk Salt flakes/pepper 80 ml XV olive oil 40 mls Vinegar (or lemon juice) 1 x tbsp Dijon mustard <b>1 x tbsp Honey-check w Des</b> <b>3 platters &amp; salad servers</b>	<ul style="list-style-type: none"><li>● Measure ingredients into a bowl, whisk until emulsified (combined)</li><li>● Taste.</li><li>● You will need to whisk again before you dress your salad, as the acid and oil will separate.</li><li>● 5 mins before serving – whisk dressing &amp; measure 2tbsp into each of the salad portions &amp; gently toss. Lift gently onto platter/bowl.</li><li>● Scatter over edible flowers &amp; place hardboiled eggs around the platter.</li></ul>