



# Leafy Salad: Master Recipe

**Season:** All

**Serves:** 30 tastes in the classroom  
or 6 serves at home

**Fresh from the garden:** edible flowers, garlic, lemon, mixed salad leaves, mixed soft-leaved herbs

This recipe should be one of your basic recipes for frequent use. Vary the ingredients according to the season, including leaves and herbs of different shapes and colours, both bitter and sweet. Croutons (such as Turkish bread croutons) can be added. Students can decorate the salad with edible flowers from the garden, such as borage flowers, nasturtium flowers, even young flowers of chives.

**Note:** Make sure you wash and dry the salad leaves very gently, without bruising them.

## Equipment:

clean tea towel  
chopping board  
cook's knife  
citrus juicer  
metric measuring cups and spoons  
salad spinner  
mortar and pestle  
whisk  
large bowl  
tongs  
salad bowls or platters

## Ingredients:

### For the dressing:

1 garlic clove, peeled and finely chopped  
salt, to taste  
juice of a lemon or  
3 tsp red-wine vinegar  
1/3 cup extra-virgin olive oil  
freshly ground black pepper, to taste

### For the salad:

4 cups mixed salad leaves, washed,  
dried and torn (whatever is ready for  
harvesting from the garden)  
2 cups mixed small leaves and soft-  
leaved herbs, washed, dried and torn  
(e.g. rocket, beetroot leaves, baby  
spinach, sorrel, mizuna, parsley)  
croutons and edible flowers (optional)



## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. To make the classic vinaigrette dressing, place the garlic in the mortar with a pinch of salt, then pound it with the pestle until it becomes a paste.
3. Add the lemon juice to the mortar.
4. Stir in the olive oil and add some pepper, then whisk the dressing lightly to combine.
5. Tip the salad leaves and herbs into the bowl, add the dressing, then very gently turn them in the dressing with tongs or your hands.
6. Serve on platters and scatter with croutons or flower garnishes, if using.

