

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 & including EDIBLE weeds (Dandelion, Purslane & mallow leaves)*
2. *How to gently wash the leaves without wasting water! How many to put into the sink at a time.*
3. *How to gently spin a small amount 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)*
5. **Each student is to hard-boil & peel 3 or 4 eggs each- each student will get a ½ to eat (except allergy students-ask me each lesson).**

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

What to collect	What to do
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 FR eggs- ½ per person-hard boiled-9 minutes	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 dry - divide your leaves evenly into 3 bowls- continue until all the leaves are washed. Pick & then wash parsley & mint- divide into the 3 bowls Apples/oranges -see Des-only if time
<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 1 x tbsp Honey-check w Des 3 platters & salad servers	<ul style="list-style-type: none"> ● Measure ingredients into a bowl, whisk until emulsified (combined) ● Taste. ● You will need to whisk again before you dress your salad, as the acid and oil will separate. ● 5 mins before serving – whisk dressing & measure 2tbsp into each of the salad portions & gently toss. Lift gently onto platter/bowl. ● Scatter over edible flowers & place hardboiled eggs around the platter.