

Garden Salad with a French Dressing



Bialik College Kitchen Garden Program

Ingredients:

- 2 tablespoons white wine
- 1 tablespoon Dijon mustard
- ½ teaspoon sea salt
- ½ teaspoon caster sugar
- ½ cup olive oil
- pepper

Equipment:

- chopping board
- knife
- salad spinner
- whisk
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Method:

1. Harvest salad ingredients from the garden.
2. Wash, cut and design a garden salad.
3. Combine white wine vinegar, Dijon mustard, sea salt and caster sugar. Whisk until well combined.
4. Add olive oil slowly, in a steady stream until the dressing thickens slightly. Season with pepper.