

# Salad of the Imagination

Bialik College Kitchen Garden Program



## Ingredients:

- 4 cups mixed salad leaves, washed and dried
- 2 cups soft-leaved herbs, washed and dried
- Garnishes and other ingredients such as:**
- avocado
- finely sliced red onion or spring onion
- cucumber
- tomatoes
- grated vegetables (beetroot, carrot, celeriac, radish)
- hard-boiled eggs (sliced or chopped)
- pickles or preserves (olives, lentils or beans)
- raw fruits (apples, citrus, pears)
- shaved or crumbled cheese (cheddar, feta, parmesan)
- toasted seeds (pumpkin, sunflower, sesame)
- Dressing ingredients such as:**
- acids (lemon juice, vinegar)
- oils (olive oil)
- additions (mustards, honey, sugar, herbs, toasted spices)
- salt and freshly ground black pepper

## Equipment:

- metric measuring cups and spoons
- salad spinner
- clean tea towel
- chopping board
- cook's knife
- small frying pan (optional)
- grater (optional)
- juicer (optional)
- bowls – 1 large, 1 small
- whisk
- tongs
- salad bowls or platters
- salad servers

## Method:

1. Choose your ingredients, thinking about what is in season, which flavours go together and how they will feel in a salad (think flavour and texture).
2. **To make the dressing:** The most common ratio is one part acid (such as lemon juice or vinegar) to four parts oil. (You may need to adjust this depending on the strength of your vinegar.)
3. Combine your acid with your oil in a small bowl. Whisk lightly to combine.
4. Whisk in additions, which could include mustard, small amounts of honey or sugar, freshly chopped herbs (such as parsley, tarragon, chervil or mint), toasted spices (such as coriander seeds or cumin seeds).

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Whichever combination you choose, always season to taste with salt and freshly ground black pepper. Taste the dressing and adjust the flavours as necessary before using.

5. **To assemble the salad**: Wash and dry the salad leaves and herbs. Prepare any other ingredients for your salad, such as croutons or toasted seeds, cheeses, preserves, grated vegetables or hard-boiled eggs.
6. Tip the salad leaves into the bowl with the dressing, then very gently turn them in the dressing with tongs to coat with dressing.
7. Serve on platters and scatter with garnishes, if using.