

Salad of Imagination

Season: Summer/ Autumn

From the garden: lettuce/spinach/silverbeet, cherry tomatoes, pears, apples, figs, basil, parsley, chives, spring onion, calendula flowers

Type: salad Difficulty: easy

Serves: 6 adults as a starter / 18 tastes in the classroom

Volunteer Notes: Please advise on

1/ blending food textures, colours and tastes

2/ different methods of cutting: tearing, shredding, chopping, slicing, grating

3/ hygiene practices, especially when preparing salads

Equipment:

Chopping boards x 2

Knives – chefs knife x 2, serrated chopping knife x 2

Mixing spoon x 2

Mixing bowl x 1 large

tasting spoons x 5

colander, 2 x peeler

measuring spoons

screw top jar for dressing

Ingredients:

Silverbeet leaves/ Spinach, handful cherry tomatoes, 3 pears, 3 apples, 4-5 figs

2 spring onions, lettuce, basil leaves , flat leaf parsley, edible flowers

Dressing :

100ml apple cider or balsamic vinegar

300ml olive or sunflower oil

1 tbl sp lime or lemon juice

garlic if you like

mustard if you like

pinch each of salt & pepper

How to make it:

1. Wash the fruit & vegetables, peel pears & apples
2. Dry the vegetables by towel or spin drying
3. Tear and shred the leafy vegetables

4. Slice the spring onion, cherry tomatoes, pears, apples and figs etc,
5. Chop the herbs finely
6. Put dressing ingredients into jar and shake vigorously. Taste.
7. Dress and toss salad just before eating.

This is a time to get creative and let loose in the kitchen! You can have as

many ingredients you like, however, try to balance the flavours so no one

thing is too overpowering.

TIP: test the salad dressing by dipping in a leaf or vegetable