



Creative Salad

Recipe source: Stephanie Alexander's Kitchen Garden Companion

Season: Spring

Type: Salad

Difficulty: Easy

Serves: Serves 20 to taste

Fresh from the garden: lettuce, and any other appropriate salad green you can find in the garden

Equipment:	Ingredients:
<ul style="list-style-type: none">• Colander• Knife• Measuring spoons• Serving bowl• Garlic crusher• Spoon	<ul style="list-style-type: none">• 2 pinches of sea salt• Pinch of black pepper• Balsamic vinegar, or red wine vinegar, or lemon. (Maybe a combination)• Freshly ground black pepper• extra virgin olive oil• 1 tsp of mustard (if you want)• 1 chopped carrot• 1 chopped tomato• sprinkling of croutons• 1 tsp of Mustard• 8 – 10 handfuls of lettuce, rocket, herbs, kale or any other combination of garden salad ingredients available

What to do:

1. Peel carrot and chop into small pieces
2. Chop bread into small 0.5 cm pieces. Place in preheated oven until they are brown. This should take 5 to 10 mins. Keep an eye on the oven
3. Wash salad ingredients, including carrot and place in salad spinner. Make sure all grit has been removed.
4. Spin salad dry, and leave in salad spinner.
5. Sprinkle salt and pepper into serving bowl.
6. Add vinegar, or lemon and mustard, and gently stir to dissolve salt.
7. Grind in pepper, then add olive oil.
8. Place salad servers in bowl, crossed them over to form a barrier.
9. Place garden salad ingredients on top of servers.
10. Place salad in fridge, and leave until ready to serve.
11. Just prior to eating gently toss salad, sprinkle croutons and then serve immediately.