

LEAFY SALAD

From our garden: This simple and tasty dish uses salad leaves and herbs from the garden.

NOTES TO STUDENTS and VOLUNTEER:

1. Work as a group to make this recipe.
2. Thoroughly wash the salad leaves and herbs.
3. When you have made the salad please help the group making the pancakes by assisting with the cooking.

Equipment

- large bowl
- salad spinner
- tea towel
- chopping board
- small knife
- mortar and pestle
- juicer
- tablespoon
- metric measuring cups
- whisk
- tongs
- salad bowls
- salad servers

Ingredients

- 4 cups mixed salad leaves from the garden
- 2 cups mixed small leaves and herbs, beetroot leaves, baby spinach, mint, basil, oregano chives etc)
- Cucumber

Classic vinaigrette dressing

- 1 clove garlic
- salt
- 1 lemon or 1 tablespoon red wine vinegar
- 1/3 cup extra-virgin olive oil
- freshly ground black pepper

WHAT TO DO

- Fill a large bowl with cold water, and then tip all the leaves into the bowl to soak for a few minutes. Tear the stems away from the spinach leaves (or if the leaves are very small, just cut off any extra stems). Lift the leaves onto the draining-board of the sink.
- Lift out small handfuls at a time and place them in the salad spinner. Working in batches, dry the leaves in the salad spinner (very gently). Set aside until after you have made the dressing.
- Wash the cucumber and cut in half lengthwise. Lay flat and cut into thin semicircles.
- To make the classic vinaigrette dressing, set out the chopping board and knife. Peel and chop the garlic and place in the mortar with a pinch of salt, then pound it with the pestle until it becomes a paste. Juice the lemon and add the juice to the mortar, then stir with the tablespoon to combine and scrape it into the large bowl. Stir in the olive oil and add some pepper, then whisk the dressing lightly to combine it.
- Add the salad leaves into the bowl with the dressing, and then gently turn them in the dressing with the tongs.
- Use the salad servers to lift portions of salad into the serving bowls, and then serve immediately.