

ORANGE LETTUCE SALAD

From our kitchen garden: garlic chives, salad leaves

NOTES TO STUDENTS and VOLUNTEER:

1. Work as a group to make this recipe.
2. Thoroughly wash the salad leaves.
3. Focus on your knife skills when cutting the fruits and vegetables.
4. Pay particular attention to the presentation of your salad.

EQUIPMENT

Chopping board
Small knife
Salad spinner
Scissors
Large bowl
Juicer
Medium bowl
Whisk
Measuring spoons
Measuring jug
Serving bowls
Salad servers
Clean tea towel

INGREDIENTS

Basket of mixed salad leaves
1 cucumber
1 orange

Dressing

1/3 cup orange juice
1/4 cup olive oil
2 tablespoons of white wine vinegar
2 teaspoons caster sugar
1 teaspoon Dijon mustard
1 tablespoon fresh garlic chives
Freshly ground black pepper

WHAT TO DO

- Carefully wash and gently spin the salad leaves in the salad spinner.
- Tear the leaves with your fingers into bite sized pieces and place in a large mixing bowl.
- Wash cucumber, cut in half lengthways and then cut into small even slices. Add to salad leaves.
- Peel the orange and remove the pith (white). Chop the orange and add to the salad leaves.
- Gently toss salad and set aside while you make the dressing.

Dressing:

- Wash and dry the herbs by rolling in a clean tea towel.
- Finely cut the chives with the scissors.
- Cut the oranges in half and juice the orange until you have 1/3 cup of juice.
- In a medium bowl combine the orange juice, white wine vinegar, caster sugar and Dijon mustard.
- Slowly whisk in the olive oil.
- Add the garlic chives.
- Season with freshly ground black pepper.
- Wash up any utensils and clean your workspace.
- Pour dressing over salad leaves just prior to serving.
- Transfer into the serving bowls. Don't forget the salad servers!