

Leafy Salad: Master Recipe

Season: All

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: edible flowers, garlic, lemon, mixed salad leaves, mixed soft-leaved herbs

This recipe should be one of your basic recipes for frequent use. Vary the ingredients according to the season, including leaves and herbs of different shapes and colours, both bitter and sweet. Croutons (such as Turkish bread croutons) can be added. Students can decorate the salad with edible flowers from the garden, such as borage flowers, nasturtium flowers, even young flowers of chives.

Note: Make sure you wash and dry the salad leaves very gently, without bruising them.

Equipment:

clean tea towel
chopping board
cook's knife
citrus juicer
metric measuring cups and spoons
salad spinner
mortar and pestle
whisk
large bowl
tongs
salad bowls or platters

Ingredients:

For the dressing:

1 garlic clove, peeled and finely chopped
salt, to taste
juice of a lemon or
3 tsp red-wine vinegar
1/3 cup extra-virgin olive oil
freshly ground black pepper, to taste

For the salad:

4 cups mixed salad leaves, washed,
dried and torn (whatever is ready for
harvesting from the garden)
2 cups mixed small leaves and soft-
leaved herbs, washed, dried and torn
(e.g. rocket, beetroot leaves, baby
spinach, sorrel, mizuna, parsley)
croutons and edible flowers (optional)



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. To make the classic vinaigrette dressing, place the garlic in the mortar with a pinch of salt, then pound it with the pestle until it becomes a paste.
3. Add the lemon juice to the mortar.
4. Stir in the olive oil and add some pepper, then whisk the dressing lightly to combine.
5. Tip the salad leaves and herbs into the bowl, add the dressing, then very gently turn them in the dressing with tongs or your hands.
6. Serve on platters and scatter with croutons or flower garnishes, if using.

