

Name of Recipe: Perfect Salad Greens with a perfect Salad Dressing

Volunteer Notes: I would like the students to prepare this with just you to oversee. Thanks.

The entire group should understand-

1. The varieties of lettuces used & including (if available small amaranth & nasturtium leaves)
2. How to gently wash the leaves without wasting water! How many to put into the sink at a time.
3. How to gently spin a small amount of leaves to dry them. How (& why) the need to empty water from the spinner & spin again. How (& why) we want to stop any bruising of leaves.
4. The recipe for a basic salad dressing (vinaigrette)

From the garden- lettuces, edible flowers, mint, small amaranth & nasturtium leaves

| What to collect | What to do |
|---|--|
| Salad spinner Selection of salad leaves, including: Coz, Royal oak leaf, Mizuna, Baby beet leaves, Nasturtium leaves, Borage leaves, Amaranth leaves-tiny 4 x Spring onion Herbs; parsley, mint, fennel fronds | <ul style="list-style-type: none">• Decide on the, presentation as a group, then divide the tasks. Fill a clean sink with cold water halfway. Go thru the leaves & discard any mouldy, pick out bugs. Gently separate the leaves from the lettuce heart for washing. Gently wash your lettuce leaves in cold water a small amount at a time. Spin a small amount dry- put into another bowl- continue until all the leaves are washed. Cut spring onions finely Pick the washed parsley & mint. |
| Salad dressing Bowl Whisk Salt flakes/pepper 120 ml XV olive oil 40 mls Vinegar (or lemon juice) Optional flavourings- 1 x tblsp Dijon mustard Herbs Platters & salad servers | <ul style="list-style-type: none">• Measure ingredients into a bowl, whisk until emulsified (combined)• Taste.• You will need to whisk again before you dress your salad, as the acid and oil will separate.• 5 mins before serving divide all the ingredients up into 3-4 bowls, toss thru a small amount of salad dressing (2 x tablespoons each bowl of salad) & pile gently onto platter.• Scatter over edible flowers. |

Kitchen Garden at Collingwood College 2017