



Seasonal Garden Salad

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: edible flowers, garlic, herbs, salad leaves

This recipe should be one of your basic recipes for frequent use. Vary the ingredients according to the seasons, including leaves and herbs of different shapes and colours, both bitter and sweet. You can add croutons and seeds, and edible flowers such as borage, nasturtium, even young chive flowers. Make sure you wash and dry the salad leaves very gently, without bruising them.

Equipment:

large bowl
scissors
tea towel
chopping board
cook's knife
mortar and pestle
citrus juicer
mixing spoon
measuring cup
whisk
tongs
serving bowls or platters

Ingredients:

For the salad:

2 large handfuls mixed salad leaves (whatever is ready for harvesting from the garden)
1 large handful mixed small leaves and herbs (such as rocket, beetroot leaves, baby spinach, sorrel, mizuna, parsley)

Any seasonal ingredients that can be eaten raw:

- In winter/spring try beetroot, broccoli, carrot, fennel, peas, snowpeas
- In summer/autumn try basil, beans, capsicum, cucumber, tomato

For the classic vinaigrette dressing:

1 clove garlic, finely chopped
salt
1 lemon, juiced, or 3 tablespoons red wine vinegar
 $\frac{1}{3}$ cup extra virgin olive oil
freshly ground black pepper

What to do:

1. Tear the stems away from any large spinach leaves, and tear any very large leaves into smaller pieces.
2. 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 juice to the mortar, stir, then scrape it into the large bowl.
4. Stir in the olive oil and add some pepper, then whisk lightly to combine.
5. Tip the salad leaves into the bowl with the dressing, then gently turn them in the dressing with tongs or your hands.
6. Serve on platters and scatter with seeds, croutons or flower garnishes (if using).

