

Salsa Verde

Season: Summer/Autumn/Spring

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: chervil, French tarragon, lemon, lemon thyme, parsley, rocket, spring onions

This fresh green sauce is great on fish and vegetables, fun to make and uses up a bumper herb harvest. This sauce will store well in the fridge for a few days – but only add the lemon juice just before serving or it will lose its beautiful green hue. Use whatever herbs you have in your garden if you do not have the listed herbs growing.

Equipment:

metric measuring cups and spoons
clean tea towel
chopping board
cook's knife
citrus juicer
zester
2 small bowls
spoon

Ingredients:

1 tbsp salted capers
hot water (enough to cover the capers)
3 spring onions, thinly sliced
½ cup chervil, chopped
1 large handful of parsley (about
1 cup, gently packed), coarsely
chopped
1 tbsp French tarragon, chopped
1 tbsp lemon thyme, chopped
1 cup rocket leaves, chopped
3 cornichons, sliced
¼ cup extra-virgin olive oil
sea salt and freshly ground pepper,
to taste
zest and juice of ½ lemon, for serving



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Place the salted capers in a small bowl and add some hot water. Set aside.
3. Place the spring onions, herbs, rocket and cornichons in the other small bowl.
4. Drain and rinse the capers in cool water, drain and dry them and add to the rest of the ingredients.
5. Stir in the oil and adjust the seasoning by adding salt and pepper to taste.
6. Add the lemon zest and juice to the sauce when you're ready to serve, any earlier will dull the beautiful green colour.

