



WINTER'S FLAT PRIMARY SCHOOL
Stephanie Alexander Kitchen Garden Program

MASTER SALAD RECIPE

Season: AUTUMN

Group:

Recipe source: Stephanie Alexander Kitchen Garden Cooking with Kids

Fresh from the garden:

- Salad leaves, parsley, basil, spring onions, garlic

Equipment: <ul style="list-style-type: none"> • Bowls – 1 large, 1 small • Salad spinner • Tea towel • Kitchen paper • Chopping board • Knives – 1 large, 1 small • Mortar and pestle 	<ul style="list-style-type: none"> • Lemon juicer • Tablespoon • Measuring cups • Whisk • Tongs • Colander
Ingredients: <ul style="list-style-type: none"> • 6 cups of mixed salad leaves • 2 cups parsley and basil • 6 spring onions 	Classic vinaigrette dressing <ul style="list-style-type: none"> • 1 clove of garlic • Salt • 1 lemon • ½ cup olive oil • Freshly ground black pepper

What to do:

1. Wash salad leaves well in cold water and drain using the colander. Pick through leaves and cut off any stems or marked pieces.
2. Rinse again and place handfuls into the salad spinner, tearing any large leaves into smaller pieces. Dry the leaves gently in the salad spinner. Repeat this process until all the leaves have been dried.
3. Wash and dry the herbs using the salad spinner and chop or tear roughly.
4. Wash and dry the spring onions and chop finely. Set aside in a small bowl
5. Lay out a dry tea towel and line it with kitchen paper. Spread the dried leaves over the paper and scatter the herbs and roll up like a log. Keep the rolled parcel of leaves in the refrigerator until needed.
6. To make the vinaigrette:
Peel and chop the garlic. Place it in the mortar with a pinch of salt, then pound to a paste using the pestle. Juice the lemon and add the juice to the mortar, then stir the lot with the tablespoon and scrape it into the large bowl. Stir in the oil and add some pepper, then whisk the dressing lightly.
7. Carefully unwrap the parcel of salad leaves and tip them into the bowl with the dressing. Gently turn the leaves in the dressing using the tongs or clean hands