

Salad Recipe = Greek Salad - Serves 4—6

Ingredients:

2 cloves garlic
50 ml olive oil
15 ml lemon juice
2 nil salt
milled black pepper
feta cheese
half a small lettuce, coarsely shredded
12—18 stoned black olives, sliced
1 large tomato, chopped
1/2 cucumber (or 1/4 English cucumber)
1 green pepper
1 medium onion, thinly sliced into rings
pinch sugar
croutons (optional)
Crush garlic directly into wooden salad bowl. Add oil.

Method:

Using a wooden spoon, stir in lemon juice, salt and pepper. Add as much crumbled feta as you like, cover and stand for an hour or so. Just before serving add lettuce, olives, tomato, and pared, seeded and diced cucumber. Slice green pepper into thin strips and discard seeds. Place in a bowl with onion and sugar, cover with boiling water and stand for a few minutes. Drain, add to salad and toss well. Add croutons at this stage if desired.

Salad Recipe = Brown Rice Salad with Mushrooms - Serves 8

Ingredients:

375 ml brown rice
2 ml salt
800 ml chicken stock
5 ml dried tarragon
25 ml oil
25 ml butter
250—300 g brown mushrooms, sliced
1 green pepper, seeded and diced
25 ml soy sauce
milled black pepper
100 ml finely chopped parsley
6 spring onions, chopped

Method:

Put rice, salt, stock and tarragon into a saucepan, bring to the boil, cover, turn heat to very low and leave for 50 minutes without looking.

Meanwhile prepare mushrooms: Heat oil and butter and add mushrooms and green pepper. Sauté until just softened, remove from stove, add soy sauce and pepper to taste, then cover and stand until rice is cooked, Spoon rice into large bowl - the grains should be separate and dry. Using a fork, add mushroom mixture, including all the juices, and toss. Add parsley and spring onions, then cover and cool, or chill until required.

Salad Recipe = Broccoli Salad with Creamy Curry Dressing

Ingredients:

500-600 g broccoli
salt and milled black pepper
1 red pepper, de-seeded
2 leeks, thinly sliced
2-5 ml curry powder
2—5 ml turmeric
10 ml boiling water
125 ml thick mayonnaise
125 ml buttermilk
slivered toasted almonds

Method:

Cut away lower tough ends of broccoli stalks. Chop stems coarsely and break off florets. Poach stems in a little boiling water until softened. Add florets and cook until just tender, keeping lid of saucepan tilted (this retains the

bright colour). When just cooked (but not wilted), drain, if necessary, spoon into salad bowl and season. Cut pepper into thin strips. Pour boiling water over leeks and pepper to blanch, stand for a few minutes, drain and spoon on top of broccoli. Put curry powder and turmeric in a cup, pour over the boiling water and stand for 5 minutes, then stir into mayonnaise mixed with buttermilk. Pour over vegetables and sprinkle generously with almonds. May be chilled for an hour or two before serving.

Salad Recipe = Green Bean, Red Pepper and Anchovy Salad

Ingredients:

500 g young green beans
1 red pepper
1 onion, thinly sliced
1 x 55 g can rolled fillets of anchovy with capers

Dressing:

50 ml vegetable oil
25 ml olive oil
25 ml lemon juice
1 ml salt
2 ml sugar
2 ml dried tarragon

Method:

Top, tail and halve beans, or if very slender leave them whole. Cook in a minimum amount of salted water until just tender — leave lid of saucepan tilted to retain colour. Drain in a colander. Don't be tempted to refresh under cold water as they'll absorb the dressing better if hot. While beans are cooking, seed and cut red pepper into thin strips. Pour boiling water over pepper and onion, stand for 2 minutes then drain. Spoon vegetables into a shallow salad dish.

Mix ingredients for dressing and pour over hot vegetables. When cool, cover and chill several hours to allow dressing to be absorbed. Soak anchovies in milk for 15 minutes to remove excess salt and arrange on top of salad just before serving.

Salad Recipe = Bulgar Salad with Tomatoes and Black Olives

Ingredients:

250 g bulgar wheat
6 small spring onions, finely chopped
100 ml finely chopped parsley
25 ml finely chopped fresh mint
2 medium tomatoes, chopped
black olives, sliced
lettuce and sliced cucumber to garnish

Dressing:

50 ml vegetable oil
50 ml olive oil
35 ml lemon juice
1 clove garlic, crushed
salt and milled black pepper
2 ml dried oregano

Method:

Mix ingredients for dressing first and stand for several hours to blend flavours.

Soak bulgar wheat in water to cover generously for about 1 hour. Drain in colander, and squeeze out excess moisture with hands. Put into a large bowl and add spring onions, parsley and mint. Pour over prepared dressing, toss, cover and stand 30 minutes. Adjust seasoning and then fold in tomatoes and olives. Serve garnished with lettuce and sliced cucumber.

Salad Recipe = Salad Dressing Recipes

Blender Mayonnaise

Ingredients:

1 extra large egg or 2 yolks (for a thicker consistency)
2 ml salt
2 ml dry mustard
25 ml tarragon vinegar or lemon juice
250 ml oil

5 ml sugar
1 clove garlic, chopped

Method:

Put egg, salt, mustard, vinegar, 25 ml oil, sugar and garlic into a blender. Blend well and then, with motor running, slowly pour in remaining oil through the hole in the top. When all the oil has been added, you should have a smooth, creamy mayonnaise. For a lighter mayonnaise, stir in a little sour cream, yoghurt or buttermilk. Makes 300 ml.

French Dressing with Wine and Herbs

Ingredients:

125 ml oil
50 ml good red wine
15 ml lemon juice
1 ml salt
5 ml sugar
15 ml chopped mixed fresh herbs (sage, thyme, basil, marjoram)
50 ml chopped parsley

Method:

Put all the ingredients into a screw-top jar, shake and stand briefly before using — if left too long the fresh herbs could turn bitter. Makes 200 ml or enough for 1 very large salad.

Creamy Herbed French Dressing

Ingredients:

125 ml each oil, dry white wine and buttermilk
5 ml honey
2 ml dried origanum
2 ml dried tarragon
2 cloves garlic, crushed
1 ml celery salt

Method:

Shake all the ingredients in a screw-top jar and leave to stand for at least 1 hour before using. Use when freshly made, as it does not keep well. Makes 375 ml.