

# Salad of the Imagination

**Season:** Year round

**From the garden:** Green leaves, vegetables, herbs, fruit, seeds, flowers – anything edible!

**Type:** Salad

**Difficulty:** Easy

**Serves:** 30 tastes

**Recipe source:** Adapted from *Shared Plate*, Stephanie Alexander Kitchen Garden Foundation

## Equipment

- Clean tea towels
- Scissors
- Grater
- Chopping boards x 3
- Kitchen knife x 3
- Large mixing bowl
- Measuring cups and spoons
- Citrus juicer
- Whisk
- Tongs

## Ingredients

- 4 cups of mixed salad leaves
- 2 cups of small leaves and herbs
- Vegetables to chop e.g. tomatoes, celery, snowpeas, mushrooms,
- Vegetables to grate  
e.g. beetroot, carrot, radish, zucchini
- 1 tablespoon 'acid'  
e.g. lemon juice or vinegar
- 3 tablespoons 'oil'  
e.g. olive oil
- Mustard, honey, spices to flavour dressing
- Salt and pepper to taste
- Edible flowers
- Toasted seeds or croutons

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## How to make it:

1. Collect salad ingredients thinking about what is in season and which flavours go together. Think about how the ingredients will feel together in a salad (e.g. it is nice to have something crunchy alongside the soft green leaves).
2. Prepare the leaves and herbs by washing and drying them gently. Tear or snip big leaves into bite sized pieces and remove any tough stems.
3. Wash and dry gently any vegetables that you will use in your salad, and then grate or dice into small pieces. **Kia tūpato/Caution! Ask an adult to help you with this.**
4. To make the dressing use 1 part 'acid' to 3 parts 'oil'. Whisk together in a large mixing bowl then mix in your favourite flavour additions such as honey, mustard or spices. Add a pinch of salt and pepper, and always taste and adjust to your taste.
5. Tip the leaves into the mixing bowl with the dressing and then gently toss/turn them in the dressing with tongs or using your hands. Mix through any chopped or grated vegetables you are using.
6. Tip salad into serving bowls and garnish with edible flowers, seeds and croutons (if any).



**Gluten Free** - Check mustard and spices. Omit croutons.

**Dairy free**

**Egg free**

## Skills:

Tear, snip, grate, dice, whisk, taste, toss, garnish\*.

**\*garnish** - to decorate a dish of food with a small amount of food. This is where you can use your skills to make the Salad of the Imagination beautiful and unique.

## Notes:

- The only limit to the variety of this salad is your imagination, (and what's in the garden)! You can use whatever you have to hand to create a delicious fresh salad. The contents of this salad will naturally change with the seasons, depending on what is available to eat in the garden.
- You can use other oils to make your dressing. If the oil has a strong flavour, e.g. sesame oil, use 1 teaspoon and top up with a more neutral oil.
- Mustard plays the role of an 'emulsifier' in the dressing, holding the oil and acid together so the dressing doesn't separate.