



Leafy Salad: Master Recipe

Season: All
Type: Salads
Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: herbs, garlic, leafy salad leaves

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

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. Croutons can be added (such as Turkish bread croutons). Students can decorate the salad with edible flowers from the garden, such as borage flowers, nasturtium flowers, even young flowers of chives.

Make sure you wash and dry the salad leaves very gently, without bruising them.

Equipment:

large bowl
scissors
salad spinner
2 clean tea towels
kitchen paper
chopping board
measuring cups and spoons
1 large knife
mortar and pestle
juicer
tablespoon
whisk
tongs
salad bowls or platters
salad servers

Salad ingredients:

4 cups mixed salad leaves
(whatever is ready for
harvesting from the garden)
2 cups mixed small leaves and
herbs (e.g. rocket, beetroot
leaves, baby spinach, sorrel,
mizuna, parsley)
croutons and edible flowers
(optional)

Classic vinaigrette dressing:

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



What to do:

- Fill a large bowl with cold water and tip all the leaves into the bowl to soak for a few minutes.
- Tear the stems away from any spinach leaves (or if the leaves are very small, just cut off any extra long stems using scissors).
- Lift the leaves onto the draining board of the sink and tip the water into a bucket to use on the garden.
- Rinse the bowl, then add fresh water and return the leaves to the bowl. Swish the leaves again in clean water, then lift out small handfuls at a time and place them in the salad spinner. (Put any yellow or slimy leaves in the compost bucket.)



Vietnamese Rice Paper Rolls

Season: Winter

Makes: Approximately 30 small rolls

Fresh from the garden: bean sprouts, carrots, coriander, cucumber, eggs, garlic, lettuce, lime, Thai basil/Vietnamese mint

Being able to make rice paper rolls is a good skill to have – it might take a bit of practice at first but you'll quickly get the hang of folding the rice paper over the ingredients so it's firm but doesn't rip. Dipping sauces are also really easy to make – just remember to try to balance the flavour so it's not too salty, not too sweet.

Equipment:

medium saucepan
 metric measuring scales, cups and spoons
 clean tea towel
 chopping board
 knives – 1 cook's, 1 small
 salad spinner
 citrus juicer
 colander
 mixing bowls – 2 medium, 1 large and shallow
 mixing spoon
 whisk
 wok
 spatula
 large platter to serve
 small serving bowl

Ingredients:

120 g vermicelli noodles
 3 tsp soy sauce
 2 tsp fish sauce
 1 tsp palm sugar
 250 g firm tofu, sliced 5 mm thick and 50 mm long
 4 eggs
 2 tbsp sunflower oil
 30 small rice papers
 2 large or 4 small cucumbers, sliced as per tofu
 1 large or 2 small carrots, sliced as per tofu
 1 cup Thai basil/Vietnamese mint leaves
 1 cup coriander leaves
 1 handful of bean sprouts
 1 iceberg or cos lettuce, washed and spun

For the dipping sauce:

1 garlic clove, peeled and finely chopped
 juice of a lime
 1 tbsp fish sauce
 2 tbsp caster sugar
 tiny drop of chilli sauce



What to do:

1. Put a saucepan of water on to boil.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Cook the vermicelli by adding it to the boiling water for 1–2 minutes, then drain and allow to cool.
4. Mix together 2 teaspoons of soy sauce, 1 teaspoon of fish sauce and 1 teaspoon of palm sugar in a medium bowl. Marinate the tofu in this mixture.



Vietnamese Rice Paper Rolls continued

5. Whisk the eggs in the other medium bowl with a splash of soy sauce and fish sauce.
6. Heat the wok and add the oil. Pour the egg mix into the hot wok and cook on a high heat until the mix is cooked right through and looks like a big omelette.
7. Remove from the wok, place on the chopping board and slice into long slivers.
8. Half fill the large, shallow bowl with warm water.
9. Dip a rice paper wrapper into the water and remove after 15 seconds. Place the wet rice paper wrapper flat onto a clean workbench or chopping board.
10. Place a small amount of vermicelli noodles, then a small amount of each ingredient onto the bottom third of the rice paper.
11. Roll over once, tuck the loose ends into the roll and then roll up.
12. Spread crunchy cos or iceberg lettuce leaves in a layer on the serving platter.
13. Stack the rice paper rolls onto your platter of lettuce to serve.
14. For the dipping sauce, mix all the dipping sauce ingredients together in a small serving bowl. Serve alongside the rice paper rolls.

