

Leafy Green Salad

Ingredients

Assorted leaves

Method

Fill your sink with cold water. Tip in leaves and allow to soak for a few minutes. Lift the leaves onto the draining board of the sink. Look at your leaves and remove any long stems and tear any large leaves into bite size pieces.

Empty out the water from the sink. Add fresh water and return your leaves to the sink. Gently swish the leaves again and double check for slimy leaves or oversized leaves. Lift out a small handful and place in the salad spinner, dry the leaves very gently. Repeat this process, working in batches, until all the leaves have been dried.

Lay out a dry tea towel, spread the dried leaves over the tea towel and gently roll the whole lot up like a loose log. Keep the rolled log of leaves in the fridge until needed.

Once the dressing has been made, unwrap the log of leaves and tip them into a large bowl. Pour over the dressing. Gently turn the leaves in the dressing using your hands.

Use your hands or salad servers to transfer the salad to 4 salad bowls, serve immediately.

Salad Dressing

Ingredients

1 clove garlic

Salt

2 tablespoon lemon juice or your choice of quality vinegar

1 tablespoon honey

½ cup olive oil

Pepper

Method

Peel the garlic then place it in the mortar and pestle with a pinch of salt then pound to a paste.

Add the lemon juice/or vinegar and honey to the mortar then stir the whole lot with a tablespoon to combine then scrape it all into a larger bowl. Whisk in the oil and add some pepper. Taste, adjust seasonings if necessary. You want to balance sour, salty and sweet.