

## Lets Talk Salad

*Believe in your own taste and you are on a winner regardless to how adventurous or reserved your personnel tastes.*

Almost everything you eat warm plated can be placed into a salad, along with the items you already regard as salad goodies.

Its an easy way to feed large numbers while staying totally in control, preparing in advance to maximise time spent with family and friends or just putting a little twist on an old favourite.

Its all about cooking meats, fish, vegetables or even fruit just right and combining them. Either serving warm or cooling quickly (in freezer OR in cold water) in order to stop them continually cooking, possibly overcooking.

Think of:

- A roast dinner possibly beef with all the roasted vegetables, then imaging cooling everything down to room temperature, lightly tossing in a horse radish dressing served on a bed of crisp green lettuce. No reason why not?
- Cooked 2 minute noodles (with out flavour sachet) tossed with spring onions, capsicum and asparagus tossed with a coriander, ginger, chilli and sesame oil dressing, seared tuna (any fish) finished with fresh squeezed lime.
- A warm salad of blanched vegetables, plunged into boiling water or a steamed in order of cooking times. ie: carrots and new potatoes first followed by beans and zucchini, last of all broccoli and sugar snap peas. a fine chopped tomato and balsamic vinegar salsa, topped with grilled pear or even a soft poached egg?
- What about a nice fresh salad of mixed lettuce, herbs, smoked salmon and baked sweet potato, spoons of plain yoghurt with lemon juice and fresh ground black pepper. You could even soak saffron strands in a table spoon of boiling water and added to the yoghurt and that's a real flavour hit.....

**Just think of all you like to eat, work out ways to cook it, cool them down (does not have to be fridge cold) and away you go to new combinations.**

**Dressings:** are all about your tastes and your ingredients fridge/cupboard.

There is far less hassle to make a nice dressing than slave over some elaborate sauce.

Use a basic rule of: 2/3 oil to 1/3 vinegar/lemon/lime.

The addition of flavours is as easy as dropping them in, most flavours will take a little time to completely infuse into the mixture its great to give them a good few hours, overnight is ideal or even longer. This infusion can be sped up by lightly heating the oil just enough to see a couple of tiny bubbles appear around the flavour ingredient like garlic, chilli, herbs and nuts.

**TIP:** only heat half the intended dressing oil, when the temperature has risen as required add second ½ oil to stop oil rising in heat and burning flavouring.

If adding liquid flavour reduce the quantity of either oil or vinegar/juice to suit.

Dressings **do not** have to have oil or vinegar as an ingredient.

Dressings are just for addition of flavour and moisture to ingredients. Like lemon and lime juice.