

## Salad recipes & dressings

### Grilled Goats Cheese Salad with Broad Beans - Serves 2

This is a lovely summer salad and broad beans make a tasty addition to salads! Probably a little more preparation time than your normal salad but the end result is delicious!

**Preparation Time:-** Approximately 10 to 30 minutes.

**Cooking Time:-** Less than 10 minutes.

**Ingredients:-** 2 goats cheese with a firm rind, 2tbsp/30ml extra virgin olive oil, 1 tsp/5ml hazelnut oil, 4 slices of walnut bread, salt & pepper to season. **For the Salad** - 2 good handfuls of salad leaves (you can use any type), 2 spring onions (also known as salad onions), 3oz podded broad beans (blanched and refreshed with their outer skins removed), 2 tbsp mixed herbs of your choice (mint, tarragon and parsley go well), 1-2 tbsp freshly grated parmesan, 2tbsp/30ml extra virgin olive oil, 2tbsp/30ml hazelnut or walnut oil, 1 tbsp/15ml lemon juice.

**Instructions:-** Place the goat's cheese in a shallow dish with the olive oil and hazelnut oil. Season with salt and pepper and leave to one side to marinade. Place all your salad ingredients and the parmesan cheese in a large bowl and lightly toss. Add the lemon juice, hazelnut oil and olive oil, season to taste and toss the salad again until all the salad is coated in the dressing. Divide the salad between two plates.

Then heat a griddle pan until it's hot and add the goat's cheese, reserving the oil it has been marinating in. Griddle the cheese until lightly brown on both sides. Then dip the walnut bread into the left over oil and griddle for 30-60 seconds on each side. Place the cheese and bread on top of the salad and serve immediately.

**Handy Hint:** *The lovely thing about this salad is that you can use any salad leaves you like. There are so many things that work well this salad and you can vary it each time – watercress, peas and asparagus make lovely additions. You can even add hot griddled chicken too. Enjoy!*

### Carrot & Peanut Salad– Serves 2

This is a lovely salad dish, very colourful and very tasty. A different salad to serve up at those summer barbeques and quick and easy to prepare!

**Preparation Time:** - Approximately 5 minutes

**Cooking Time:** - None

**Ingredients:** - 4 medium carrots, 75g salted peanuts, 2 tbsp red wine vinegar, 2 tbsp groundnut oil, a few drops of sesame oil.

**Instructions:-** Peel and coarsely grate the carrots. Place them in a bowl and combine them with the peanuts and then the rest of the ingredients. Mix well. Could not be simpler!

**Handy Hint:** *This salad looks great served up in a big colourful bowl or dish –there certainly wont be any left overs!*

### **Cucumber and Yogurt dip – serves 6**

I found this recipe in an Indian cook book, but it works just as well for serving with salad or even as a dip for barbeques.

**Preparation Time:-** Approximately 10 minutes

**Cooking Time:-** Approximately 5 minutes.

**Ingredients:-** 1 cucumber, 2 tsp cumin seeds, 2 spring onions – chopped, 1 ½ cups plain yogurt, 1 tbsp fresh squeezes lemon juice

**Instructions:-** Peel the cucumber and cut it in half lengthways. Scoop out the seeds, chop it into small cubes, place in a strainer and sprinkle with salt. Leave this to stand for 15 minutes. Meanwhile place the cumin seeds in a small saucepan over a low heat and stir until well browned. Rinse the chopped cucumber under cold water and allow to drain well. Combine half the cucumber, seeds, spring onions, yogurt and lemon juice in a bowl and stir well. Spoon into a serving bowl, dress the dip with more seeds and cucumber as required.

**Handy Hint:** This dish can be prepared a day in advance and I find actually tastes better after a day in the fridge.

### **Summer Courgette Salad - Serves 4**

This is quite a different way to serve courgette and a lovely fresh salad to accompany a summer barbecue. Also a great side dish for dinner parties. It's really simple to make and very tasty and is one of our favourites!

**Preparation Time:-** Approximately 10 minutes.

**Cooking Time:-** A few minutes.

**Ingredients:-** 4 courgettes, 1 red chilli (deseeded and finely chopped), ½ clove garlic (finely chopped), a handful of fresh mint, extra virgin olive oil, squeeze of lemon, salt & pepper to season..

**Instructions:-** Slice the courgettes lengthways (as thin as you can). Grill them on the barbecue or on a red hot griddle pan until they are lightly charred on both sides. Place the slices on a large plate making sure you don't sit them on top of each other (as this can make them steam and go limp). While the courgettes are still warm season them with sea salt and black pepper. Sprinkle the chilli and garlic (from a height) evenly over the courgettes. Tear the mint and sprinkle over. Then drizzle with the olive oil (as much as you like) and a squeeze of lemon.

**Handy Hint:** You can also add broad beans or sprinkle over some raw peas. This salad goes very well with barbecued or griddled white fish and chicken and pork. You can also add mozzarella or goats cheese. If you have any leftovers you can bake fish fillets on top of the courgettes and make another meal from them! They are also lovely served with steamed rice and seasoned yoghurt.

### **Orange and Celery Salad– Serves 4**

This is another unusual and tasty summer salad. Quick and easy to make!

**Preparation Time:-** Approximately 15 minutes.

**Cooking Time:-** None.

**Ingredients:-** 1 small head of celery (trimmed, de-stringed and sliced diagonally), 2 large oranges, 1 small red onion (cut into very thin wedges), 8oz/225g cherry tomatoes (halved), 3oz/85g lettuce (of your choice), 2 tbsp chopped fresh mint, 1 small garlic clove (crushed), 6 tbsp olive oil or extra virgin olive oil (whichever you prefer), 1 tbsp balsamic vinegar.

(\*\*\*\* We find the best way to de-string celery is to run a vegetable peeler along the stalk of celery \*\*\*\*)

**Instructions:-** Cut away and peel the pith from the oranges. Cut out the individual segments over a bowl to reserve any juice and keep the juice to one side (be very careful not to cut your fingers! You can do this on a plate and tip the juice into a bowl if you prefer). Place the orange segments into a large serving bowl and sprinkle over the sliced celery, red onion, tomatoes and lettuce. Add the crushed garlic, chopped fresh mint, olive oil and balsamic vinegar to the reserved orange juice and whisk to combine. Season to taste and pour over the salad. Toss well just before serving.

**Handy Hint:** *This salad is very healthy and is lovely served with fresh crusty bread. We think parma ham is a nice addition to this salad, yummy!*

### **Tomato and Goat's Cheese Crumble - Serves 4**

This is a lovely summer supper dish, a quite different way to serve tomatoes. You can easily halve the quantities for two people or double the quantities to feed more people.

**Preparation Time:-** Approximately 30 minutes.

**Cooking Time:-** 20 to 25 minutes.

**Ingredients:-** 2lb 4oz/1kg of ripe tomatoes (a mixture of tomatoes is preferable if you have them, but not necessary), 8oz/225g Goat's Cheese, 2oz/50g pine nuts, 4oz/100g fresh white breadcrumbs, 2oz/50g parmesan (freshly grated), 5 tbsp olive oil, salt & pepper to season.

**Instructions:-** Preheat the oven to 190C/375F/Gas Mark 5. Chop up the tomatoes (if you have a mixture of tomatoes, keep the cherry tomatoes whole). Heat two tablespoons of the olive oil in a pan and add your tomatoes (excluding the cherry tomatoes if you are using them). Season well and cook for approximately 10 minutes until the tomatoes are soft. Remove the tomatoes from the heat (add the cherry tomatoes now if you are using them). Spoon half the tomatoes into a 1 3/4 pint ovenproof dish (1 litre). Then crumble half of the goat's cheese on top. Repeat the layers. Heat the remaining olive oil in a pan and lightly fry the breadcrumbs and pine nuts. Remove from the heat and add half of the parmesan. Sprinkle the breadcrumb mixture over the top of the tomatoes and goat's cheese. Then sprinkle with the rest of the parmesan and bake in the oven for 20 to 25 minutes until golden brown.

**Handy Hint:** *This crumble is lovely served with a green salad and a glass of white wine!*

### **Raw Beetroot Salad - Serves 6**

*This is a really different way to serve beetroot. In most recipes beetroot is normally cooked. Here it is served raw and it's yummy! It's a colourful summer salad to impress your guests and convinces even those that don't like beetroot to have a try!*

**Preparation Time:-** Approximately 20-25 minutes.

**Cooking Time:-** None.

**Ingredients:-** 500g raw beetroot, a big bunch (approx 6 tablespoons) fresh dill, approximately a tablespoon of fresh flat leaf parsley (optional), juice of 1 lemon, 2 tablespoons mustard seeds, 2 tablespoons extra virgin olive oil

**Instructions:-** Chop the stalks off the dill and place it in a food processor. Blitz until finely chopped and scrape out and transfer into a bowl (keep a small amount aside to sprinkle on top later). Peel and chop the beetroot into small chunks. Fit the grater disc on your food processor and grate all the beetroot up. Place the beetroot in the bowl with the dill and toss the salad thoroughly. Add the lemon juice and drizzle in the olive oil and toss the salad again.

Then preheat a non stick or heavy based frying pan and toast the mustard seeds for a couple of minutes. Add them to the salad and toss the salad well. Serve the salad in a bowl or on a plate and sprinkle over the remaining dill and the fresh parsley.

**Handy Hint:-***This salad compliments fish well, especially salmon. Especially nice if you decide to barbecue your fish and serve this salad alongside on a hot summer's day.*

### **Roasted Pepper and Prosciutto Spaghetti Salad - Serves 2**

We love the taste of roasted red peppers and this is a lovely filling pasta salad. Portions can easily be doubled for more people.

**Preparation Time:-** Approximately 10 minutes.

**Cooking Time:-** Approximately 40 minutes.

**Ingredients:-** 2 red peppers (cored, de-seeded and quartered), 1 red onion (cut into wedges), 85g/3oz prosciutto (cut into pieces), 10 -12 fresh sage leaves, 3 garlic cloves (sliced), 225g/8oz spaghetti, 6 tbsp olive oil, 1 tbsp cider or white wine vinegar, salt & pepper to season.

**Instructions:-** Pre-heat the oven to Gas Mark 7/220C/425F. Put the peppers and onions into a roasting tin and drizzle over 1 tbsp of the olive oil. Roast in the oven for approximately 20 minutes to 30 minutes until they are nicely charred. Whilst the peppers and onions are cooking break the spaghetti into shorter lengths and place in a saucepan of boiling water. Cook the spaghetti for approximately 10 to 11 minutes until tender but still firm to bite. Drain well. Make a dressing by whisking 3 tbsp of the olive oil and the vinegar together and then season to taste. Then heat the remaining oil in a frying pan and quickly fry the garlic and sage until the garlic is golden and the sage is crisp and slightly darkened. Then remove and drain on some kitchen paper. Fry the prosciutto in the hot pan for a few seconds, turning constantly until browned. Then cut the pepper into thin strips. Toss everything well together, season and serve immediately.

**Handy Hint:** *If you prefer you can skin the peppers for this dish although we usually don't! The best way to do this is place the cooked peppers straight into a plastic bag and leave them for about 20 minutes. Then you can easily peel the skins off and discard them. If you would like a side dish a green salad goes well with this.*

### **English Garden Salad – Serves 4**

This is a fresh tasting salad making the most of the lovely new potatoes and runner beans in your boxes!

**Preparation Time:-** Approximately 15 minutes.

**Cooking Time:-** Approximately 20 minutes.

**Ingredients:-** 1lb 2oz/500g new potatoes, 12oz/350g runner beans (sliced), 1 bunch spring onions (chopped) 240g jar of sun dried tomatoes or sunblush tomatoes (drained), 8oz/225g Cheshire or Lancashire cheese, a handful of fresh mint leaves (roughly chopped or torn), 4 -5 tbsp salad dressing of your choice.

**Instructions:-** Cook the potatoes in boiling water for approximately 15 to 20 minutes until just tender (add salt to the pan if you wish). Steam the runner beans for a few minutes until just tender (or you can add them to the potatoes for the last few minutes of cooking time). Drain the potatoes and beans when cooked and run under cold water to stop them cooking any further. Shake them in a colander to remove as much water as possible and tip them into a large bowl. Add the onions and the tomatoes. Crumble in the cheese and mix well. Add most of the mint and the dressing and toss the salad lightly. Place into a serving dish and scatter over a little more dressing and the rest of the mint.

**Handy Hint:** *Honey and mustard dressing goes well with this. You can either cheat with a bought dressing or we make our own – very simple, just mix olive oil, mustard of your choice and honey together. We also add a little lemon juice and pepper to season. You can add salt if you like and you can vary the quantities of each ingredient to taste. We use roughly 6 tablespoons of olive oil to a teaspoon of mustard and a teaspoon of honey (that's usually for two of us).*

### **Lettuce parcels – serves 1**

Other than salads, what can you do with lettuce? Well, I found this recipe and thought it sounded like an interesting idea. I have to admit I have not tried it myself, so if any or you do I would love to hear what it was like.

**Preparation Time:** Approximately 10 minutes

**Cooking Time:** Approximately 1 minute

**Ingredients:** 4 large lettuce leaves, ½ tin salmon, ¼ red onion, finely chopped, ¼ tin chick peas, 3 tbsp Greek yoghurt, sea salt & fresh ground pepper to taste.

And for a quick dressing:- Juice & zest of 1 lime, 6 tbsp Greek yogurt, 1 tbsp olive oil, 1 tsp paprika

**Instructions:** Mix together all the dressing ingredients in a bowl and leave to stand. Blanch the lettuce leaves in a pan of hot water for 3 seconds, then plunge straight into cold water to stop them from cooking more. Mix the rest of the ingredients together in a bowl. Lay the leaves out and place a large spoonful of the filling into the centre of each one. Roll up the leaves to make parcels and serve with the dressing.

**Handy Hint:** You could mix lots of things with the Greek yogurt. Why not try chopped cucumber and fresh mint or celery. Or even some chopped tomato & herbs.

### **Salad Dressing – Serves 4**

Another very simple, quick recipe. This dressing has a different twist to add a little something special to your salads!

**Preparation Time:-** A few minutes.

**Cooking Time:** - None

**Ingredients:-** 4tbsp/60ml Red Wine Vinegar, 5 tbsp/80ml Olive Oil, 1 Clove Garlic finely crushed, 2 tbsp/30ml Pure Maple Syrup, 1 tbsp/15ml Horseradish Sauce.

**Instructions:-** Mix all the ingredients thoroughly. Chill and then dress your salad just before serving.

**Handy Hint:** This can also be served with raw vegetables as a dip – yummy!