

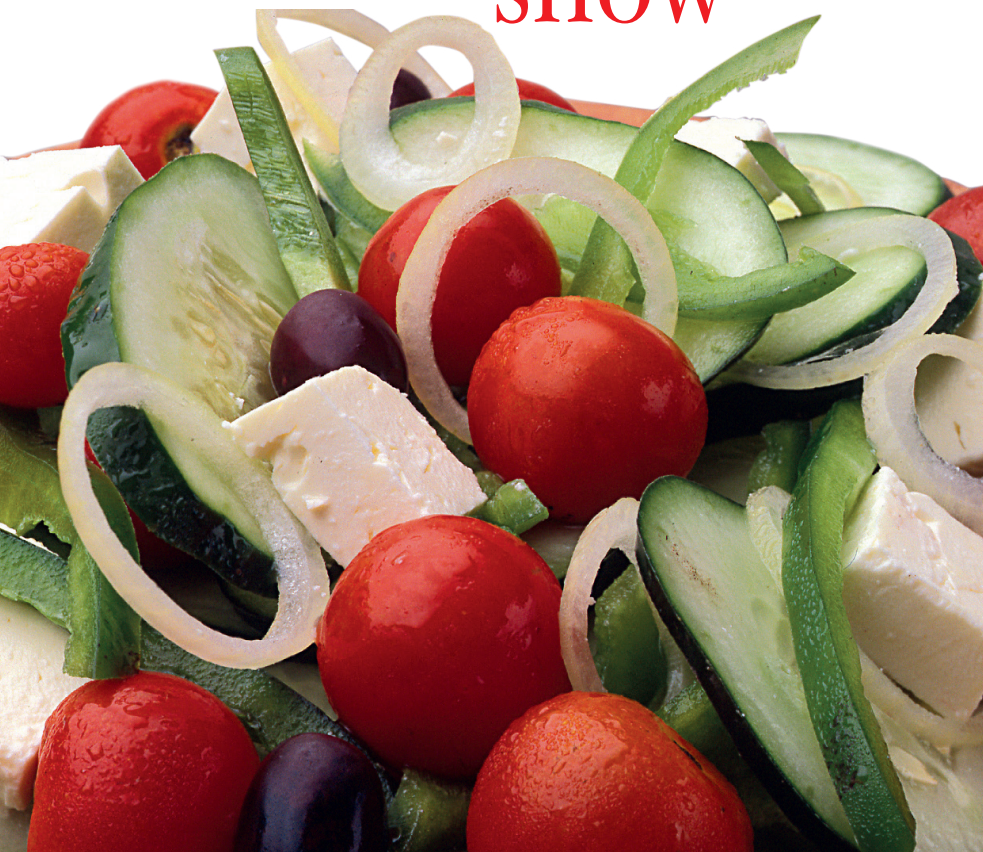
# Chef

express



 **WISCONSIN  
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# salad bar show



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# salad bar show

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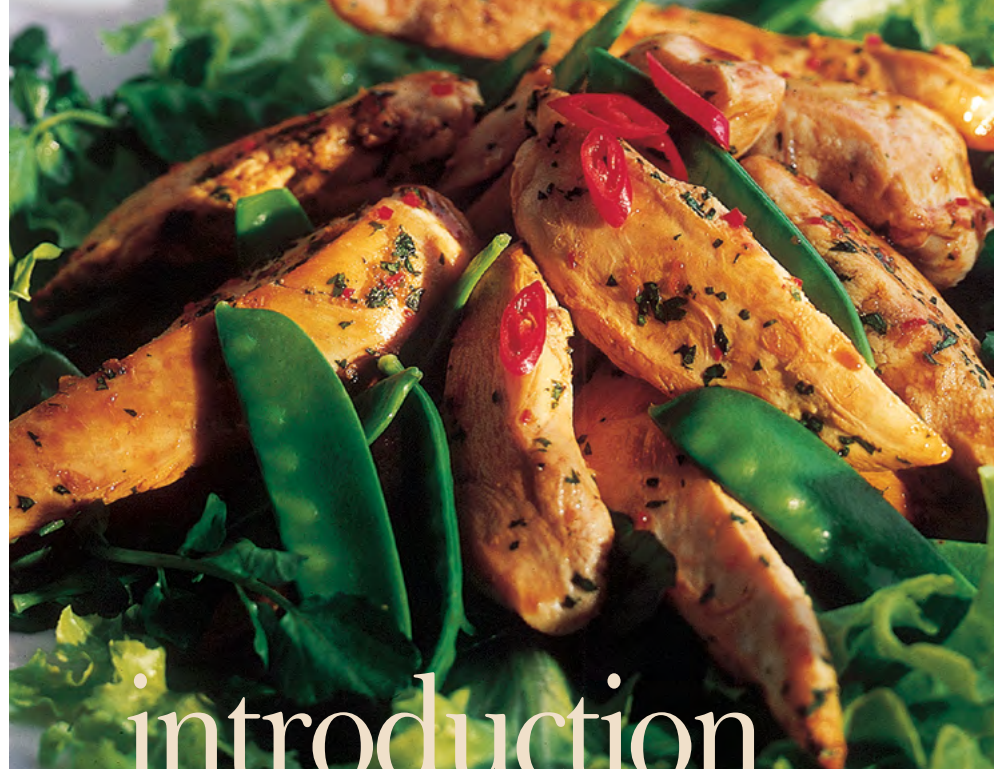
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## introduction

There are so many varieties of salads as there are countries, products, dressings and condiments. The ideal dish for warm days, the best option for a light meal, the customary companion of all meats, the fresh starter of family menus. And there is absolutely no limit to the ingredients you can combine.





# salad bar show



Salad making should be very simple: you prep the ingredients, make the dressing, and mix everything together. While each step is easy, there are many tips and tricks that can help you nail a delicious equilibrium when it comes to flavors, textures and aromas. Mastering these tricks marks the difference between “okay” salads and fabulous yummy salads.

## Tips & Tricks

- Clean the vegetables thoroughly. Cut the most consistent ones into small pieces.
- To prevent fruit (apples, bananas, avocados) from darkening when cut, sprinkle with a dash of lemon juice.
- Mix in fresh herbs. Use up your leftover herbs in your salads to add a touch of aroma. Cilantro and parsley can even be used as the main greens.
- Combining green leaf salads with nuts (walnuts, hazelnuts, almonds) and cheeses results in a complete meal, since the vitamin content of vegetables is added to the calcium in cheese and the protein value of nuts, which also contain healthy unsaturated fats.



- Loose salad leaves such as spinach or herbs can be rolled in a tea towel and stored in a plastic bag. Soft leaves like baby lettuce should be placed in a zip-lock bag. You should blow into the bag to inflate it a little bit, and then seal it.
- Bean or alfalfa sprouts, add special flavors and textures.
- Flowers (honeysuckles, roses, calendulas, violets) add a fun note when preparing a salad for guests, provided the plants were not treated with pesticides or chemical fertilizers.
- Seasonings can be prepared in advance, but should be incorporated at the time of serving, because oils and acids (vinegar, lemon) quickly degrade the texture of leaves and herbs.
- If stored in the refrigerator, salad should be taken out at least half an hour before serving. Room temperature enhances the combination of flavors.



## Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

# poblano

## and walnut salad

■ □ □ | Cooking time: 10 minutes - Preparation time: 2 hours 15 minutes

### ingredients

- > 2 tablespoons vegetable oil
- > 8 poblano chilies, seeded and sliced
- > 12 lettuce leaves
- > 60 g/2 oz watercress leaves
- > 3 ripe tomatoes, chopped
- > 1 avocado, chopped
- > seeds of 1 pomegranate (optional)

### walnut dressing

- > 60 g/2 oz walnuts
- > ½ cup/125 ml/4 fl oz milk
- > 90 g/3 oz feta cheese, crumbled
- > 1 tablespoon sugar

### method

1. Heat oil in a frying pan over a medium heat, add chilies and cook, stirring, for 2-3 minutes or until crisp. Drain on absorbent kitchen paper.
2. To make dressing, place walnuts in a frying pan over a low heat and cook, stirring, for 3 minutes or until nuts are lightly toasted. Place nuts and milk in a food processor or blender and process until smooth. Add feta cheese and sugar and process until smooth.
3. To serve, place lettuce, watercress, tomatoes and avocado in a bowl, toss to combine, then pile onto a serving platter. Drizzle with dressing and scatter with chili strips and pomegranate seeds, if using.

.....  
Serves 4



### tip from the chef

*Pomegranates also known as Chinese apples, contain white seeds surrounded by juicy red sacs. The seeds make a wonderful garnish for savory and sweet dishes.*







# salmon

## and lentil salad

■ □ □ | Cooking time: 5 minutes - Preparation time: 10 minutes

### method

1. To make dressing, place mayonnaise, stock, mustard and vinegar in a bowl and mix to combine. Set aside.
2. Arrange lettuce, lentils, tomatoes and croutons attractively on a serving platter. Set aside.
3. Heat oil in a frying pan over a medium heat, add salmon and cook, turning several times, for 4 minutes or until cooked. Remove from pan and arrange on top of salad.
4. Drizzle dressing over salad and top with shavings of Parmesan cheese and black pepper to taste.

.....  
Serves 4

### ingredients

- > 1 cos lettuce, leaves separated and torn into large pieces
- > 200 g/6½ oz green lentils, cooked and drained
- > 200 g/6½ oz red lentils, cooked and drained
- > 250 g/8 oz cherry tomatoes, halved
- > 155 g/5 oz wholemeal croutons
- > 1 tablespoon polyunsaturated oil
- > 375 g/12 oz salmon fillets, cut into 3 cm/1¼ in wide strips
- > fresh Parmesan cheese
- > freshly ground black pepper

### creamy dressing

- > ½ cup/125 ml/4 fl oz light mayonnaise
- > 2 tablespoons vegetable stock
- > 1 tablespoon wholegrain mustard
- > 1 tablespoon white wine vinegar

### tip from the chef

*The iron content of legumes such as lentils is fairly high, but as it occurs in an inorganic form, the human body needs help to absorb it. You can increase the body's ability to absorb the iron if you serve a vitamin C-rich food (such as the salad here) as part of the same meal.*





# spinach

## and bacon salad

■ □ □ | Cooking time: 7 minutes - Preparation time: 20 minutes

### ingredients

- > 1 tablespoon olive oil
- > 4 rashers bacon, chopped
- > 90 g/3 oz slivered almonds
- > 1 bunch/500 g/1 lb spinach, roughly chopped

### blue cheese dressing

- > 60 g/2 oz blue cheese, crumbled
- > 1 tablespoon mayonnaise
- > 1 tablespoon sour cream
- > ¼ cup/60 ml/2 fl oz cream (double)

### method

1. Heat oil in a large frying pan, add bacon and cook over a medium heat for 3-4 minutes or until bacon is crispy. Add almonds and cook, stirring, for 3 minutes longer or until almonds are golden.
2. Arrange spinach on a large serving platter, top with bacon, almonds and any pan juices and toss to combine.
3. To make dressing, place cheese, mayonnaise, sour cream and cream in a bowl and mix to combine. Drizzle dressing over salad and serve immediately.

.....  
Serves 4



### tip from the chef

*The hot bacon mixture will wilt the spinach leaves slightly. The secret to making warm salads such as this one is to make and serve them immediately. For a complete meal, serve with crusty bread or rolls.*







# tofu

## and broccoli salad

■ □ □ | Cooking time: 3 minutes - Preparation time: 5 minutes

### method

1. Bring a large saucepan of water to the boil, add broccoli and cook for 1 minute. Remove broccoli with a slotted spoon and refresh under cold water.
2. Arrange broccoli, tofu and pepper on serving plate.
3. Heat peanut butter in a medium saucepan over low heat. Stir in half the cream until combined. Remove from heat, stir in remaining cream and water.
4. Pour sauce over salad and serve immediately.

### ingredients

- > 2½ cups broccoli flowerets
- > 200 g/6½ oz tofu, cut into 2 cm/¾ in cubes
- > 1 red pepper, seeded and cut into 1 cm/½ in squares
- > 3 tablespoons smooth peanut butter
- > ½ cup cream
- > 3 tablespoons water

.....  
Serves 4

### tip from the chef

Tofu, also known as soy bean curd, is a soft, cheese-like food made by curdling fresh hot soy milk with a coagulant.





# tropical

## chicken salad

■ □ □ | Cooking time: 10 minutes - Preparation time: 15 minutes

### ingredients

- > 2 large boneless chicken breast fillets, skin removed
- > 1 Lebanese cucumber, diced
- > 1 cup diced fresh or no-added-sugar canned pineapple
- > ¼ cup raw unsalted walnuts
- > 2 green onions, sliced diagonally
- > 2 tablespoons chopped fresh coriander
- > 2 tablespoons chopped fresh mint

### chili and lime dressing

- > 1 fresh red chili, thinly sliced
- > rind of 1 lime, finely grated
- > juice of 2 limes
- > 1 tablespoon fish sauce
- > 1 tablespoon rice or wine vinegar
- > ½ teaspoon sesame oil

### method

1. Preheat barbecue to a high heat.
2. Cook chicken on barbecue grill for 4-5 minutes each side or until cooked through. Cool. Cut into thin strips.
3. Place chicken, cucumber, pineapple, walnuts, green onions, coriander and mint in a bowl. Toss to combine.
4. To make dressing, place chili, lime rind and juice, fish sauce, vinegar and oil in a screwtop jar. Shake to combine. Drizzle dressing over salad. Toss. Cover. Refrigerate for at least 15 minutes before serving to allow the flavors to develop.

.....  
Serves 4

### tip from the chef

*Fresh pineapple is very rich in enzymes, improving and facilitating digestion. If you are in a hurry, buy a cooked chicken to make this salad, but look for stores which do not smother the bird in fat before and during cooking. Some stores are now selling cooked skinless chicken.*







# waldorf salad

■ □ □ | Cooking time: 0 minutes - Preparation time: 20 minutes

## method

1. Place green apples, red apple, celery, walnuts and parsley in a bowl and toss to combine.
2. Place sour cream, mayonnaise and black pepper to taste in a small bowl and mix to combine. Add mayonnaise mixture to apple mixture and toss to combine. Cover and chill.

.....  
Serves 6

## ingredients

- > 2 large green eating apples, cored and diced
- > 1 large red eating apple, cored and diced
- > 3 stalks celery, diced
- > 60 g/2 oz walnut pieces
- > 1 tablespoon chopped fresh parsley
- > ¼ cup/60 g/2 oz sour cream
- > ¼ cup/60 ml/2 fl oz mayonnaise
- > freshly ground black pepper

## tip from the chef

*This salad can be made in advance, but if making more than 2 hours ahead toss apples in 1 tablespoon lemon juice to prevent them from browning.*





# warm spicy

## chicken green salad

■ ■ □ | Cooking time: 10 minutes - Preparation time: 30 minutes

### ingredients

- > 60 g/2 oz butter
- > 4 boneless chicken breasts fillets, cooked and sliced
- > salt
- > ¼ cup balsamic vinegar
- > 200 g/7 oz snow peas, cooked
- > rocket, curly endives and lettuce leaves, washed and drained

### hot dressing

- > 1 tablespoon honey
- > 1/8 cup balsamic vinegar
- > 1 teaspoon salt
- > 2 tablespoons snipped chives
- > 1 peach, stoned, peeled and finely chopped
- > 4 fresh chillies, diagonally sliced
- > ½ cup olive oil

### method

1. Melt butter in a frying pan over a high heat and stir-fry chicken on both sides. Season with salt, pour in balsamic vinegar and cook till reduced. Stand.

2. To make dressing, combine honey with vinegar and salt in a bowl, whisk to combine. Add chives, peach and half of the chillies, add oil beating until smooth.

3. On a serving platter make a bed with rocket, endive and lettuce. Place chicken and snow peas on top. Drizzle with dressing and garnish with remaining chillies.

.....  
Serves 4



### tip from the chef

*This salad can be served in winter as well as summer. Makes for a perfect starter or as a main dish, depending on the occasion.*





# zucchini salad

■ □ □ | Cooking time: 0 minutes - Preparation time: 15 minutes

## method

1. Place zucchini and onion in a bowl.
2. To make dressing, place dill, parsley, garlic, vinegar, oil, lemon juice and black pepper to taste in bowl and whisk to combine. Pour over zucchini mixture and toss. Cover and chill for at least 1 hour before serving.

.....  
Serves 8

## ingredients

- > 6 zucchini, thinly sliced lengthwise
- > 1 onion, sliced

### fresh herb dressing

- > 2 tablespoons chopped fresh dill
- > 1 tablespoon chopped fresh parsley
- > 1 clove garlic, crushed
- > ¼ cup/60 ml/2 fl oz white vinegar
- > 2 tablespoons olive oil
- > 1 tablespoon lemon juice
- > freshly ground black pepper

## tip from the chef

*This salad can be completed with steamed potatoes, and dressed with tarragon mayonnaise.*





# antipasto

## salad

■ □ □ | Cooking time: 0 minutes - Preparation time: 15 minutes

### ingredients

- > 1 cup cauliflower flowerets
- > ¼ cup sun-dried tomatoes
- > 12 large rounds salami, cut into strips
- > ½ cup mozzarella cheese, cut into 1 cm/½ in cubes
- > 10 stuffed olives, cut in halves
- > 2 zucchini, cut into thin 5 cm/2 in lengths
- > ½ cup basil leaves

### dressing

- > ½ cup olive oil
- > 3 tablespoons vinegar
- > 3 tablespoons freshly squeezed lemon juice
- > ½ teaspoon cracked black peppercorns
- > 2 cloves garlic, crushed

### method

1. Place cauliflower, sun-dried tomatoes, salami, cheese, olives and zucchini in a medium bowl.
2. To make dressing, combine olive oil, vinegar, lemon juice, pepper and garlic. Pour over ingredients in bowl and mix well. Cover and marinate at room temperature for 30 minutes.
3. Arrange salad on serving plates, pour over a little of the marinade and garnish with fresh basil leaves.

.....  
Serves 4



### tip from the chef

*Serve with slices of cottage bread rubbed with garlic, sprinkled with olive oil and lightly toasted under the grill.*







# chicken

## and mango pasta salad

■ □ □ | Cooking time: 8-10 minutes - Preparation time: 10 minutes

### method

1. Cook pasta in boiling water in a large saucepan following packet directions. Drain, rinse under cold running water and drain again.
2. Place pasta, chicken, water chestnuts and mangoes in a bowl and toss to combine.
3. To make dressing, place mayonnaise, chutney, spring onions, coriander and black pepper to taste in a bowl and mix to combine. Spoon dressing over salad and toss to combine. Cover and chill until required.

.....  
Serves 6

### ingredients

- > 500 g/1 lb large shell pasta
- > 1 cooked chicken, flesh cut into bite-sized pieces
- > 220 g/7 oz canned water chestnuts, drained and sliced
- > 440 g/14 oz canned mangoes, drained and sliced

### mango chutney dressing

- > 1 cup/250 g/8 oz low-oil mayonnaise
- > ½ cup/155 g/5 oz sweet mango chutney
- > 2 spring onions, finely chopped
- > 2 tablespoons chopped fresh coriander
- > freshly ground black pepper

### tip from the chef

*Chicken salads are a great addition to a buffet or one such as this is a substantial one-dish meal. Leftover cooked turkey is a tasty alternative to chicken and when fresh mangoes are in season use these rather than canned ones.*



# warm barbecued octopus and potato salad

■ ■ □ | Cooking time: 10 minutes - Preparation time: 20 minutes

## ingredients

- > 500 g/1 lb baby octopus, cleaned
- > rocket or mixed salad greens
- > 500 g/1 lb pink-skinned potatoes, boiled, cut into bite-sized chunks
- > 2 Lebanese cucumbers, chopped
- > 2 green onions, finely sliced

## lime and chili marinade

- > 2 tablespoons extra virgin olive oil
- > juice of 1 lime or lemon
- > 1 fresh red chili, diced
- > 1 clove garlic, crushed

## tomato concassé

- > 4 plum tomatoes, diced
- > ½ cup chopped fresh coriander
- > ½ red onion, diced
- > ⅓ cup balsamic or sherry vinegar
- > 1 tablespoon each extra virgin olive oil and lemon juice
- > freshly ground black pepper

## method

1. To make marinade, mix all ingredients in a bowl. Cut octopus in half lengthwise, add to marinade. Marinate in the refrigerator overnight or at least 2 hours.
2. To make concassé, place all ingredients in a bowl. Mix to combine.
3. Preheat barbecue or a char-grill pan to very hot. Line a serving platter with rocket leaves. Top with potatoes, cucumber and onion. Drain octopus. Cook on barbecue plate or in pan, turning frequently, for 3-5 minutes or until tentacles curl.
4. To serve, spoon hot octopus over prepared salad. Top with concassé.

.....  
Serves 6

## tip from the chef

Olive oil lowers cholesterol, and together with lemon, improves the hepatic function. Take care not to overcook octopus or it will be tough.





# thai

## squid salad



a



b



c

■ ■ □ | Cooking time: 5 minutes - Preparation time: 40 minutes

### method

1. Using a sharp knife, make a single cut down the length of each squid tube (a) and open out. Cut parallel lines down the length of the squid, taking care not to cut right the way through the flesh. Make more cuts in the opposite direction (b) to form a diamond pattern.
2. Heat a nonstick char-grill or frying pan over a high heat, add squid and cook for 1-2 minutes each side (c) or until tender. Remove from pan and cut into thin strips.
3. Place squid, beans, tomatoes, pawpaw, spring onions, mint, coriander and chili in a serving bowl.
4. To make dressing, place sugar, lime juice and fish sauce in a screw-top jar and shake well. Drizzle over salad and toss to combine. Cover and stand for 20 minutes before serving.

### ingredients

- > 3 squid tubes, cleaned
- > 185 g/6 oz green beans, sliced lengthwise
- > 2 tomatoes, cut into wedges
- > 1 small green pawpaw, peeled, seeded and shredded
- > 4 spring onions, sliced
- > 30 g/1 oz fresh mint leaves
- > 30 g/1 oz fresh coriander leaves
- > 1 fresh red chili, chopped

### lime dressing

- > 2 teaspoons brown sugar
- > 3 tablespoons lime juice
- > 1 tablespoon fish sauce

.....  
Serves 4

### tip from the chef

*It is best to serve the dressings and sauces separately, so guests can help themselves.*





# fruity

## pork salad

■ ■ □ | Cooking time: 25 minutes - Preparation time: 20 minutes

### ingredients

- > 15 g/½ oz butter
- > 1 tablespoon vegetable oil
- > 1.5 kg/3 lb pork fillets
- > 90 g/3 oz sultanas
- > 3 spring onions, cut diagonally into 2 cm/¾ in pieces
- > 3 large green apples, cored and cut into 2 cm/¾ in cubes
- > 60 g/2 oz dried apricots, chopped and soaked
- > 185 g/6 oz pitted prunes, soaked

### parsley dressing

- > ½ cup/125 ml/¼ fl oz olive oil
- > 2 tablespoons lemon juice
- > 2 tablespoons vinegar
- > 1 tablespoon French mustard
- > 2 teaspoons brown sugar
- > 2 tablespoons chopped fresh parsley
- > freshly ground black pepper

### method

1. Heat butter and oil in a frying pan and cook pork fillets over a high heat until brown on all sides (a).
2. Transfer pork to a baking dish and bake for 15 minutes or until cooked. Remove from dish and set aside to cool. Reserve pan juices.
3. Heat reserved pan juices in frying pan and cook sultanas, spring onions and apples over a medium heat for 5 minutes or until apples are soft. Transfer to a large bowl. Add apricots and prunes (b). Cut pork into slices (c) and add to fruit mixture.
4. To make dressing, place olive oil, lemon juice, vinegar, mustard, sugar, parsley and black pepper to taste in a screwtop jar and shake well to combine. Pour over salad and toss to combine.

.....  
Serves 8

### tip from the chef

While parsley is probably the best known and most used herb, its exact origin is unknown. It is thought to have come from Sardinia and was used by the ancient Greeks and Romans. The Romans made garlands of parsley for banquet guests and ate large quantities in an attempt to prevent drunkenness!



a



b



c





# greek salad

■□□ | Cooking time: 0 minutes - Preparation time: 10 minutes

## method

1. Arrange vegetables, cheese and olives in layers on a large platter or individual salad plates.
2. Combine oil, lemon juice, mint and marjoram in a screwtop jar, shake well. Pour over salad, serve immediately.

.....  
Serves 4

## ingredients

- > 3 cups shredded lettuce
- > 2 tomatoes, sliced
- > 1 small cucumber, sliced
- > 1 small red pepper, sliced
- > 1 small onion, very thinly sliced
- > 180 g/6 oz low-fat feta cheese (12% fat content), cut into cubes
- > 12 black olives
- > 1/3 cup olive oil
- > 2 tablespoons lemon juice
- > 2 teaspoons chopped fresh mint
- > 2 teaspoons chopped fresh marjoram

## tip from the chef

*Feta is a classic and famous Greek curd cheese whose tradition dates back thousands of years and it is still made by shepherds in the Greek mountains with unpasteurized milk. It was originally made with goat's and sheep's milk, but today much is often made commercially with pasteurized cow's milk.*





# endive

## and goat's cheese salad

■ □ □ | Cooking time: 7 minutes - Preparation time: 5 minutes

### ingredients

- > 8 thick slices goat's cheese
- > 1 tablespoon olive oil
- > freshly ground black pepper
- > 300 g/9½ oz curly endive leaves
- > 250 g/8 oz cherry tomatoes, halved
- > 1 cucumber, sliced
- > 1 small French stick, sliced and toasted
- > 2 tablespoons white wine vinegar

### method

1. Brush goat's cheese with oil and season with black pepper. Place under a preheated medium grill and cook for 3 minutes each side or until golden.
2. Arrange endive leaves, tomatoes, cucumber, toast and goat's cheese on a serving platter. Drizzle with vinegar and serve immediately.

.....  
Serves 4



### tip from the chef

*A simple yet delicious salad with a strong Mediterranean influence. Curly endive is a member of the chicory family and has a more bitter taste than lettuce.*



# mexican salad

■□□ | Cooking time: 0 minutes - Preparation time: 5 minutes

## method

1. Place avocado and lime or lemon juice in a small bowl and toss to coat.
2. Arrange lettuce leaves, tomatoes, green pepper, beans and avocado mixture attractively in two lunch boxes. Sprinkle with coriander and season to taste with black pepper. Cover and refrigerate until required.

.....  
Serves 2

## ingredients

- > 1 avocado, stoned, peeled and chopped
- > 1 tablespoon lime or lemon juice
- > lettuce leaves of your choice
- > 2 tomatoes, cut into wedges
- > 1 green pepper, chopped
- > 315 g/10 oz canned red kidney beans, drained
- > 2 teaspoons chopped fresh coriander
- > freshly ground black pepper

## tip from the chef

*Tossing the avocado in lime or lemon juice helps prevent it from discoloring.*





# warm chickpea salad

■ □ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

## ingredients

- > 1 tablespoon olive oil
- > 2 onions, sliced
- > 1 clove garlic, crushed
- > 1 tablespoon red wine vinegar
- > 440 g/14 oz canned chickpeas, rinsed and drained
- > 60 g/2 oz almonds, chopped
- > 2 tablespoons chopped fresh rosemary
- > 1 teaspoon ground cumin
- > 1 bunch English spinach, shredded
- > 90 g/3 oz sun-dried tomatoes, chopped
- > freshly ground black pepper

## method

1. Heat oil in a frying pan over a medium heat, add onions, garlic and vinegar and cook, stirring, for 10 minutes or until onions start to caramelize.
2. Stir in chickpeas, almonds, rosemary and cumin and cook, stirring, for 5 minutes or until heated through.
3. Remove pan from heat and stir in spinach, sun-dried tomatoes and black pepper to taste. Serve immediately.

.....  
Serves 4

## tip from the chef

*If canned chickpeas are unavailable, use cold cooked chickpeas instead. To cook dried chickpeas, soak overnight in cold water. Drain. Place in a large saucepan, cover with cold water and bring to the boil over a medium heat. Boil for 10 minutes, then reduce heat and simmer for 45-60 minutes or until chickpeas are tender. Drain and cool.*







# savory

## avocados with pistachios

■□□ | Cooking time: 0 minutes - Preparation time: 15 minutes

### method

1. Brush cut surfaces of avocados with lemon juice, cover and set aside.
2. To make filling, place zucchini, mint and pistachios in a bowl. Whisk together sour cream and lime juice and pour into zucchini mixture. Toss to combine. Season with pepper.
3. Spoon zucchini filling into avocados and sprinkle with pistachios.

.....  
Serves 6

### ingredients

- > 3 avocados, halved and stoned
- > 1 tablespoon lemon juice
- > 2 tablespoons roughly chopped pistachios

### filling

- > 1 large zucchini, grated
- > 2 tablespoons finely chopped fresh mint
- > 2 tablespoons roughly chopped pistachios
- > 2 tablespoons thick sour cream
- > 2 tablespoons lime juice
- > freshly ground black pepper

### tip from the chef

*Avocado lovers will enjoy these tangy filled avocados as a starter. Make the filling in advance, but leave the assembly until shortly before serving.*





# barbecued

## seafood salad

■ ■ □ | Cooking time: 10 minutes - Preparation time: 20 minutes

### ingredients

- > 2 tablespoons lemon juice
- > 1 tablespoon extra virgin olive oil
- > 300 g/10 oz firm white fish, cut into 3 cm/1¼ in cubes
- > 300 g/10 oz salmon
- > 12 scallops
- > 12 uncooked prawns
- > 1 squid, cleaned tube cut into rings
- > 1 bunch watercress, broken into sprigs
- > 1 large red onion, cut into rings
- > 1 cucumber, sliced thinly

### tarragon vinegar dressing

- > 3 tablespoons chopped fresh tarragon
- > 2 tablespoons red wine vinegar
- > 2 tablespoons lemon juice
- > 1 tablespoon extra virgin olive oil
- > freshly ground black pepper

### method

1. Place lemon juice and oil in a bowl. Whisk to combine. Add white fish, salmon, scallops, prawns and squid. Toss to combine. Cover. Marinate in the refrigerator for 1 hour.
2. To make dressing, place tarragon, vinegar, lemon juice, oil and black pepper to taste in a screwtop jar. Shake to combine. Set aside.
3. Preheat barbecue or a char-grill pan until very hot. Line a serving platter with watercress.
4. Drain seafood mixture. Place on barbecue plate or in pan. Add onion. Cook, turning several times, for 6-8 minutes or until seafood is just cooked (it will be tough and dry if overcooked).
5. Transfer seafood mixture to a bowl. Add cucumber and dressing. Toss to combine. Spoon seafood mixture over watercress. Serve immediately.

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Serves 8

### tip from the chef

*In order to protect the quality of the omega-3 fatty acids, do not overcook the fish.*





# chicken

## and orange salad



■ □ □ | Cooking time: 0 minute – Preparation time: 15 minutes

### method

1. In a large salad bowl gently mix chicken with celery, water chestnuts, orange segments and onion.
2. Combine parsley, oil, garlic and tarragon vinegar in a jar, shake well and pour over salad.

.....  
Serves 4

### ingredients

- > 2 cups cooked skinless chicken breast, cut into bite-size pieces
- > ½ cup celery, sliced
- > ½ cup water chestnuts, cut in halves
- > 1 cup orange segments
- > 1 red onion, finely chopped
- > 1 tablespoon chopped fresh parsley
- > ⅓ cup olive oil
- > 1 small clove garlic, crushed
- > 3 tablespoons tarragon vinegar

### tip from the chef

*Soursweet combinations are attractive and they are welcome to do away with salt if necessary.*





# grilled

## goat's cheese salad

■ □ □ | Cooking time: 5 minutes - Preparation time: 15 minutes

### ingredients

- > 1 radicchio, leaves separated
- > 1 curly endive, leaves separated
- > 440 g/14 oz canned artichoke hearts, drained and halved
- > 8 cherry tomatoes, halved
- > 60 g/2 oz button mushrooms
- > 60 g/2 oz watercress, broken into sprigs
- > 4 x 100 g/3½ oz goat's cheeses
- > 1 tablespoon olive oil

### herb dressing

- > 1½ tablespoon lemon juice
- > 1½ tablespoon cider vinegar
- > ½ cup/125 ml/4 fl oz olive oil
- > 1 clove garlic, crushed
- > 1 tablespoon chopped fresh basil or 1 teaspoon dried basil
- > 2 teaspoons chopped fresh rosemary or ½ teaspoon dried rosemary
- > freshly ground black pepper

### method

1. Arrange radicchio, endive, artichokes, tomatoes, mushrooms and watercress on individual serving plates.
2. To make dressing, place lemon juice, vinegar, oil, garlic, basil, rosemary and black pepper to taste in screwtop jar and shake well to combine.
3. Brush each goat's cheese with a little oil and cook under a preheated grill for 1 minute each side or until cheese just starts to melt. Place cheese on top of salad, drizzle with dressing and serve.

.....  
Serves 4

### tip from the chef

*Often known as chèvres, goat's cheeses can be eaten at different stages of ripening. A young cheese is soft and spreadable, maturing to being dry and somewhat crumbly; in fact it could be described as almost chalky.*





# niçoise salad

■ ■ □ | Cooking time: 0 minutes - Preparation time: 50 minutes

## method

1. To make salad, place tuna, artichokes, if using, cheese, eggs, potatoes, tomatoes, onion, beans and olives in a large bowl and toss to combine.
2. To make dressing, place oil, vinegar, garlic, mustard and black pepper to taste in a screw-top jar and shake well to combine. Spoon dressing over salad and toss lightly.
3. Line a large serving platter with lettuce leaves and top with salad.

.....  
Serves 6

## ingredients

lettuce leaves of choice

### tuna salad

- > 440 g/14 oz canned tuna, drained and flaked
- > 125 g/4 oz canned artichoke hearts, drained and sliced (optional)
- > 125 g/4 oz tasty cheese (mature Cheddar), cubed
- > 4 hard-boiled eggs, sliced
- > 2 potatoes, cooked and sliced
- > 2 tomatoes, sliced
- > 1 onion, sliced
- > 250 g/8 oz green beans, cooked
- > 45 g/1½ oz stuffed olives, sliced

### niçoise dressing

- > ¼ cup/60 ml/2 fl oz olive oil
- > 2 tablespoons vinegar
- > 1 clove garlic, crushed
- > ½ teaspoon Dijon mustard
- > freshly ground black pepper

## tip from the chef

*For a complete meal, serve with crusty fresh or toasted French bread. A few anchovies and shavings of Parmesan cheese are great additions to this dish. Always buy the form of the product that best fits your menu. Less expensive shredded or flaked tuna is the perfect choice for a salad such as this – it's lower priced because of appearance and more gourmet alternative to tasty cheese (mature Cheddar).*





# roasted

## vegetable salad

■ ■ □ | Cooking time: 35 minutes - Preparation time: 30 minutes

### ingredients

- > 3 bulbs fennel, cut into wedges
- > 2 sweet potatoes, peeled and chopped
- > 12 shallots, peeled
- > olive oil spray
- > 1 teaspoon cumin seeds
- > 315 g/10 oz green beans, blanched
- > 185 g/6 oz rocket leaves
- > 155 g/5 oz feta cheese, chopped
- > 2-3 tablespoons balsamic vinegar
- > freshly ground black pepper

### method

1. Place fennel, sweet potatoes and shallots in a nonstick baking dish (a) and spray with olive oil. Sprinkle with cumin seeds (b) and bake at 180°C/350°F/Gas 4 for 30-35 minutes or until vegetables are soft and golden. Set aside to cool for 10-15 minutes or until vegetables are warm.
2. Place vegetables in a serving bowl, add beans, rocket, cheese, vinegar and black pepper to taste and toss.

.....  
Serves 4



### tip from the chef

*The shallots used in this recipe are the French échalote. If unavailable, red or yellow shallots or pickling onions can be used instead.*



a



b



# turkey salad



■ □ □ | Cooking time: 0 minutes - Preparation time: 5 minutes

## method

1. Wash and crisp salad greens. Slice turkey.
2. Arrange greens on serving plates and top with turkey, tomatoes and pecans.
3. To make vinaigrette, whisk together mustard, vinegar, garlic and cranberries, gradually adding oil, until combined and slightly thickened. Season to taste with salt and black pepper. Drizzle over salads.

## ingredients

- > assorted salad greens
- > 750 g/1½ lb smoked turkey
- > 300 g/9½ oz cherry tomatoes
- > 90 g/3 oz pecans, toasted

## cranberry vinaigrette

- > 1 teaspoon wholegrain mustard
- > 1 tablespoon balsamic vinegar
- > 1 clove garlic, finely chopped
- > 2 tablespoons canned, preserved cranberries
- > 125 ml/4 fl oz olive oil
- > salt and freshly ground black pepper

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Serves 6

## tip from the chef

To enrich the salad, you can use Parmesan cheese shavings (or feta cheese cubes) and croutons.





# salad

## of roast tomatoes

■ □ □ | Cooking time: 30 minutes - Preparation time: 15 minutes

### ingredients

- > 6 plum (egg or Italian) tomatoes, halved
- > 8 cloves garlic, peeled
- > freshly ground black pepper
- > 2 tablespoons olive oil
- > 315 g/10 oz assorted lettuce leaves
- > 185 g/6 oz feta cheese, crumbled
- > 1 yellow or red pepper, sliced

### tangy dressing

- > 3 tablespoons balsamic or red wine vinegar
- > 3 tablespoons tomato purée
- > 3 drops Tabasco sauce

### method

1. Place tomatoes and garlic on a baking tray (a), sprinkle with black pepper to taste and oil (b) and bake at 180°C/350°F/Gas 4 for 30 minutes or until tomatoes are soft and golden (c). Set aside to cool completely.
2. Arrange lettuce leaves, feta cheese, pepper, tomatoes and garlic attractively on serving plates.
3. To make dressing, place vinegar, tomato purée, Tabasco and black pepper to taste in a screw-top jar and shake well to combine. Drizzle dressing over salad and serve immediately.

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Serves 4



### tip from the chef

*The sweet rich flavor of roast tomatoes is a perfect partner for the creamy piquant feta cheese in this salad.*



a



b



c





# chili

## broad bean salad

■ ■ □ | Cooking time: 25 minutes - Preparation time: 35 minutes

### method

1. Cook pasta in boiling water in a large saucepan, following packet directions. Drain, rinse under cold running water, then drain again and set aside to cool completely.
2. Heat oil in a large frying pan and cook broad beans and chili paste over a medium heat for 3 minutes. Stir in stock, bring to a simmer, cover and cook for 10 minutes. Drain off any remaining liquid and set aside to cool.
3. To make dressing, place oil, vinegar, garlic and black pepper to taste in a screw-top jar. Shake well to combine.
4. Place pasta, broad bean mixture, radishes, parsley and Parmesan cheese in a salad bowl. Pour dressing over and toss to combine.

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Serves 4

### ingredients

- > 375 g/12 oz small shell pasta
- > 1 tablespoon vegetable oil
- > 250 g/8 oz shelled or frozen broad beans
- > 1 teaspoon chili paste (sambal oelek)
- > 1½ cups/375 ml/12 fl oz chicken stock
- > 6 radishes, thinly sliced
- > 2 tablespoons chopped fresh parsley
- > 30 g/1 oz grated fresh Parmesan cheese

### garlic dressing

- > ¼ cup/60 ml/2 fl oz olive oil
- > 1 tablespoon cider vinegar
- > 1 clove garlic, crushed
- > freshly ground black pepper

### tip from the chef

*Short pasta is the ideal complement for summer salads. It contributes slow assimilation hydrocarbons, allowing outdoor activities and sports after the meal.*





# basil, orange and peach salad

■ ■ □ | Cooking time: 0 minutes - Preparation time: 30 minutes

## ingredients

- > 1 bunch fresh basil
- > 6 navel oranges, peeled and segmented
- > 3 orange peaches, peeled and sliced
- > 1 red onion, sliced
- > 2 tablespoons red wine vinegar
- > 1 garlic clove, crushed
- > 2 tablespoons unsweetened apple juice
- > 2 tablespoons safflower oil

## method

1. Wash and dry basil leaves, arrange on a serving plate.
2. In a small bowl combine orange segments, peach slices and onion.
3. Mix together vinegar, garlic, apple juice and oil until well combined and pour over oranges, peaches and onion.
4. Toss well, and arrange on top of bed of basil. Serve immediately.

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Serves 6

## tip from the chef

*This salad, like all the ones made of only herbs and fruit, is both nourishing and adequate not to put on weight. If you want to be in shape, replace a main dish by a salad, rich in vitamins and minerals and low in calories.*







# balsamic

## tomato salad

■□□ | Cooking time: 0 minutes - Preparation time: 10 minutes

### method

1. Place tomatoes, cheese, onion and basil in a bowl and toss to combine.
2. To make dressing, place sugar, vinegar and black pepper to taste in a screw-top jar and shake well to combine. Pour dressing over tomato mixture and toss to combine. Cover and marinate, at room temperature, for 20 minutes before serving.

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Serves 4

### ingredients

- > 4 tomatoes, thickly sliced
- > 125 g/4 oz feta cheese, chopped
- > ½ red onion, sliced
- > 3 tablespoons fresh basil leaves

### balsamic dressing

- > 1 tablespoon brown sugar
- > ¼ cup/60 ml/2 fl oz balsamic vinegar
- > freshly ground black pepper

### tip from the chef

*If stronger flavors are preferred, use brie or camembert instead of feta cheese. As a dressing, use a good olive oil seasoned with garlic and fresh thyme leaves.*





# fruit salad

## with lemon syrup

■ □ □ | Cooking time: 5 minutes - Preparation time: 10 minutes

### ingredients

- > ¼ cup lemon juice
- > 1½ cup water
- > ½ cup sugar
- > 2 bananas, sliced
- > ½ pineapple, cut into chunks
- > 1 small box strawberries, hulled
- > 4 passion fruit
- > 2 tablespoons fresh chopped mint
- > ⅓ cup desiccated coconut

### method

1. Combine lemon juice, water and sugar in a saucepan, bring to a boil, stir constantly until sugar dissolves, remove from heat, refrigerate until cold.
2. Just before serving, combine fruits in a bowl. Pour syrup over fruit, add mint and coconut, mix well.

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Serves 6



### tip from the chef

*A scoop of vanilla ice-cream is the perfect topping for this colorful salad.*







# melon

## with ginger syrup

■ □ □ | Cooking time: 5 minutes - Preparation time: 10 minutes

### method

1. Arrange watermelon, honeydew melon and cantaloupe melon on a serving platter. Cover and chill until required.
2. To make syrup, place ginger, wine, sugar and lemon strips in a saucepan, bring to simmering over a medium heat and simmer, stirring occasionally, for 3 minutes. Transfer syrup to a bowl, cover and chill.
3. Just prior to serving, spoon syrup over melon.

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Serves 6-8

### ingredients

- > 400 g/12½ oz watermelon, cut into thick strips
- > 300 g/9½ oz honeydew melon, cut into thick strips
- > 300 g/9½ oz cantaloupe melon, cut into thick strips

### ginger syrup

- > 45 g/1½ oz preserved ginger in syrup, thinly sliced
- > 1 cup/250 ml/8 fl oz sweet ginger wine
- > 2 tablespoons sugar
- > 1 tablespoon shredded lemon rind

### tip from the chef

Use any combination of melons that are available for this recipe.





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# salad bar show

