

Fresh Leaf Salad

<p>Equipment:</p> <p>Large bowl Salad spinner Tea towel Kitchen paper Chopping board Knives Lemon juicer Measuring spoon – 1 tbsp Measuring cup – 1/3 cup Whisk Tongs Salad bowl Scissors (for harvesting leaves)</p>	<p>Ingredients:</p> <p>Fresh salad leaves from the garden – enough to loosely fill a large salad bowl, or about 4 -5 cups. <i>(Remember to leave some for the next group to harvest!!)</i></p> <p>6 radishes, trimmed, halved and sliced finely 1 red onion, thinly sliced 1 clove garlic, crushed 1 lemon, juiced 1/3 cup olive oil ½ tsp salt</p>
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What to do:

- Carefully harvest your salad leaves from the garden into your large bowl. *Make sure you leave some stems for other groups to use.*
- Wash the leaves and herbs in the sink. After they have soaked for a few minutes, lift them onto the draining board and empty the sink. Rinse and refill the sink with fresh water.
- Tear the stems away from the leaves, and discard to compost. Rinse the leaves again, then dry them in the salad spinner.
- Once they are dry, tear them into smaller pieces and set aside wrapped in a clean, dry tea towel.
- To make the dressing, peel and crush the garlic using a garlic press or mortar and pestle. Add the salt and mix to a paste.
- Juice the lemon and add the juice to the garlic & salt paste. When blended, scrape the mixture into the large salad bowl.
- Stir in the oil and add some pepper, then whisk the dressing lightly.
- Wash, trim, halve and finely chop the radishes into thin slices, then add to the salad bowl with the dressing.
- Peel and halve the red onion, and chop into thin slices. Add to the radish and dressing, and gently toss all ingredients until well combined.
- Just before serving, unwrap the salad leaves and tip them into the bowl with the dressing, radish and onion mixture. Gently turn the leaves in the dressing using the tongs or clean hands.

TIP

To keep salad leaves fresh, store them in the fridge wrapped in a clean tea-towel.