Leafy Salad: Master Recipe

Fresh from the garden: herbs, garlic, leafy salad leaves
Recipe Source: Stephanie Alexander Kitchen Garden Foundation

This recipe should be one of your basic recipes for frequent use. Vary the ingredients according to the seasons, including leaves and herbs of different shapes and colours, both bitter and sweet. Croutons can be added (such as Turkish bread croutons). Students can decorate the salad with edible flowers from the garden, such as borage flowers, nasturtium flowers, even young flowers of chives.

Make sure you wash and dry the salad leaves very gently, without bruising them.

Equipment:
- large bowl
- scissors
- salad spinner
- 2 clean tea towels
- kitchen paper
- chopping board
- measuring cups and spoons
- 1 large knife
- mortar and pestle
- juicer
- tablespoon
- whisk
- tongs
- salad bowls or platters
- salad servers

Salad ingredients:
- 4 cups mixed salad leaves (whatever is ready for harvesting from the garden)
- 2 cups mixed small leaves and herbs (e.g. rocket, beetroot leaves, baby spinach, sorrel, mizuna, parsley)
- croutons and edible flowers (optional)

Classic vinaigrette dressing:
- 1 clove garlic
- salt
- 1 lemon OR 3 tablespoons red wine vinegar
- ½ cup extra virgin olive oil
- freshly ground black pepper

What to do:
- Fill a large bowl with cold water and tip all the leaves into the bowl to soak for a few minutes.
- Tear the stems away from any spinach leaves (or if the leaves are very small, just cut off any extra long stems using scissors).
- Lift the leaves onto the draining board of the sink and tip the water into a bucket to use on the garden.
- Rinse the bowl, then add fresh water and return the leaves to the bowl. Swish the leaves again in clean water, then lift out small handfuls at a time and place them