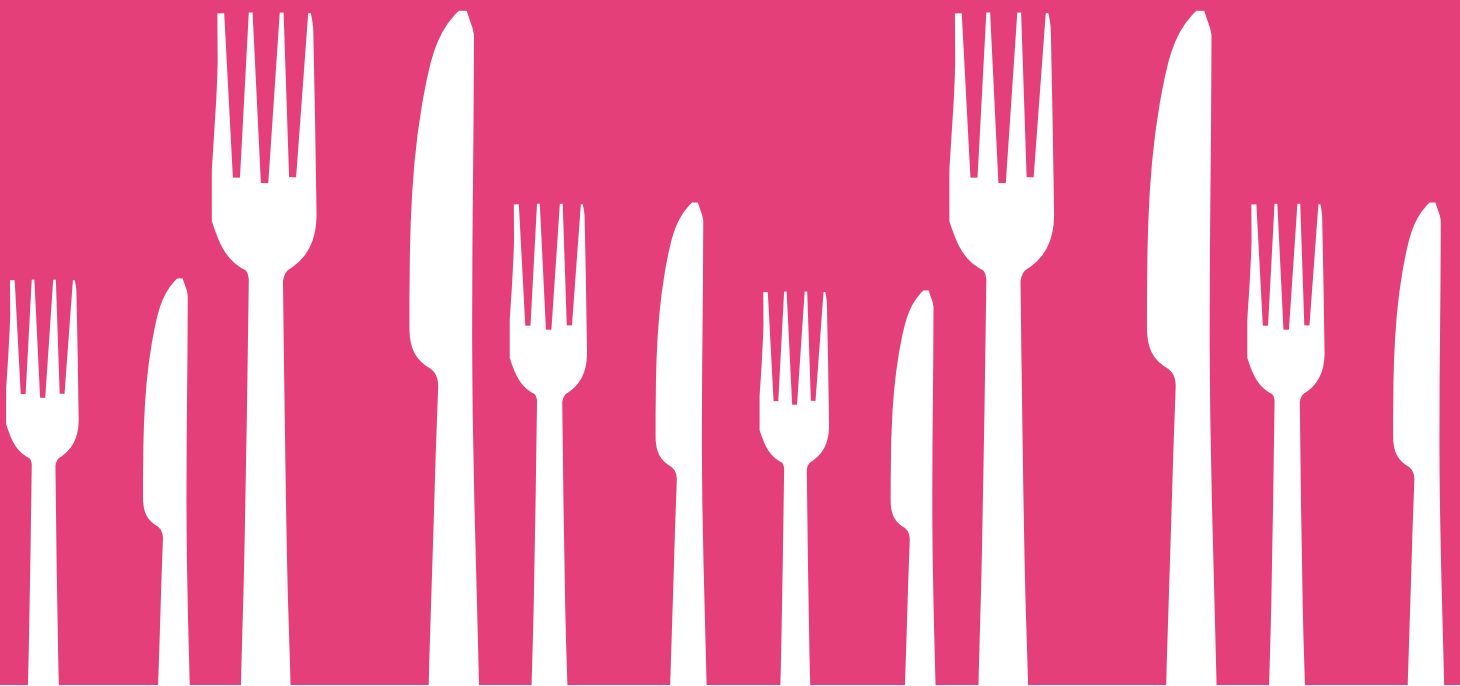


sarah's salads

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HI THERE!

Food has been a passion of mine for as long as I can remember. Some of my earliest memories are of baking with my mum. My family always grew some of our own fruit and vegetables, or had chickens be it for eggs or meat.

On Christmas holidays we would drive from the Atherton Tablelands to Brisbane and stay with my Grandparents. My Grandfather was a mad horticulturist - fruit, vegetables, flowers, he grew it all in abundance. I would sit in the peach or nectarine tree and just gorge myself. Even now, with his ill health he still instructs my Grandmother on what needs to be planted and done in the garden at their retirement village.

These days I also love growing my own herbs and vegetables and am hoping to expand into some fruit trees this summer. I love reading and watching chefs and cooks who focus on the importance of good produce, Stephanie Alexander and Maggie Beer are my all time favorites. And then there is Hugh Fearnley-Whittingstall of River Cottage fame, and of course the adorable Jamie Oliver, and the charming Valentine Warner.

Something I am always complemented on is my salads. So as a way to share my passion with you, our lovely readers, I have put together a small collection of some of my salad recipes. These are the ones people constantly ask me the recipes for. I'm big on pimping salads and taking them to the next level. So each recipe has an optional "pimp it" section as well.

These recipes are not original, they are all influenced from others I have tried. I do hope that you enjoy them.

Bon Appetite! Sarah x

SWEET CRUNCHY COLESLAW

INGREDIENTS:

- 1 small green apple • ½ small red cabbage • 1 stick of celery
- 1 large carrot • Salad cream (I like the Kraft brand)

In a salad bowl, put the following:

- Halve, core and thinly slice the green apple
- Thinly slice the red cabbage
- Thinly slice the celery on an angle
- Peel and julienne or grate the carrot
- Right before serving stir through a good amount of the salad cream. Half the jar at the very least! Be generous I say.

PIMP IT!

Add about half a bag of Chang's crunchy noodles when you add the salad cream for some extra crunchy texture and yum.

LIBBY'S BROWN RICE SALAD

I have coveted this salad countless times but always give my beautiful friend, Libby, the credit.

INGREDIENTS:

- 1 cup of brown rice • 1 red capsicum diced • ½ cup sultanas
- ½ cup raw cashews • 1 cup baby spinach • Olive oil • Balsamic vinegar

Cook the rice and let it cool. Put the rice and all of the other ingredients in a salad bowl. Go by feel and by how much you love each of them. If you're into cashews, go nuts! If dried cranberries are more your thing, use those instead of sultanas. These are one of those salads that taste so good as a left over the next day. All the nuts are soft and the sultanas plump up.

PIMP IT!

Instead of brown rice I have made this salad with pearl barley and also frekkah. Just makes it a little more interesting.

MEMORIES OF BULGARIA

This salad sounds pretty trippy, but trust me, served straight from the fridge it is amazing.

INGREDIENTS:

- 1 small jar stuffed green olives, drained
- 1 tin corn kernels, drained
- 1 tin of champion mushrooms, drained
- 1 small jar baby gherkins, drained
- 1 punnet of cherry tomatoes left whole
- 1 medium capsicum diced
- 2 cups Natural Greek style yoghurt
- 1 bunch of fresh dill (or dill paste)
- 1 clove of garlic finely diced

Mix all of these plain by themselves ingredients together. Coat with yogurt (like seriously coat it). Add enough dill so it is a light green colour all over and make sure the garlic is mixed through well. Put the salad in the fridge and serve it cold. It is so refreshing and very, very tasty with something grilled a few green leaves and bread.

PIMP IT!

This salad does not need pimping. It is the bee's knees all on its own.

LADY SALAD

The colours for International Women's Day are green, white and purple, hence Lady Salad.

INGREDIENTS:

- 1 tin of lentils, drained and rinsed well
- 3 medium sized beetroot bulbs roasted (do it yourself! Peel and cut it up. Roast @ 180 for 40 mins in olive oil)
- Greek style feta
- Pepitas
- Balsamic vinegar
- Lemon Juice
- Salt & Pepper

On a plate, spread the lentils. Then arrange the beetroot on top. Crumble the feta and sprinkle the pepitas over the top of this. And then drizzle the Balsamic and squeeze some lemon juice. Grind a bit of salt and pepper.

PIMP IT!

You can never have too much green. Think char grilled brocolli or asparagus. Yummm!

GREEK SALAD

Do you know real Greek salad does not have salad leaves in it? It's true and that's what makes a Greek salad super special. It's not diluted by leaves! Make this salad at least half an hour ahead of time and dress it. You want the dressing to soak in to all the bits.

INGREDIENTS:

- ½ continental cucumber • 1 punnet of cherry tomatoes
- ½ small red onion • 10 olives • 2 decent pieces of roasted capsicum (from a jar or you can do your own) • ½ piece of Greek style feta
- Good pinch of dried oregano • Olive oil • Balsamic Vinegar - I use a balsamic glaze sometimes for sweetness • Salt & Pepper

Put the following in a salad bowl:

- Halve the cucumber lengthways and scoop the seeds out with a teaspoon and then dice. I also like to run a fork down the skin to maximize surface area for the dressing to soak into.
- Halved cherry tomatoes
- Small diced red onion
- Squash the olives with the flat surface of a knife, take the seeds out with your fingers and chop them up
- Slice the capsicum into strips. When I travelled in Bulgaria, the Shopska salad (same as Greek but marginally different) had roasted capsicum instead of raw capsicum. Soooo much more flavour.
- Crumbled feta
- Dried oregano and seasoning.

Drizzle over the vinegar and olive oil, I go for about 50-50 ratio. And allow the salad to sit for at least half an hour. Serve!

PIMP IT!

Avo pimps this salad very quickly. Or make the salad a meal by adding some cannellini beans or chickpeas or another protein of your choice. I always make sure I have some fresh bread when I serve this salad to mop up the yummy juices that stay on your plate.