

Pear Salad

Season: Autumn

Type: Salad

Serves: 32 tastings

From the garden: Pear

Class focus: Washing and cutting lettuce and fruit



Equipment:	Ingredients:
<p>Large mixing bowl x 1 Small mixing bowl x 1 Wooden spoon x 1 Whisk x 1 Salad spinner Chopping boards and knives Measuring spoons Measuring cups Serving bowl x 5 Serving spoon x 5</p>	<p>1 lettuce (cubed – 2cm) 2 pears (skin-on, cubed – 1cm) ½ cup dried cranberries ¼ cup pumpkin seeds</p> <p><i>Dressing:</i> 2 tablespoons olive oil 2 tablespoons balsamic vinegar 1 tablespoon maple syrup 1 teaspoon Dijon mustard ¼ teaspoon salt 10 grinds of pepper</p>

What to do:

1. Wash the lettuce and fruit, then dry the lettuce using a salad spinner.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Mix all the ingredients for dressing in a small mixing bowl.
4. Put all the salad ingredients in a large mixing bowl.
5. Pour over dressing and toss well.
6. Serve into 5 large serving bowls with a serving spoon in each.