

Radish, Apple and Carrot Salad

Season: Winter

Type: Salad

Serves: 36 tastings

From the garden: Apple, carrot & radish

Class focus: Cleaning radishes, grating and cutting vegetables



Equipment:

Large mixing bowl x 1
Small mixing bowl x 1
Wooden spoon x 1
Whisk x 1
Apple corer x 1
Grater x 1
Salad spinner
Chopping boards and knives
Measuring spoons
Measuring cups
Serving bowl x 5
Serving spoon x 5

Ingredients:

3 handfuls of spinach (cut into quarter)
1 apple (skin-on, cored, cubed – 1cm)
2 carrots (roughly grated)
4 radishes (top & tail trimmed, skin-on, cubed – 1cm)

Sour Cream Dressing:

¼ onion (minced)
1 tablespoon white wine vinegar
¼ cup light sour cream
½ teaspoon sugar
¼ teaspoon salt
10 grinds of pepper

What to do:

1. Wash all the vegetables 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.