

Apple and Fennel Salad

Season: Winter

Type: Salad

Serves: 36 tastings

From the garden: Lettuce, mizuna, fennel bulb & coriander leaves

Class focus: Cleaning fennel bulb & lettuce



Equipment:

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

Ingredients:

1 lettuce (cubed – 2cm)
2 handfuls of mizuna (cut into 2cm lengths)
1 fennel bulb (trimmed & thinly sliced)
2 apples (skin-on, cored, cubed – 1cm)
1 tablespoon coriander leaves (finely chopped)

Creamy Maple Dressing:

¼ onion (minced)
¼ cup mayonnaise
½ tablespoon maple syrup
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.