

Lorraine Fitzmaurice's Classic American Salads

Cobb Salad

serves 4

Classic Cobb salad uses chicken, and bacon.

Here's a vegetarian alternative.

100ml red wine vinegar

1 tablespoon dijon mustard

1 tablespoon maple syrup

200ml extra virgin olive oil

Good pinch sea salt freshly ground black pepper

1 head of cos lettuce (little gem good also)

4 hard boiled organic eggs, peeled and quartered

240g butter beans

120g pecan nuts

soya sauce or tamari

2 avocados, thickly sliced

120g Cases blue cheese, crumbled

150g cherry tomatoes, halved

2 tablespoons chopped chives

In a jar, combine the red wine vinegar, mustard, maple syrup, or honey, extra virgin olive oil, sea salt, a few grinds of black pepper. Place a tight lid on the jar. Shake well. Place the pecan nuts on an oven proof tray. Place into a preheated medium hot oven for 6 minutes. Remove from the oven and toss with 1 tablespoon maple syrup and 2/3 tablespoon soya sauce. Return to the oven for a further 2 minutes. Shake and set aside to cool. Wash the lettuce and chop into bite size pieces. Place on a large platter. Drizzle with a little of the dressing. Top with rows of hard boiled eggs, butter beans, roughly chopped roasted pecan

nuts, avocado, blue cheese and cherry tomatoes. Drizzle with the dressing and garnish with chives. Tip; Pan fried cubed smoked tofu makes a nice replacement for the butter beans

Caesar Salad

serves 4

Created by Caesar Cardini 100 years ago, a classic caesar salad uses anchovies in its dressing. This is a vegetarian alternative.

1 head cos lettuce, or little gem lettuce

4 slices of sourdough bread or other crusty bread

2 organic egg yolks

1 clove garlic

Juice of half a lemon

2 teaspoons dijon mustard

2 teaspoon vegan Worcestershire sauce soya sauce or tamari

20g vegetarian parmesan style cheese for dressing

Extra parmesan cheese for garnish

Black pepper

4 tablespoons extra virgin olive oil

Wash the lettuce and dry in a salad spinner. Set aside. Make the croutons. Cut the bread into bite size pieces. Place on an oven tray. Drizzle with some extra virgin olive oil, toss together and put in a preheated medium hot oven, for 8-10 minutes to bake. In a large mixing bowl make the dressing. Put the eggs yolks, finely chopped garlic clove, lemon juice, Worcestershire sauce, a few dashes of soya sauce, finely grated parmesan cheese, a few grinds of black pepper into the bowl. Gradually add the olive oil and whisk all the ingredients together until well combined. Leave the leaves of lettuce whole or chop if you like and toss well in the dressing. Lay out the dressed leaves on a large serving plate or individual plates. Sprinkle with the croutons and shavings of parmesan cheese. Tip; To make parmesan shavings use a vegetable peeler. Tip; Use 2 tablespoons of mayonnaise or

Greek style yoghurt instead of the egg yolks. Tip; Goats or Sheep hard cheese is a good alternative to the parmesan cheese.

Waldorf Salad

serves 4

50g walnuts

3 red skinned apples

lemon juice

3 sticks celery

120g mayonnaise

2 teaspoons dijon mustard

Cos lettuce optional for presentation

Bake the walnuts in a preheated medium hot oven for 8-10 minutes. Set aside. Quarter the apples and remove the core. Chop into bite size pieces and place in a large mixing bowl. Toss in some lemon juice to stop browning. Chop the celery into bite size pieces and add to the bowl. Roughly chop the toasted walnuts and add to the bowl. Stir in the mayonnaise and dijon mustard and combine well. Serve with or without a base of lettuce. Vegan Dressing; 160g tofu 2 scallions chopped 1 teaspoons dijon mustard sea salt Place the ingredients into a blender or use a hand blender or Bullet blender. Add water gradually until a creamy consistency has been reached