

Greek Salad

Season: Summer

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: cucumbers, green capsicums, spring onions, tomatoes

Recipe source: Recipe adapted from Stephanie Alexander's *Kitchen Garden Cooking with Kids* (Penguin Lantern 2006)

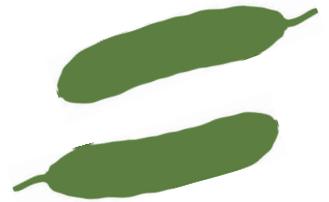
Ingredients vary a little depending on availability, but a Greek salad should be a celebration of ripe tomatoes and will always be a colourful dish. Usually it is topped with feta, as this recipe shows.

Equipment:

vegetable peeler
clean tea towel
chopping board
knives – 1 small, 1 cook's
teaspoon
bowls – 1 small, 1 large
metric measuring spoons and
scales
fork
wooden spoon

Ingredients:

2 cucumbers, peeled and halved lengthways
12 small tomatoes or 6 large, cut into chunks
or wedges
4 spring onions or 1 small red onion
2 green capsicums, diced
24 kalamata olives
3 tbsp extra-virgin olive oil
3 tsp red wine vinegar
salt
freshly ground black pepper
100 g feta



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Using the teaspoon, scoop out most of the seeds from the centre of the cucumber. Cut the cucumber into 2 cm dice and transfer to the large bowl.
3. Add the tomatoes to the large bowl.
4. If using spring onions, remove the outside layer and the roots then trim the tops. Using all of the spring onion, cut into 1 cm pieces. If using red onion, halve and peel, then place the flat side down on the board and cut crossways as finely as you can. Add the onion to the large bowl.
5. Add the green capsicums to the large bowl. Place all the scraps in the compost bucket.
6. Press the flat side of the cook's knife onto each olive to squash it – the pip can now be removed easily. Add the olives to the large bowl.
7. In the small bowl, combine the oil and vinegar to make the dressing. Whisk lightly with a fork, then pour over the salad and mix all the ingredients well with the wooden spoon.
8. Taste for salt and pepper (remember the cheese is quite salty). Weigh the feta, crumble it over the salad, then serve.

