

## Late-harvest tomato, roasted capsicum & garden herb salad

**Season:** Summer/Autumn

**Type:** Salads

**Difficulty:** Intermediate

**Serves:** 24 tastes in the classroom  
or 4 serves at home

**Fresh from the garden:** basil, cucumbers, garlic, mint, parsley, red capsicum, thyme, tomatoes, zucchini flowers

**Recipe Source:** Collingwood College, Victoria

This is a room-temperature salad that uses the stovetop method of removing capsicum skins.

### Equipment:

(you need a gas stovetop)  
long-handled tongs  
chopping board  
knives – 1 large, 1 small  
2 clean tea towels  
small bowl or cup  
fork  
large salad bowl  
serving platters  
serving spoons



### Ingredients:

2–3 red capsicums  
3 garlic cloves  
12–16 tomatoes, depending on size  
2–3 cucumbers  
handful of herbs, including mint, parsley, basil, thyme or other herbs if available (e.g. coriander)  
zucchini flowers (or squash flowers)

### For the dressing:

4 tablespoons extra virgin olive oil  
1 tablespoon vinegar  
sea salt and freshly ground black pepper



### What to do:

#### To roast the capsicums:

- Turn on the gas stovetop. **\*Carefully use the long tongs to place a capsicum on the open blue flame and turn until the capsicum skin is black.**
- Place the roasted capsicums on a plate and set aside to cool.
- When the roasted capsicums are cool enough to handle, rub the burnt skin off. (Put the blackened skin in the compost.)

#### To make the salad:

- Set out the chopping board and large knife. Dampen a tea towel and place it under the chopping board to prevent it from slipping.
- Peel and finely chop the garlic.
- Slice the capsicum flesh into strips with the large knife.
- Chop the tomatoes into quarters. (If the tomatoes are small, cut them into halves).

- Chop the cucumber into small cubes.
- Put the garlic, capsicum, tomatoes and cucumber in a large salad bowl.
- Wash the mint, parsley, basil and thyme, and any other herbs. Gently dry them with a clean tea towel.
- Strip the leaves of the herbs from their stems. Discard the stems.
- Finely chop the herb leaves and add them to the salad bowl.
- To make the dressing, put the vinegar and extra virgin olive oil together in a cup or small bowl. Add a pinch of salt and whisk with your fork.
- Add the dressing to the salad and toss gently.
- Check the salad for seasoning and add salt and pepper if necessary.
- Divide the salad between the serving platters and garnish with zucchini flowers.

\* Adult supervision required.

