

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

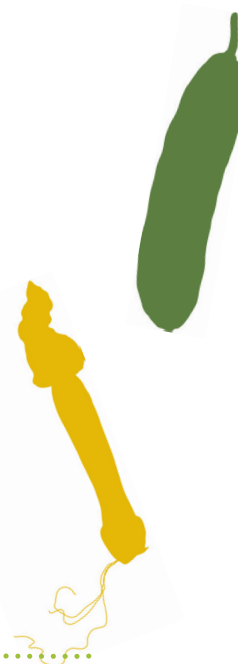


Ingredients:

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.

