



# GREEN SALAD WITH FRENCH VINAIGRETTE

## INGREDIENTS

SERVES 6

- 1 lettuce
- 1 clove of garlic
- 3 tbsp olive oil
- 1 tbsp vinegar
- 1 tsp dijon mustard
- salt and pepper

## FROM THE GARDEN

- Lettuce
- Edible flowers

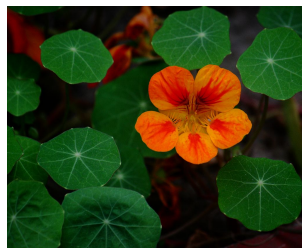
## EQUIPMENT

- Chopping board
- Sharp knives
- Measuring spoons
- Small whisk or fork
- Small bowl
- Serving bowl

## INSTRUCTIONS

1. Go to the garden and pick a lettuce and some edible flowers. You will need a basket and some scissors. Bring back to the kitchen.
2. Separate out the leaves of the lettuce. Wash and spin dry the lettuce leaves.
3. Break the leaves up into bite size pieces and place in the serving bowl.
4. To make the vinaigrette, crush the garlic then measure out the remaining ingredients into the small bowl. Whisk vigorously until the ingredients are combined. This process is call emulsification. You are combining two ingredients (oil and a water based liquid, in this case vinegar) that wouldn't ordinarily mix easily. Season with salt and pepper.
5. Dress the salad leaves by pouring on the vinaigrette and gently tossing the leaves until they are coated.
6. Garnish with edible flowers and serve (check for minibeasts first!)

## Examples of edible flowers in our garden



nasturtium flower



borage flower