

The Ten Commandments of Salad Making

1. Thou Shalt Wash Properly

Let greens soak a few minutes in generous amount of ice-cold water to allow the sand/grit to settle.

Lift greens from water, drain briefly, then dry thoroughly in a salad spinner
Caught without a salad spinner? Try a pillowcase swung around your head outdoors!

2. Thou Shalt Think Ahead and Prepare for the Week

Speed up prep time - wash & dry a weeks worth of greens

Store greens in paper-towel-lined, air-tight plastic bag in the refrigerator's vegetable bin

Eat most delicate greens early in week

Save the heartier ones for the end of the week

3. Thou Shalt Have Crunch

Quickly toast some seeds (pepita, sesame, sunflower) in a dry skillet

Add sprinkle of salt & squirt of lemon or lime juice at end to coat seeds with flavor

Croutons are not just for Caesar anymore

We love freshly made croutons

Rustic country bread - diced into ¾" chunks - sautéed in a heavy bottomed skillet - coated generously with extra virgin olive oil

Add a sprinkle of salt & freshly ground pepper

Reduce heat to medium-low & toast slowly

Shake often until golden brown.

4. Thou Shalt Use All Acids Equally without Prejudice and Plenty of Them

Don't skimp on the acid!

1 part acid (citrus juice or vinegar) to 1 1/2 parts oil is our guide

The "classic" recipe is 3 parts oil to 1 part of vinegar

Sherry vinegar - similar tart/sweet bite of balsamic but less expensive

Excellent with strong cheeses - such as cabrales or aged goat

Cider vinegar - sadly neglected

Rice wine vinegar - Champagne vinegar - Tarragon vinegar

Lemon juice – Lime juice

5. Thou Shalt Use BIG Toss Method

Bigger the bowl, better the tossin'!

Use a bowl twice as large as the salad itself

Allows you to completely mix ingredients together & coat each piece with the dressing – without leaving puddle of dressing at bottom of bowl

Remember - You can always add more dressing - so start slowly

6. Thou Shalt Dress with Care Using Your God Given Tools

Your hands are the best tool for tossing/mixing your salad

Fingers spread wider than a fork, allowing you to lift and separate the ingredients - & incorporate ingredients & dressing into balanced dish

Taste at every juncture

All ingredients (especially greens & herbs) should be completely dried - then add the dressing SLOWLY

Stop to mix with your hands – taste – & resume until every leaf has been thoroughly coated with right amount of dressing

The key rule – YOU CAN ALWAYS ADD MORE!!!

7. Thou Shalt Never Forget the Pepper

There is simply **NO** substitute for freshly ground pepper!

Can revive even most tired taste-buds with burst of intense, aromatic flavor

Invest in a high-quality peppermill - with metal grinding teeth - & knob on the top to adjust the grind.

8. Thou Shalt Never Forget the Salt Either

Salt - An essential but often misused ingredient

Salt - vital for sharpening the flavors of dressings and greens

Avoid iodized salt with chemical aftertaste

Choose kosher or sea-salt

A salt shaker is an inaccurate way of adding salt

Keep salt in a small bowl & use fingers to dispense the grains accurately

Add slowly and taste often - you can always add more!!!

9. Thou Shalt Experiment with Interesting and Different Greens

Fresh herbs are wonderful in salads

Make sure only roughly chopped so flavor goes into salad - not into cutting board

If your board is turning green - you're chopping the herbs too much
Arugula – Beet Greens – Endive – Mache – Radicchio – Bok Choy

10. Thou Shalt Follow the Rules of NEVER and ALWAYS

NEVER store tomatoes in the refrigerator! The flesh turns mealy and soft.

NEVER cut onions the day before. If it's an overly pungent onion, it can be rinsed in ice-cold water to tone down the bite.

NEVER cool cooked pasta by running under cold water – it will absorb the flavorless water like a sponge

ALWAYS drain pasta well & drizzle with olive oil – then spread out on counter or cookie sheets in one layer to cool quickly

ALWAYS mix pasta with dressing & other ingredients right before serving

ALWAYS add lots of garnish to pasta and grain based salads

multi textured vegetables

flavorful herbs

pungent meats

50/50 ratio of garnish to starch

ALWAYS cut off cucumber ends before peeling to avoid dragging the bitter oils down the entire length of the cuke.

ALWAYS drizzle hot peeled potatoes with vinegar and chill before adding to salads.

ALWAYS taste, taste, taste!!