

Title: Salamagundy surprise

Picture

Please attach a scan of your collage separately or leave the original at the school office.

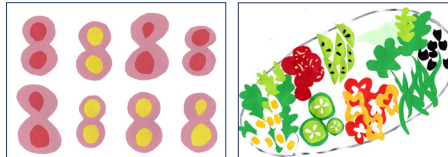
Size: A4

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Examples:



Prepared by

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Dish origin

Old English

Notes / Anecdote

Salamagundy is a traditional English salad dish. Some recipes date back to the 15th Century! This is a vegetarian recipe, but you could add cold meats or fish.

Servings

Preparation time

Vegan

Cooking Time

Vegetarian

Method

- 1) Rinse the lentils. Add to a saucepan and cover with water. Bring to the boil and simmer for 18-20 minutes. Drain.
- 2) In a separate pan, cover the eggs with cold water, add a pinch of salt. Heat water and boil the eggs for 10-12 minutes. Run eggs under a cold tap, peel off shells and cut eggs into halves or quarters.
- 3) Trim the beans and boil or steam them for about 5 minutes. Drain, then toss in butter (add a little garlic if you like) and season.
- 4) Prepare the other vegetables. Wash and dry the lettuce and arrange on a large platter. Core and slice the apples, de-seed and slice the peppers, thinly slice the cucumber, and cut the tomatoes and olives in half.
- 5) Arrange all the ingredients separately on the platter. Garnish with herbs.
- 6) To make the dressing, mix the mustard, vinegar and olive oil together. The dressing will keep for about a fortnight in the fridge.

Ingredients

- 1 lettuce
 - 2 apples
 - 1 jar pitted black olives
 - 4-6 eggs
 - 450g green beans
 - 450g green lentils
 - 2 yellow or orange peppers
 - 1 cucumber
 - 450g cherry tomatoes
 - fresh herbs to garnish
- For the dressing:
- 2 tsp Dijon mustard
 - 2 tbsp red wine vinegar
 - 6 tbsp olive oil