



SALAD



Greek Tomato and Feta Salad

Juicy tomatoes, cool crisp cucumber, and salty feta cheese are a winning combination

 makes 4-6 servings
 prep 20 mins

1 lb 5oz (600g) ripe plum tomatoes

1 cucumber

7oz (200g) feta cheese

½ cup pitted Kalamata olives

juice of ½ lemon

¼ cup extra virgin olive oil

salt and freshly ground black pepper

8 large basil leaves, torn into pieces

● **Prepare ahead** The salad can be made through step 2, stored at room temperature, for up to 2 hours. Add the basil just before serving.

1 Cut the tomatoes into chunks. Peel away about half of the cucumber skin. Quarter the cucumber lengthwise, scoop out the seeds, then chop the cucumber. Arrange the tomatoes and cucumber on a serving platter.

2 Drain the feta and cut into small cubes. Sprinkle the feta and olives over the vegetables. Sprinkle the lemon juice over the salad and drizzle with the oil. Season with salt and pepper and toss.


3 Add the basil, toss again, and serve.



COOKING TECHNIQUES

Asian Cucumber Salad with Smoked Salmon

Cucumber slices combine well with the flavor of smoked salmon

 makes 6 servings
 prep 10 mins

For the dressing

1/4 cup white wine vinegar

2 tbsp vegetable oil

2 tbsp chopped cilantro

1 tbsp Asian fish sauce

1 tbsp Thai sweet chili dipping sauce

1 garlic clove, chopped (optional)

2 large cucumbers

salt and freshly ground black pepper

14oz (400g) smoked salmon, cut into long strips

1 lime, cut into 12 wedges, to garnish (optional)

1 To make the dressing, shake the vinegar, oil, cilantro, fish sauce, chili sauce, and garlic in a jar.

2 With a vegetable peeler, slice the cucumber lengthwise into ribbons, discarding the center core of seeds. Place in a bowl.

3 10 minutes before serving, pour the dressing over the cucumber and season with salt and pepper.

4 Mound equal amounts of cucumber on individual plates, and arrange the smoked salmon strips on top. Sprinkle with black pepper and garnish with lime wedges (if using).

