

# Modern Tabbouleh

## Ingredients

Olive oil	3 tbsp
Shallot (finely chopped)	3 pieces
Brown bulgur	1/2 cup
Water	2 cups
Pine nuts (toasted)	3 tbsp
Yellow bell pepper(diced)	2 tbsp
Red bell pepper(diced)	2 tbsp
Dried figs (diced)	4 tbsp
Medjool date(pitted, diced)	4 tbsp
Mint(chopped)	1 tbsp
Parsley	8 tbsp
Chives(chopped)	3 tbsp
Yellow cherry tomatoes (halved)	10 pieces
Red cherry tomatoes (halved)	10 pieces
Cayenne pepper	1 tsp
Salt	as required

## For Dressing

Olive Oil	6 tbsp
Lemon Juice	8 tbsp

## To Garnish

Mint/Parsley	as required
Cumin seeds (toasted)	1 tsp

## Method of Cooking

1. In a sauce pan, sweat shallots in olive oil, add Bulgur and cook for 2 minutes, add water and salt, bring to boil and simmer until liquid is absorbed (12-15 minutes) Fluff with a fork and let cool.
2. Mix the lemon juice with olive oil, cayenne pepper and season with salt to make the dressing.
3. Toss the dressing with the cooked bulgur till well coated.
4. Add the rest of the ingredients and toss.
5. Top with toasted cumin seeds, parsley and mint.
6. Serve chilled.

# Roasted Butternut Squash Salad

## Ingredients

Butternut squash

## Quantity

600 gm

Olive oil

3 tbsp

Rock salt

1 tsp

Coriander seeds

1 tsp

Black pepper

1 tsp

Turkey mortadella (very thin slices)

15 slices

Frisee Lettuce

4 handfuls

Parmesan (shavings)

10 shaves

Walnut (roasted, chopped)

1/2 cup

## For Dressing

Balsamic vinegar

1 tbsp

Olive oil

3 tbsp

## Baguettes Croutes

Baguette (thin slices, 2-3 mm thick)

16 pieces

Olive oil

2 tbsp

## Method of Cooking

1. Preheat oven to 180 °C.

2. Crush salt, coriander & black pepper.

3. Cut the butternut in quarters, drizzle the butternut with olive oil and sprinkle 3/4 of the salt & coriander seasoning over the butternut, marinate for a few minutes and roast for 35 minutes or until done and set aside to cool.

4. For the baguette croutes: brush the baguette with olive oil and sprinkle the crushed black pepper over it.

5. Place the slices between 2 baking sheets and bake at 180 °C for 6 minutes or until golden and crisp.

6. The Butternut Squash Salad is presented on a serving plate. First the Frisee lettuce is placed on the base, topped with slices of Turkey Mortadella, on which the roasted butternut squash must be heaped.

7. Toasted walnuts, Parmesan shavings and croutes must be dropped on the heaped squash and allowed to naturally fall and settle on the heaped squash and the plate.

8. Drizzle the balsamic vinegar and olive oil dressing, then sprinkle the salt & coriander seasoning as required.

# Cesar Shrimp Salad

Ingredients	Quantity	Method of Cooking
Shrimp (peeled & deveined)	100 g	1. Preheat the oven to 160 °C/325 °F.
Olive oil	2 tsp	2. In a bowl, mix the minced garlic with melted butter, salt & pepper. Using a pastry brush lightly brush both sides of the bread with the butter mixture.
Lemon (juice)	1 tbsp	
Garlic (minced)	2 cloves	3. Cut the buttered bread into cubes, put on a baking tray and bake for 7-8 minutes or until croutons are crisp and brown.
Salt & pepper	as required	
Romaine lettuce (chopped)	1/4 head	4. Preheat a grill pan over a medium-high flame.
Iceberg lettuce (chopped)	1/4 head	Toss shrimp with the olive oil, sprinkle with salt & pepper, toss again and grill until cooked through, 2 to 3 minutes on each side.
<b>Caesar Dressing</b>		5. Transfer the shrimp to a plate and drizzle with the lemon juice.
Mayonnaise (light)	2 tbsp	
Anchovy fillets (rinsed, minced)	2 pieces	6. In a mixing bowl, whisk the Mayonnaise, chopped Anchovy fillets, grated Parmesan and Lemon juice to make the Caesar dressing.
Parmesan cheese (grated)	2 tbsp	
Lemon (juice)	1 tbsp	7. In a large bowl, toss the dressing with the lettuce until well coated.
<b>Caesar Dressing</b>		8. Place the tossed lettuce in a serving dish, top with the croutons, shrimps and Parmesan shavings.
Mayonnaise (light)	2 tbsp	Tip: tossing the lettuce leaves in the dressing, gives it more flavor, rather than just drizzling the dressing on top.
Bread	2 slices	
Melted butter	1/3 cup	
Garlic (finely minced)	4 cloves	
Salt & pepper	as required	



# Beetroot & Rocket Salad

## Ingredients

Beetroot (peeled & cubed)

## Quantity

3 pieces

Rocket (fresh)

2 handfuls

Dried apricots (chopped)

5 pieces

Toasted walnuts (roughly chopped)

60g

## For the Vinaigrette

Balsamic vinegar

10ml

Shallots, thinly sliced

3 tbsp

Honey

1 tsp

Extra-virgin olive oil

25-30ml

Salt & freshly ground black pepper

as required

## To Serve

Avocado (cubed)

½ piece

Lemon Juice

1 tbsp

Goat cheese

as required

Parsley

1 tsp

Olive oil

as required

## Method of Cooking

1. Preheat the oven to 220°C.

2. Whisk the balsamic vinegar, shallots, honey in a medium bowl to blend. Gradually whisk in the oil. Season the vinaigrette with salt and pepper as required.

3. Toss the beetroot in a small bowl with enough vinaigrette dressing to coat. Place the beetroot in an oven tray and roast for about 25 minutes. Until caramelized and soft.

4. In a bowl toss the rocket with olive oil, salt & pepper. Then add the walnuts, dried apricots, beetroot and mix with the remaining vinaigrette dressing.

5. Cube the avocado and toss in the lemon juice to prevent it from getting discolored.

6. Top the salad with avocado and goat cheese, sprinkle with parsley, drizzle with olive oil and serve.



# Thai Beef Salad

## Ingredients

Tenderloin steak (cut to thin strips)	350-400 g
Salt & ground black pepper	as required
Cooking oil	2 tbsps
Mint leaves (chopped)	1 tbsps
Fresh coriander leaves(chopped)	1 tbsps
Red onion (thinly sliced)	1/2 cup
Spring onion (thinly sliced)	1/2 piece
Thai red chili (finely chopped)	1 tsp
Sesame oil	1 tbsps
Soya sauce	1 tsp
Fish sauce	2 tbsps
Cherry tomatoes (quartered)	8 pieces
Cucumber (sliced)	1/2 cup
Brown sugar	1 tsp
Rice vermicelli (noodles)	2 handfuls
Water	as required
Mixed greens	1/2 cup
Lime (juice)	1/2 piece

## To Garnish

Roasted peanut (roughly chopped)	1/2 cup
Lime (wedges)	1 piece
Thai red chili (thinly sliced)	1 piece
Spring onion (chopped)	1 tbsps

## Method of Cooking

1. In a bowl, soak the rice noodles in water, until soft. Then plunge the noodles into boiling water for 3-5 minutes. Remove from heat, drain the noodles and plunge in a bowl of cold water to stop the noodles from over cooking.
2. Make a dressing by combining the chili, lime juice, brown sugar, fish sauce, sesame oil, soya sauce and season with salt and pepper. Do a taste test to get a good blend of sweet, sour and salt, which is very important in Thai cuisine.
3. In a mixing bowl, combine cherry tomatoes, mixed greens, mint leaves, fresh coriander, onions, spring onions, cucumber and noodles.
4. Add the dressing and toss well.
5. Season the beef strips with salt & pepper. In a wok/ sauté pan on high heat, add oil and stir fry the beef for 2 minutes until crisp and tender.
6. To serve, place the cooked beef on top of the platted salad and drizzle with peanuts, chilli (optional) and lime wedges. Serve the rest of peanuts on the side.