

Waldorf salad

Ingredients:

4 green apples
4 red apples
2 tablespoons lemon juice
6 celery sticks
6 sprigs parsley from the kitchen garden
3 small lettuce from the kitchen garden
Pinch of Orange Calendula Petals from the kitchen garden. Use as a garnish for salad.

Mayonnaise:

2 egg yolks
2 tablespoons white wine vinegar
300 ml vegetable oil
Salt and pepper to taste

Equipment:

Large kitchen knife
Green chopping board
Measuring spoons
Small jug
2 x Large mixing bowl
Whisk
Large metal spoon
5 x salad serving bowls

Method:

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| <ol style="list-style-type: none">1. Quarter the apples, remove the seeds and cores, and cut the apple into small pieces.2. Place the apple in a large bowl and drizzle with lemon juice and toss to prevent the apples from discoloring.3. Wash the celery stalks and slice thinly across each stalk. Add to chopped apple.4. Wash parsley and pat dry. Chop finely and add to apple. Mix well. | <ol style="list-style-type: none">5. To make the mayonnaise:6. Separate the eggs. Place the egg yolks in to a large bowl, Whisk the egg yolks and gradually add the white wine vinegar.7. Constantly whisking, very slowly add the vegetable oil. The mixture will start to thicken and look smooth. Be careful not to add the oil too quickly or the mixture will split. Season with salt and pepper to taste.8. Add mayonnaise to the apple and mix well.9. Wash lettuce leaves and pat dry using a tea towel. Line each serving bowl with lettuce leaves and spoon in apple.10. Sprinkle with Orange Calendula petals to garnish. |
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