

BEST SALADS EVER

*Recipes for Sensational Salads
All Year Long*



Sonja Boek & Tina Scheffelowitz

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ever







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Panja Back & Tina Scheftelowitz

grub street | london

A THANK YOU TO YOU, DEAR READER

All the responses we receive are super inspiring. Thank you to Hanne Paludan, Gasa Nord Grønt and Yding Grønt A/S for finding new salads and descriptions for us.

This edition published in 2015 by
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London
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Translation by Anne Marie Tremlett

Design by Alette Bertelsen

Photos by Ditte Isager, Columbus Leth and Anders Schønnemann

A CIP record for this title is available from the British Library

ISBN 978-1-909808-33-1

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Printed and bound in Malta

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TINA SCHEFFELOWITZ

SONJA BOCK

For readers who love superb salads

This book gives you a multitude of inspirational salads made with the best fresh ingredients.

We have set out to make every single salad an experience in itself, whether it is an unexpected combination of fresh ingredients, a new and exciting ingredient or just a wonderful flavour.

We have become brilliant at avoiding fat and oil and instead use sweet-sour-bitter-spicy ingredients for flavour. There are a lot of dressings which do not need oil, for example raw salads, salads with miso dressing and salads with seeds and nuts for topping. We have also used all the new ingredients which have come onto the market, or which we have recently discovered: Miso (Japanese fermented soya beans), wasabi (Japanese horseradish), quinoa (a type of South American 'grain') the good whole grain in the form of whole spelt, wholemeal and buckwheat pasta and many more.

We hope you will enjoy the book in big crunchy mouthfuls. Bon appetit!

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Special ingredients

Most of the fresh ingredients in this book are available either from your local greengrocer or from supermarkets. But for some ingredients you will need to go a little further. You will find these at Chinese grocers or greengrocers, in well stocked supermarkets, health food shops or delicatessens.

If you want to save time, call the shop first and ask if they have what you are looking for. And encourage them to stock it. You could also try the internet. There are several e-shops that sell spices and speciality foods.

GROUND SPICES Always remember to close the bags securely after use, and remember to discard the spices sometime after opening. An opened bag of curry powder that is 5 years old does not have much flavour. Think of the ground spices as ground coffee. They will not keep fresh for very long since the aromatic compounds are short lived and break down on contact with oxygen.

PEPPER Always used freshly ground pepper. A good quality pepper mill is indispensable.

GROUND ANISE Anise seeds look like fennel seeds and the taste is similar to star anise. Available as seed or ground from health food shops and Asian grocers.

DRIED HERBS After the bags have been opened the herbs will not keep fresh for very long.

CRUNCHY PEANUT BUTTER

TAHINI paste made from sesame seeds. Available from Asian grocers and supermarkets.

BALSAMIC VINEGAR Italian fermented vinegar available in many qualities, both red and white. We use a medium quality, i.e. not the cheapest, but not the most expensive one either, where each drop is worth gold.

OIL Use a medium olive oil for frying and a good super quality virgin olive oil for everything else. Have a taste of several different oils and experience the difference.

A good olive oil can make all the difference to your salad. It does not necessarily have to be the most expensive oil, but it is generally not the cheapest.

LEMON OLIVE OIL Available from Italian delicatessens and well stocked supermarkets. You can also make your own from good quality olive oil and lemon zest - it is just easier to buy the ready made one.

NEUTRAL TASTING OIL We use it especially for the Asian, Indian and South American salads and you could for

example use rape seed oil or corn oil.

DARK SESAME OIL Available from Asian grocers and well stocked supermarkets.

MISO is a fermented soya bean product which is a staple ingredient in Japanese cooking. It is very healthy, good for hangovers and an excellent flavour enhancer. There are many different types of miso. The light miso has the mildest flavour, the dark miso is stronger. In Japan, miso is available in many different qualities, but here we do not have quite the same choice. The dark miso is generally available from health food shops and some supermarkets, both kinds are usually available from Asian grocers.

QUINOA There is nothing negative to say about quinoa, the South American 'Golden Grain'. Quinoa is a gluten-free seed of the chenopodiaceae family of plants. It tastes wonderful, it is easy to use and it is super healthy. Use it hot instead of rice etc. And cold like bulgur in salads. If quinoa is part of your basic diet, you do not need to eat meat, unless of course you like the taste of meat. Quinoa is full of proteins, and on top of that has the perfect amino acid combination.



MUSCOVADO SUGAR



WHOLE SPELT, WHOLE GRAIN PASTA, BROWN BASMATI RICE, BUCKWHEAT NOODLES Forget about quick carbohydrates in white pasta and refined rice and choose instead whole grains and cereals with plenty of fibre. As well as the wonderful flavour,



COCONUT FLAKES

you will also have plenty of fibres which are super healthy for your digestive system and help to prevent many illnesses. The fibres also help you feel full and will give you a healthy thirst so you automatically drink more water.

EDAMAME BEANS are green soya beans in their pod and they are often served as a snack in many Japanese restaurants. The flavour is fantastic. You don't eat the pod, only the beans, which you squeeze out of their pod with your teeth. For using in salads the beans are easily taken out of their pods with your fingers. Available frozen from Asian grocers.

SEAWEED Dried Japanese seaweed is available in many different qualities for example: Nori seaweed sheets, which are used for wrapping sushi rolls and as strips for garnishing; wakame seaweed, which is used in salads and soups, turns green when boiled; hijiki and arame seaweed which are used in salads. Seaweed is very healthy and rich in proteins, contains many minerals and vitamins and helps to lower cholesterol and blood pressure. It has the best flavour when marinated. Available from health food shops and Asian grocers.

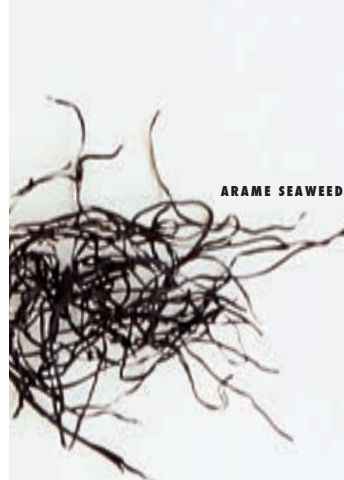
JAPANESE SOY SAUCE is a world of its

own. There are almost as many different types of soy sauce as there are wines in France. Every region has its own soy sauce and the quality varies enormously. The best known brand of soy sauce in this country is Kikkoman which is good for marinades and sauces, as it has a very strong flavour. Yamasa is lighter, less salty and less caramelised. Tamari which we have used in this book is a strong type which can be replaced with the milder variety. They are available from Asian supermarkets and health food shops.

WASABI is a Japanese horseradish which is pale green and very strong. Available as a paste in tubes, and as a powder which you mix with water to a suitable consistency. For the recipes in this book we have used the paste variety. It is used for sushi and as a flavour enhancer in several dishes, especially salads. All wasabis vary in strength so try different ones to find the one that suits you best.

COCONUT FLAKES are much better in salads than grated coconut, which you can of course use if you can't get hold of coconut flakes. Toast before use to





ARAME SEAWEED



HIJIKI SEAWEED



LIME LEAVES

develop the flavour. Available from health food shops and well stocked supermarkets.

GOOD SWEETENERS Muscovado sugar is unrefined cane sugar. Brown soft sugar can be used instead. Muscovado sugar is just more aromatic. Again: Taste the difference. Available from supermarkets and health food shops. If you use maple syrup, honey or muscovado sugar as a sweetener, it will give the salads an extra spicy kick. You can vary your own recipes by replacing sugar with one of these products.

YOGHURT Greek yoghurt with 10% fat is a wonderful sour milk product. Greek yoghurt with 0% fat has no flavour at all. We use crème fraîche with 9% fat if we want a thinner consistency and if the yoghurt taste does not suit the salad. Natural yoghurt with 3.5% fat (whole milk yoghurt) is also suitable for some dressings. It should preferably be organic. Look for organic dairy products from supermarkets and

health food shops.

FETA CHEESE Forget about feta cheese in cubes and low fat feta. Buy the genuine article from delicatessens or the best quality from supermarkets. Find the one you like best by tasting different ones.

NIGELLA SEEDS from the plant 'Love in the mist', are small black seeds. Traditionally used to sprinkle on top of bread like poppy seeds. Very good flavour enhancer in potato salads, root vegetable salads etc. Should always be toasted in a pan or baked to bring out the flavour.

LIME LEAVES Look like fresh bay leaves but taste of lime/lemon. Available both frozen and fresh from Asian grocers and well stocked supermarkets. Store in the deep freezer and take out as needed. Can be replaced by grated zest of lime but it is not quite the same. The dried ones available from supermarkets are not suitable for salads.





LEMON ZEST USING A CITRUS ZESTER



SALADS IN MOUTH-SIZE PIECES

Techniques

See also finely grated ginger page 29
and cutting citrus fillets page 80



FINELY CUT LIME LEAVES



FINELY CUT GARLIC



ROOT VEGETABLES CUT INTO JULIENNE STRIPS



LEEKS CUT IN JULIENNE STRIPS



tips and tricks

All recipes are tested and are for 4-6 people – depending on whether they are served as a main meal in themselves or as side dishes with fish or meat.

Raw ingredients are given in unprepared quantities (unless otherwise indicated). Herbs are mainly stated in chopped quantity.

ABOUT THE BOOK All recipes are tested and are for 4-6 people depending on whether they are served separately as a meal in themselves or as side dishes with fish or meat. With fish or meat they could be served as one of several side dishes or just one side dish.

CLEANING All vegetables must of course be rinsed/washed/scrubbed if you want to avoid bacteria and grit in the food. To save space, we have chosen to mention this only for the lesser known vegetables, or if we know of some good tips for cleaning.

SALAD SPINNER Use for washing green salads. The best one is a plastic bowl with a plastic net inside and a lid with a handle for turning. Available in several sizes. You can dry salads without spilling water over the entire kitchen.

FRESH GREENS AND FRUIT Always use completely fresh vegetables and fruits, but make sure they are ripe, so the flavour and the

aromatic compounds (the fruit sugars) are properly developed.

For example compare the juice of a hard yellow-green lemon with the juice of a soft, completely yellow and ripe lemon! There is a big difference. Use the juice of the lime fruit when it is soft and the colour of the peel begins to turn yellow. Use tomatoes that are ripened on the vine. A melon is ripe when it has an aroma on the outside, especially near the stalk.

QUANTITIES For quantities we have used proper measuring spoons. Please note that a tablespoon and a teaspoon from the cutlery drawer can vary enormously in size. It is therefore always a good idea to taste the food – both while you are preparing it and before serving. The extra minutes you spend on tasting makes the difference that gives the salad the last definitive kick, and you will be well rewarded.



Oven temperatures are indicated for hot air ovens. If you use an ordinary oven the temperature should be 25 degrees higher.

LARGE QUANTITIES If you are making large quantities of the individual salads, do not double the quantity of the dressings – the salad will be too wet, rather reduce accordingly.

SIMMERING To simmer means that you adjust the heat downward so the dish is kept at or just below boiling point. It is the exact opposite of fierce boiling.

FRESH HERBS We use a lot of fresh herbs in our book. We believe they have a more exciting flavour than the dried ones. The best herbs are fresh herbs in bunches. Professional cooks buy them wholesale at the market, but the consumer often has to make do with the slightly boring pots of herbs from supermarkets and greengrocers. Therefore: Ask your greengrocer to order fresh bunches of herbs. Or grow your own.

CHILLI It is difficult to give the precise quantity for fresh chilli, the quantity is therefore always approximate in the recipes. We have used the medium sized chillies. The smaller the chillies, the hotter they are. Find the one you like best by tasting different ones.

GARLIC Should garlic be crushed or chopped? A good quality garlic press is more effective, if you are not very skilled with the kitchen knife. If garlic is chopped it must be very finely chopped. The onion taste will be a little stronger when you use a garlic press, but we believe that is absolutely fine. What you do is up to you and how you like it.

PASTA AND NOODLES If you rinse pasta and noodles in cold water after boiling and leave them to drain, they will not stick together.

GENERAL SALADS must be served as quickly as possible after preparation to make sure the ingredients remain fresh and crisp. But if you haven't got time to prepare the salad just before serving you should cover it well with cling film or foil and put it in a cool place. The dressing should be added only just before serving. And do not garnish salads until the last second before serving.

Salads should not be served directly from the fridge. If they have been prepared in advance they should be taken out of the fridge about 30 minutes before serving.

When you prepare buffets for lunch or parties it is of course practical to be able to prepare as much as possible in good time beforehand. For the buffets we have therefore indicated how soon the salads can be prepared in advance.