



Tomato, Snow Pea, Daikon & Red Pepper Salad and Perfect Leaf Salad Damien Pignolet 03/09/10

Salad of Tomatoes, Snow Peas, Daikon & Red Pepper with Toasted Almonds

Serves 6

Ingredients

100g blanched almonds, splintered or roughly chopped
4–6 Roma tomatoes, washed and cut lengthwise into 4–6 wedges (depending on size)
Sea salt (preferably Halen Môn smoked salt)
200g snow peas (mange-tout), washed, strings removed, cut on the diagonal into 5mm-thick slices
10cm piece daikon, peeled, or 6 red radishes, washed and thinly sliced
1 large red pepper, washed, top, seeds and white membrane removed, cut into 3mm dice
1 stalk celery, washed, sliced in half crosswise, then cut into 5mm-thick pieces
6 pale inner celery leaves, washed and torn
40ml extra virgin olive oil [preferably a peppery tasting one]
40ml vegetable oil
20ml lime juice, or to taste
Freshly ground white pepper
50g Pecorino Romano or hard goat's cheese, finely shaved with a vegetable peeler

Method

Here is a handsome and flavoursome salad to add to a buffet table or to accompany a roast chicken served at room temperature with mayonnaise. The celery leaves add a hint of bitterness to the salad. A simple green salad and some good bread will complete an enjoyable summer lunch.

Preheat the oven to 150°C. Place the almonds on a baking tray and toast for 10 minutes or until light golden. Set aside.

Put the tomato in a colander and sprinkle with some salt, then leave to drain for 10 minutes or so. Pat dry with paper towel before the salad is combined.

Put the snow peas in a large mixing bowl.

Use a vegetable peeler to shave thin slices from the daikon, then cut into julienne and add to the snow peas.

Add the tomato, pepper, celery and celery leaves to the snow peas and daikon.

Combine the oils and lime juice, season to taste, then add to the vegetables and toss gently. Place on a suitably sized platter, then scatter with the almonds and shaved cheese and serve.

A Perfect Leaf Salad

Serves 4

Ingredients

1 clove garlic

Sea salt and freshly ground pepper

2 dessertspoons extra virgin olive oil such as Nolans Road

1 tsp Forum Cabernet vinegar

6 heaped handfuls of mixed lettuce leaves - mignonette, baby cos, witlof tips, a few radicchio leaves and some wild rocket leaves - all washed and spin dried except for the witlof

2 tbsp French tarragon leaves, snipped (optional)

Method

Smash the clove of garlic on a board with a clenched fist then rub it around a large salad bowl; discard the debris. Season lightly then add the oil and vinegar, stir to combine then adjust the acidity and seasoning to taste.

Tear the larger leaves in easy to eat pieces. Use hands to caress the leaves in a gentle tossing action. Serve immediately.

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