

Spring Salads

<p><u>Neapolitan Slaw</u> 1 small white cabbage ½ small red cabbage 2 carrots 100 gr dried raisins or cranberries pistachio nuts if liked seasoning yoghurt, mayonnaise</p> <p><u>Rice Salad</u> 2 cups basmati rice 1 bunch asparagus 125 gr peas Fresh dill vinaigrette of choice 1 red pepper</p> <p><u>Beetroot and Celery Salad</u> 4 cooked beetroots 3 sticks celery 2 crunchy apples 4 tbsps. crème fraiche or mayonnaise or yoghurt</p>	<p>This is best made in a food processor with a slicer attachment. Slice the cabbage and place in a bowl. Grate the carrots and add to bowl. Add raisins or cranberries and pistachios if using, season. In a separate bowl mix equal quantities of yoghurt and mayonnaise, mix well, if it is too thick add a little milk, water or vinegar. Pour over cabbage mix and stir well. This will keep in the fridge for a few days.</p> <p>Use vegan alternatives for dressing.</p> <p>Cook the rice, cool. Chop the asparagus up and bring to the boil, add the peas and chopped pepper, simmer for 2 minutes. Drain and cool under running water. Add the vegetables to the cooled rice, chop some dill into mix, season, add the vinaigrette, adjust to taste. Serve with cold meats, chicken or on its own.</p> <p>Dice the beetroot. Wash the celery (it can be quite gritty). Chop and add to the beetroot. Wash the apples, core and dice, add to the beetroot mix. Add seasoning and mayonnaise or crème fraiche.</p> <p>Fresh beetroot can be used: peel the beetroot, roast with a little olive oil and seasoning for 20 minutes, when cool continue as above.</p>
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