

2014 N°29

Everyday salad

The salad

2 little gems (of the lettuce variety – diamonds will only break your teeth) or one cos lettuce

2 big handfuls of baby spinach

2 big handfuls rocket

1 red and 1 yellow pepper – halved, seeded and grilled under a hot grill, skin side up, for a couple of minutes, then sliced.

Green beans – cooked for about 3 minutes and then tossed in the pan with a little olive oil and crushed garlic.

Dressing

2 cloves of garlic

½ teaspoon mustard powder

¼ teaspoon freshly ground coriander seed

1 teaspoon maple syrup

2 tablespoons balsamic vinegar

6 tablespoons olive oil

salt and pepper

a container with a tight fitting lid

Crush the garlic into the container

Add the mustard powder, coriander seed, salt and pepper

Add the balsamic vinegar and shake vigorously to mix all the ingredients

Then add the maple syrup and olive oil

Shake again and leave to stand for at least an hour before you use it

Mix the salad ingredients in a large salad bowl. Add the cooked beans, still warm.

Pour dressing over all this and toss before serving.

Depending on what looks good in the Market Garden you can use tenderstem broccoli or asparagus in place of the green beans.

About Kay's Essex Road Recipes.

I improvise recipes based on what looks good in my local shops. Living just around the corner from 4 of London's best food shops; **Steve Hatt** the fishmonger, **The Market Garden** greengrocers, **James Elliott** the butcher and **Raab's** Bakery, it's easy to be inspired. Throughout 2014 I plan to share a recipe a week. Once you get the hang of it, you can start to improvise your own menus.

These recipe cards are old school and limited edition; only available on paper in the shops, and in our splendid local pub, **The New Rose**. At the end of the year, though, you'll be able to order a special edition full set of about 50 recipes online via frogandbison.com – check in there later in the year for more information.

All recipes are for about 4 people. They're not written for complete beginners; I'm assuming that you know a little bit about cooking so I've been approximate and poetic with measurements, times, weights and instructions. I hope you get the idea, and go on to improvise your own Essex Road recipes.

Most of the other ingredients, including spices and oils, are available from the convenience stores between the New Rose and Raab's. Pasta, risotto rice and really good oils and wines are to be found in **Saponara** on Prebend Street which also serves the best fresh pasta and pizza in the neighbourhood.

You need never visit a supermarket again. . .

If you have any suggestions or comments I'd love to hear them. You can leave them on the facebook page (Kay's Essex Road Recipes) or, in the spirit of the thing, write me a note and leave it in one of the shops. Kay