

STEAMED SPRING VEGETABLE SALAD

EQUIPMENT

CHEF'S KNIFE, MIXING BOWLS, WHISK, ICE, PERFORATED BAKING TRAY

INGREDIENTS

1 CORN ON THE COB, ½ HEAD OF FENNEL, 5-6 BROAD BEANS, 6-8 MIXED CHERRY TOMATOES, ¼ SPANISH ONION, 6-8 ASPARAGUS SPEARS, 3-4 SPRIGS PARSLEY, 10GM SEEDED MUSTARD, VERJUICE, ROASTED ONION INFUSED EXTRA VIRGIN OLIVE OIL, SALT FLAKES.

METHOD

TO BEGIN: OPEN THE BROAD BEANS AND REMOVE THE BEANS INSIDE. PLACE THE BEANS ONTO A PERFORATED BAKING TRAY AND INTO A PRE-HEATED OVEN STEAM SETTING 100°C FOR 4 MINUTES.

WHILE THE BEANS COOK FILL A SMALL BOWL WITH ICED WATER AND SET ASIDE.

SNAP THE "WOODY" END FROM THE ASPARAGUS AND REMOVE THE HUSK FROM THE CORN AND SET ASIDE.

IN ANOTHER SMALL MIXING BOWL PICK PARSLEY LEAVES AND SOME FRONDS FROM THE FENNEL AND SET ASIDE ALSO.

CUT THE FENNEL IN HALF AND FINELY SLICE ONE HALF, PLACE THE FENNEL SLICES INTO A BOWL AND SEASON WITH SALT AND A SPLASH OF VERJUICE.

FINELY SLICE ¼ OF THE SPANISH ONION.

REMOVE THE BROAD BEANS FROM THE OVEN AND PLUNGE THEM DIRECTLY INTO THE BOWL OF ICED WATER TO HALT THE COOKING.

PLACE THE CORN COB ON THE PERFORATED TRAY AND INTO THE OVEN 100°C STEAM SETTING FOR 5 MINUTES.

CUT THE CHERRY TOMATOES INTO DIFFERENT SHAPES AND SIZES AND SET ASIDE.

FOR THE DRESSING WHISK TOGETHER MUSTARD AND APPROX 20GM OF VERJUICE, SLOWLY ADD APPROX 70GM OF ONION INFUSED EVOO AND WHISK CONTINUALLY TO FORM AND VINAGRETTE.

POUR THE WATER FROM THE BEANS AND PEEL EACH BEAN AND SET ASIDE.

ONCE THE CORN IS COOKED REMOVE IT FROM THE OVEN AND ADD THE ASPARAGUS AND PEELED BROAD BEANS TO THE TRAY AND RETURN TO THE OVEN FOR A FURTHER 4 MINUTES 100°C STEAM SETTING.

TO ASSEMBLE THE SALAD, SCATTER SOME FENNEL AND ONION OVER A LARGE SERVING PLATTER. REMOVE THE CORN, ASPARAGUS AND BEANS FROM THE OVEN AND DRIZZLE WITH THE ONION OIL AND SEASON WITH SALT.

SCATTER THE BEANS AND ASPARAGUS OVER THE FENNEL AND CUT THE CORN KERNELS AWAY FROM THE COB AND ADD TO THE PLATTER.

SCATTER OVER TOMATOES, PARSLEY AND FENNEL FRONDS AND FINISH THE SALAD WITH GENEROUS SPOONS OF THE DRESSING AND SERVE.

HINTS & TIPS

- ALWAYS "DOUBLE PEEL" YOUR BROAD BEANS, THE OUTER SKIN IS EDIBLE BUT OFTEN OVERCOOKS BEFORE THE INNER BEANS ARE TENDER, LEAVING YOU WITH A GREY LOOKING BEAN THAT IS OFTEN NOT APPETISING.
- THIS SALAD USES A MIXTURE OF WARM AND COOL INGREDIENTS, DON'T FORGET TEMPERATURES PLAY AN IMPORTANT PART IN HOW FOOD TASTES.

- THIS IS A GREAT ADDITION TO ANY ROAST, BBQ OR EVEN FISH DINNER.