



SUMMER Salads & Sides

story by LAURIE WALLACE-LYNCH

"Summertime and the livin' is easy," sang Ella Fitzgerald in her 1968 hit *Summertime*. Nothing is easier than tossing together a quick and delicious salad for lunch or dinner. Meal-in-a-dish salads are easy to pack for a summer picnic or a quick meal at the cottage.

Salads can range from simple greens with vinaigrette dressing to protein-packed dinner salads with almost every ingredient you have in the fridge and pantry. We all have our tried-and-true favourites, like grandma's potato salad or perhaps a Caesar salad recipe that we've perfected over time. Here we have found some exciting new salad ideas and potato sides that will raise the bar—and the glasses in a toast to you as host or hostess extraordinaire. »



The Salad Bowl

Vibrant & healthy recipes for light meals, lunches, simple sides & dressings

By Nicola Graimes

Photography by Matt Russell

Excerpted from *The Salad Bowl* by Nicola Graimes, published by Ryland Peters & Small (CAN \$19.95).
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“From crisp leaves and vibrant vegetables to exotic spice mixes and zingy dressings, the variety of ingredients available for creating exciting salads has never been greater,” as stated on the jacket cover of *The Salad Bowl* by Nicola Graimes. The author adds: “Using a little imagination and creativity, the possibilities for feel-good food are almost endless.”

Graimes offers a quick intro into salad making 101 and then launches into chapters on salad-making, chapters entitled *Meat & Poultry*, *Fish & Shellfish*, *Dairy*, *Grains*, *Beans & Pulses* and *Fruits & Vegetables*. You learn how to sprout vegetables, make your own spice mixes and homemade salad dressings.

Two big wow-factor salads to try are the *Spiced Chicken with White Beans & Chilli Dressing* and the *Tandoori Chicken Salad with Crisp Chickpeas & Mango*. *The Salad Bowl* is the perfect book for those wishing to move beyond basic salads and ramp it up a notch with Instagram-worthy salads for any occasion.

SPICED CHICKEN WITH WHITE BEANS & CHILLI DRESSING



Peppadew are slightly sweet, piquant chillies/chiles with a good level of heat without being mind-blowingly hot. Bottled jalapeños can be used instead, if you have difficulty finding peppadew.

Serves 4

Ingredients:

3 skinless, boneless chicken breasts
1 tablespoon smoked paprika
1 tablespoon olive oil
1 large yellow (bell) pepper, seeded and thinly sliced
300 g/11 oz. canned drained haricot/navy beans, rinsed
200 g/7 oz. vine-ripened cherry tomatoes, halved
1 banana shallot, thinly sliced
2 handfuls of basil leaves, torn
2 handfuls of coriander/cilantro leaves
1 pitta bread, toasted until crisp and torn into pieces

Chilli Dressing

5 tablespoons extra virgin olive oil
Freshly squeezed juice of 1½-2 limes, depending on how juicy they are
2 peppadew chillies in vinegar, drained and finely chopped
½ teaspoon dried chilli flakes/hot pepper flakes
Sea salt and freshly ground black pepper

1. Put the chicken breasts between 2 sheets of clingfilm/ plastic wrap and flatten with a meat tenderizer or the end of a rolling pin until they are an even thickness, about 1.5 cm/½ in. Mix together the paprika with 1 tablespoon of the oil in a large, shallow dish. Season, add the chicken and spoon the marinade over the top until evenly coated.
2. Heat a ridged griddle pan over a high heat until hot. Turn the heat down slightly and char-grill the chicken in two batches for 7-10 minutes, turning twice, until cooked through and blackened in places. Leave to rest and cool slightly for 5 minutes, then slice into strips.
3. Meanwhile, to make the dressing, mix all the ingredients together in a bowl. Taste and add the extra lime juice, if needed. Season and set aside.
4. Put the (bell) pepper, beans, tomatoes, shallot and half the herbs in a large, shallow bowl. Spoon over half of the dressing and toss to coat everything. Top the salad with the chicken, remaining herbs and crisp pitta pieces and spoon over the rest of the dressing.



A Perfect Day for a Picnic

Over 80 recipes for outdoor feasts to share with family and friends

By Tori Finch

Photography by Georgia Glynn-Smith

Excerpted from *A Perfect Day for a Picnic* by Tori Finch, published by Ryland Peters & Small (CAN \$19.95). Photography by Georgia Glynn-Smith © Ryland Peters & Small. Used with permission from the publisher. Photos by Georgia Glynn-Smith.

“This book is a tribute to the picnic in all its forms, be it a family day at the beach, a trip out in the car to your favourite wild spot with a flask of tea and a hunk of cake, to a cheerful children’s party,” says Tori Finch, author of *A Perfect Day for a Picnic* in the book Introduction. “A picnic is one of life’s simple pleasures—they are about relaxing in the great outdoors, seeing our children run with abandonment whilst stuffing down a sausage roll. Mostly, they are a way of appreciation of the good things in life. Live. Love. Picnic.”

Whether it’s a boxed lunch for a bike ride or a vintage-themed picnic in the park, Finch has you covered, with complete menus and recipes for salads, sandwiches, sweets and more for “10 Perfect Picnics” with themes like *Vintage Garden Party*, *Bohemian Picnic*, *Bike Ride Picnic*, *Luxe Picnic*, *Teddy Bears’ Picnic*, *Romantic Picnic*, *Indochine Picnic*, *Woodland Walk Picnic*, *Provencal Picnic* and *Beach Barbecue*.

Must-try recipes include: Lobster BLT, Mezze Platter of Baba Ghanoush with Flatbreads, Sweet Chilli Noodle Salad with Crunchy Asian Greens and Potted Amaretti Tiramisu.

BASIL, MOZZARELLA & ORZO SALAD



The Italians know much about love and I’m positive it starts with the food they eat. Rather like grass roots, love flows from the earth up and this dish is full of rustic charm, delicious ingredients and fresh Italian flavours.

Serves 1

Ingredients:

A large handful of fresh basil, roughly chopped
20 g/¼ cup finely grated Parmesan cheese
1 garlic clove
25 g/3 tablespoons toasted pine nuts, plus a few extra to garnish

1 tablespoon extra virgin olive oil
175 g/1 cup orzo pasta
150 g/5½ oz. buffalo mozzarella, torn
50 g/1/3 cup sun-blushed (semi-dried) tomatoes, roughly chopped
A handful of wild rocket/arugula
Sea salt and ground black pepper

1. In a blender, whizz up most of the basil (keep a few leaves back for garnish), the grated Parmesan, garlic, pine nuts, olive oil and a grind of salt and pepper to make a fresh pesto.
2. Bring a small pan of water to the boil, add the orzo and cook for 8 minutes or until al dente. Drain and refresh under cold running water before draining again.
3. In a large mixing bowl, combine the orzo and the pesto thoroughly, then add the torn mozzarella, chopped tomatoes and rocket/arugula and toss through. Lastly garnish with the last few sprigs of basil and a sprinkling of pine nuts before serving.



Piled-High Potatoes

Delicious and Nutritious Ways to Enjoy the Humble Baked Potato

By Hannah Miles

Photography by Steve Painter

Excerpted from Piled-High Potatoes by Hannah Miles, published by Ryland Peters & Small (CAN \$19.95). Photography by Steve Painter © Ryland Peters & Small. Used with permission from the publisher.

Since we live so close to Ontario's market basket and Alliston Potato Country, and our Farmers' Markets are brimming with fresh produce, we found some great potato recipes for salads and sides in *Piled-High Potatoes* by Hannah Miles.

"The potato is the ultimate in easy comfort food", states the jacket cover of *Piled-High Potatoes*. "Like a Little Black Dress (LBD), it's good on its own, but can quickly be morphed to rock star status with a few embellishments!"

Take for example Miles' showy Bacon, Brie & Cranberry Potatoes or 4 Cheese Melt Potatoes. If you are looking for a quick and easy meal idea, try the Steak & Cheese Potatoes or Sloppy Joe Potatoes. Miles takes readers on a culinary adventure with globally-inspired recipes like Hawaii Potato (with pineapple, smoked bacon and Swiss cheese), Paprika Soured Cream Mushroom Potatoes (with a nod to German Christmas markets), or Scandi Meatballs with Lingonberry Jam.

Several of the recipes in the chapter called *Baked & Beyond* are "Beyond" wonderful! Try the Loaded Jacket Skins for your next party or the impressive Giant Hasselback Baked Potatoes. A few unique recipes include Lasagne Layered Baked Potatoes and Mini Deep-Fried Baked Potatoes (new potatoes deep-fried in a tempura beer batter and served with apple sauce on the side.)

Piled-High Potatoes will have you yearning to make, and enjoy potatoes, every day of the year.

GIANT HASSELBACK BAKED POTATOES



Hasselback potatoes are always a great dish to serve because they have that wow factor when you take them out of the oven with the thin scored slices crisping as you roast them and giving the potatoes almost a hedgehog effect when they are done. These giant versions are even more fun as you can stuff between the slices using any fillings you like really – I have used mozzarella and tomato and sage and bacon but the possibilities for this dish are endless – garlic butter, pesto and sundried tomatoes, blue cheese and walnut. Be as creative as you wish!

Serves 4

Ingredients:

4 large baking potatoes
1 tbsp. olive oil, plus extra for drizzling
Salt and freshly ground black pepper

FOR FILLING OPTION 1:

1 ball mozzarella cheese
1 large tomato

SPECIAL TOOLS:

Sharp knife
Roasting pan
Wooden spoons or chopsticks

FOR FILLING OPTION 2:

2 slices smoked back bacon
Handful of sage leaves

1. Preheat the oven to Gas Mark 6/200C/400F.
2. To prepare the potatoes, place chopsticks or two wooden spoon handles along the long sides of one of the potatoes. On a chopping board, carefully cut very thin slices in the potato cutting only far as the wooden handles/chopsticks so that the bottom of the potato remains intact. Repeat with all the remaining potatoes. Rub all of the potatoes with olive oil and sprinkle with freshly ground sea salt.
3. Place the potatoes in a roasting pan and bake in the oven for 45 minutes.
4. Remove the potatoes from the oven. Depending on which filling you are using, cut the mozzarella and tomato or bacon and sage leaves into thin slices and place alternating pieces of each between the slices in the potato. Depending on how thin you have cut your slices, you may find it easiest to insert filling every second slice rather than in between each slice. Drizzle with a little more olive oil and season with salt and pepper, then return to the oven and bake for a further 15 minutes. Serve straight away.

SALAD NIÇOISE WITH ROASTED VINE TOMATOES



A Perfect Day for a Picnic

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See page 72 for book description

The Nice salad is an old favourite. It evokes memories of a warm breeze coming off the Mediterranean and sand in between the toes. I think this salad is the perfect tonic for a hot day. The colours, vibrant and rich, compliment the simple flavours that harmonize perfectly. In Provence they sometimes use artichokes instead of potatoes, so if you're cutting your carbs this is a great alternative. As this salad includes eggs and fish, make sure it is kept very cool until ready to serve.

Serves 4-6

Ingredients:

10 new potatoes, boiled and halved
225 g/½ lb. green beans, trimmed
325 g/¾ lb. vine tomatoes
75 g/½ cup Kalamata olives, pitted
2 tablespoons extra virgin olive oil
5 eggs, at room temperature
1 lemon, halved, for squeezing
4 x 175 g/6 oz. tuna steaks, 2.5 cm/1 inch thick

4 little gem/Bibb lettuce hearts, quartered lengthways
12 olive-oil-packed anchovies
A large handful of fresh basil leaves (optional)
Sea salt and ground black pepper

SPECIAL TOOL:

A ridged griddle pan/stove-top grill pan

1. Preheat the oven to 200°C (400°F) Gas 6.
2. Put the new potatoes in a lidded saucepan (preferably with a steaming basket attachment) and bring to the boil. After 10 minutes add a steamer above the saucepan with the trimmed green beans in. Steam the beans for 4 minutes, then transfer them to a large roasting pan. Add the tomatoes (still on the vine) and olives to the roasting pan and drizzle over the olive oil. Pop the pan in the preheated oven for 12-15 minutes.
3. Remove the potatoes from the boil (they should have had around 15 minutes total cooking time) and blanch in cold water to cool before draining and halving.
4. Boil the eggs for 6 minutes, then put the pan under cold running water for a couple of minutes to cool down. When cool, peel the eggs and cut them in half.
5. Transfer the roasted tomatoes, beans, olives and any warm olive oil to a dish to cool and squeeze over the juice of half a lemon and toss well.
6. Heat a ridged griddle pan on the hob or over a hot barbecue for 5 minutes. Brush the tuna steaks with olive oil and season really well with salt and pepper before placing the steaks in the pan. Cook for 3-4 minutes on each side, until the tuna is cooked through. (Although I love rare tuna, this salad is to be served cold so the tuna should be well done and flaky.)
7. Lay the lettuce leaves in a large container and scatter over the new potatoes and anchovies, then add the halved boiled eggs, green beans, roasted tomatoes and olives. You can either choose to keep the tuna steaks whole and place them on the salad, or I like to break them into flaky chunks and toss through. Transport the vinaigrette separately and drizzle it over the salad just before serving, otherwise the leaves can wilt a little. Sprinkle with fresh basil leaves, if using, also just before serving.

