

# Cooking with Amanda – Barbecues, Picnics and Salads

## Class 5 – Kale Waldorf Salad and Fruit Salad

### Kale Waldorf Salad

Recipe courtesy of Chef Birgitte Antonsen. Serves 4-6

Ingredients:

Cashew dressing:

- 1 cup cashew nuts
- ½ cup fresh orange juice
- ½ cup water
- 4 tablespoons lemon juice
- 2 teaspoons Dijon mustard
- Pinch of salt

Salad:

- ½ cup walnuts or sunflower seeds
- ½ cup apricots, figs, dates or raisins, chopped
- 1 bunch curly green kale
- 2 apples, sweet and firm, or 1 apple and 1 pear
- 2 oranges
- 1 cup organic red grapes

In a high speed blender, combine all the dressing ingredients. Blend until the dressing is smooth and creamy.

Walnuts can be used raw, or toast them in a dry skillet on medium-high heat, until lightly browned. Chop the nuts into rough pieces.

Use any of the dried fruit. Chop into small pieces.

Rinse the kale very thoroughly to avoid any dirt. Fold each leaf in half and cut off the stalk. Stack leaves on top of each other, and slice finely. Place in large salad bowl and massage gently to soften the kale.

Rinse the apples (and pear if using) and cut into wedges. Remove the seeds and cut into small diagonal slices. Place in a small bowl and sprinkle with lemon juice to prevent browning.

Peel the oranges with a knife, and slice the oranges into small wedges.

Rinse the grapes, and cut them each in half.

Mix all the ingredients together. Before serving, pour the dressing onto the salad and toss to coat.

## Fresh Fruit Salads

Fresh fruit salads always look appealing, and are very nutritious. There are many variations of a fruit salad. When choosing what to include, think about:

- a) which fruits are in season,
- b) which are available organic (check out the Environmental Working Group's Dirty Dozen list to learn the highest priorities for buying organic),
- c) how long you want the salad to last (some fruits only last a few hours once cut),
- d) how juicy the salad will be,
- e) what colors and flavors you're looking for.

A rainbow of colors is the most attractive, and gives the widest selection of nutrients. Fresh fruit has a much better texture than frozen fruit, so don't be tempted to use frozen fruit. Here are some fruits you could include:

- Melon – best in the summer when ripe and sweet, very juicy
- Strawberries – best in summer, buy organic
- Grapes – best in late summer, green or red grapes are prettiest
- Blueberries – best in late summer
- Raspberries/Blackberries – best in late summer, very juicy, short lifespan
- Kiwi Fruit – choose soft when pressed, or buy a week in advance to allow time to ripen
- Mandarin oranges – best fresh in winter, canned ok.
- Mangoes – whenever available and ripe, or buy in advance to allow time to ripen
- Pineapple – whenever available. Buy a week in advance to allow time to ripen.
- Bananas – available all year, choose yellow (not green or brown!), short lifespan so add at the last minute
- Apples – best in fall or winter, but available year round. Sprinkle with lemon juice after cutting to prevent browning.
- Pears – best in fall or winter. Buy in advance to allow time to ripen. Sprinkle with lemon juice after cutting to prevent browning.
- Pomegranate seeds – delicious when fresh in winter

As for dressings, fruit is sweet enough in its own right, so you don't need any additional sweetener. Fresh orange or apple juice, with a little lemon juice and lemon zest is great as a dressing on any fruit salad.