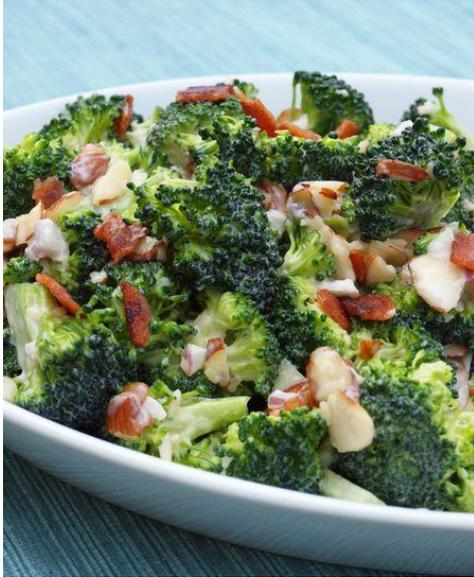


# Spring into Salads from *Around the World*

## *Creamy Broccoli Salad with Bacon, Cheddar & Almonds*



Serves 6-8

### **Ingredients**

For the Dressing:

- 1 cup mayonnaise, best quality such as Hellman's
- 2 tablespoons cider vinegar
- 3 tablespoons honey
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

For the Salad:

- 9 cups broccoli florets, cut into small bite-sized pieces (you'll need about 2 pounds of broccoli crowns\*)
- 1 cup lightly packed grated sharp cheddar cheese, best quality
- 1/3 cup chopped red onion
- 6 slices bacon
- 1/2 cup sliced almonds, toasted if desired

### **Directions**

1. Make dressing: Combine mayonnaise, cider vinegar, honey, salt and pepper in a small bowl. Whisk until smooth and set aside.
2. In a large bowl, combine broccoli, cheddar cheese and red onions. Add dressing and toss to coat. Cover and refrigerate until ready to serve. (Can be made several hours ahead.)
3. Right before serving, cook bacon according to package instructions. Drain on papertowls, then crumble into small pieces over salad. Add almonds and toss well. Taste and adjust seasoning if necessary. Serve cold or room temperature.

\*Broccoli crowns are trimmed just under the broccoli head, whereas broccoli bunches have stalks that are about 5 inches in length. If you can only find bunches, be sure to buy a bit extra to account for the weight of the stalk.

From: <http://www.onceuponachef.com/2011/06/creamy-broccoli-salad-with-bacon-cheddar-almonds.html>

## Salad-e shirazi

Serves 4

### **Ingredients**

3 large, firm tomatoes  
2 cucumbers  
1 small onion, red or yellow  
2 tablespoons lemon or lime juice, depending on taste  
2 tablespoons olive oil  
1 tablespoon fresh mint, finely chopped  
1 teaspoon minced garlic  
Salt and pepper to taste

### **Directions**

Finely chop tomatoes, cucumbers, and onions. Toss with remaining ingredients and gently mix well.

From: <http://mideastfood.about.com/od/iranianrecipes/r/saladeshirazi.htm>

## Caprese Salad

### **Ingredients**

2 cups Balsamic Vinegar  
3 whole Ripe Tomatoes, Sliced Thick  
12 ounces, weight Mozzarella Cheese, Sliced Thick  
Fresh Basil Leaves  
Olive Oil, For Drizzling  
Kosher Salt and Freshly Ground Black Pepper

### **Directions**

1. In a small saucepan, bring balsamic vinegar to a boil over medium-low heat. Cook for 10 to 20 minutes, or until balsamic has reduced to a thicker glaze. Remove from heat and transfer to a bowl or cruet. Allow to cool.
2. When you're ready to serve, arrange tomato and mozzarella slices on a platter. Arrange basil leaves between the slices. Drizzle olive oil over the top of the salad, getting a little bit on each slice. Do the same with the balsamic reduction, making designs if you want. Store extra balsamic reduction in fridge for a later use.
3. End with a sprinkling of kosher salt and black pepper. Serve as a lunch, with crusty bread. Or serve alongside a beef main course for dinner.

From: <http://thepioneerwoman.com/cooking/2011/06/caprese-salad/>



## Edamame and Rice Noodle Salad

Serves 6

### **Ingredients**

8 ounces of rice noodles  
1 tablespoons grated ginger  
4 limes, juiced  
5 tablespoons sesame oil  
2 tablespoons palm sugar  
2 teaspoons tamarind concentrate  
1 teaspoon soy sauce  
3 garlic cloves, chopped  
2 ½ cups cooked edamame  
3 scallions, thinly sliced  
3 tablespoons fresh chopped cilantro  
3 tablespoons toasted sesame seeds



### **Directions**

1. Soak noodles in a bowl of hot water for 3-5 minutes. Drain and let dry.
2. Whisk together grated ginger, lime juice, three tablespoons of sesame oil, sugar, tamarind concentrate, and soy sauce. Set aside.
3. Heat remaining two tablespoons of oil in a large frying pan or wok and add garlic. Stir until it turns golden. Remove from heat and add the noodles and sauce. Gentle stir together.
4. Stir in the edamame, scallions, and cilantro.
5. Heat through until just warm.
6. Sprinkle with toasted sesame seeds, garnish with extra cilantro leaves, and serve.

From: <http://tezukuriliving.com/edamame-noodle-salad/>

## Vietnamese Cucumber Salad

### **Ingredients**

2 large cucumbers, halved with soft center removed  
½ lb shrimp, poached with their shells on and then peeled once cooked  
Large handful of roasted peanuts and crushed  
Large handful of Vietnamese coriander, roughly chopped  
Large handful of mint leaves, roughly chopped  
1 large carrot, julienned (optional)

### **Dressing:**

2 tablespoons fish sauce  
3 tablespoons juice from large green limes  
1 tablespoons minced garlic  
2 Thai red chillies, crushed or minced  
2 tablespoon sugar

Prawn Crackers or Black Sesame Rice Paper (optional to serve with the salad)

**Directions**

1. Prepare a large bowl of cold water with about 1-2 tablespoons of salt.
2. Cut the cucumbers in half, length-wise, and remove the soft center. Then, using a sharp knife or a mandolin slicer, slice them into thin half-moons. Add them to the cold water bowl as you go. Once you've sliced all of the cucumber, rinse well and squeeze all of the water out of the cucumber. The cucumber should be dry and crispy.
3. Cut the cooked shrimp in half. Chop the Vietnamese coriander, mint leaves, and julienne the carrot (optional). Add to the dry cucumber.
4. Make the dressing by mixing all of the ingredients well. Taste and add more sugar/fish sauce/lime juice according to your preference.
5. Right before serving, toss the dressing with the cucumber mixture. Sprinkle the crushed peanuts on top.
6. You can eat the salad with prawn crackers or black sesame rice paper. Prepare them according to the directions on the package.

## *Pickled Carrots and Daikon*

**Ingredients**

3 carrots, julienned  
1 daikon, julienned  
3 parts of warm water  
1 part of vinegar  
2 parts of sugar

**Directions**

Mix water, vinegar and sugar in a bowl. Add carrots and daikon in a jar. Pour just enough of mixed water to submerge carrots and daikon. Pickle for about 1/2 hour before use. May be kept in the fridge for months.