



Salade Verte

A simple green salad is the perfect accompaniment to so many dishes, whether it's made from just one type of leaf or a mixture of several. It may be simple, but it deserves the same respect as the rest of the meal. Vinegar is more common than lemon in French salad dressings, but when I'm serving a salad alongside something with a lemon sauce I like the synergy of citrus in the dressing; substitute white or red wine vinegar, apple cider vinegar or verjuice if you like, as all would be used in various parts of France. When making any salad dressing, dissolve the salt in the acid before adding the oil as salt isn't oil soluble. Instead of mixing the dressing in the bowl, I sometimes shake it in a screw-top jar then refrigerate any leftover in the jar for later use. And there may well be leftover as the idea is to just coat the leaves, not drown them, so if making the dressing that way, add some to the leaves, toss well, then add a little more if needed to completely coat them; there should never be a pool of dressing in the bottom of the salad bowl.

Serves 2 as a side dish

INGREDIENTS

- ½ oak leaf or butter lettuce
- 1 clove garlic, bruised

Lemon Vinaigrette

- 1 teaspoon strained lemon juice, more or less to taste
- Salt flakes and freshly ground white pepper, to taste
- ½ teaspoon Dijon mustard
- 1 tablespoon extra virgin olive oil



METHOD

1. Wash and dry lettuce well.
2. Rub a large salad bowl with the garlic clove, discarding it when finished.
3. Place Vinaigrette ingredients into the bowl and mix well.
4. Taste and add a little more lemon juice or oil to suit your taste (but not too much of either or you'll have too much dressing).
5. Tear lettuce into bite-sized pieces, adding them to the salad bowl.
6. Use your hands to gently combine the leaves and Vinaigrette, so that every piece of lettuce is just coated with the dressing.
7. Serve immediately.