

Carrot and Orange Salad

Serves: 4

From the Garden: orange, carrot, mint, lemon, radish

Ingredients:

3 oranges
3 large carrots
4-6 radishes
2 tbsp lemon juice
1 tbsp orange flower water
1/4 red onion
1/2 tsp ground cumin
1/2 tsp paprika
coriander and mint leaves, (as garnish)
Extra virgin olive oil
Sea salt and ground black pepper

Equipment:

Basic toolbox, chopping board, large bowl, small bowl

Method:

1. ***Using either a small or a large knife carve the skin from each orange. Holding an orange in one hand, over a large bowl to catch the juice, slip the knife down one side of a single segment and then down the other side of the segment, cutting the flesh away from the membrane***
NB: Adults to demonstrate and then students can have a try if they wish, but use the small knives please!
2. Drop finished segments into the bowl. Repeat the process until all the segments are in the bowl. Collect any juice into the large bowl as well.
3. Wash and dry carrots, Peel and then cut into a julienne (thin strips, matchsticks). Add to the bowl of orange segments.
4. Wash and dry radishes thoroughly. Cut in half and then slice as thin as possible. Add to bowl.
5. Peel and slice onion as thinly as possible and add to bowl.
6. Wash and dry herbs thoroughly,. Roughly chop or tear into small pieces. Set aside.
7. Now mix all other ingredients in a small bowl to make a dressing. Whisk and then pour over salad and toss gently.
8. Add a little sea salt and freshly ground black pepper to taste.
9. Arrange onto serving platter or bowls. Garnish the salad with chopped herbs and serve immediately.

Tasks within two * __* means please get an adult to help.

Recipe reference: adapted from "The Food of Morocco" by Tess Mallos and "Arabesque" by Claudia Roden