



NISH NOSH SALAD

INGREDIENTS

- 1 head lettuce
- ¼ red cabbage
- 1 punnet cherry tomatoes
- 1 red onion
- 1 pack Nish Nosh crackers

DRESSING

- 5 cloves garlic
- 1 cup mayonnaise
- ½ cup sugar
- ½ cup water
- 2 Tbsp mustard
- 2 tsp lemon juice
- salt & pepper

METHOD

Shred lettuce and cabbage.

Cut the cherry tomatoes in halves.

Dice onion.

Place all vegetables in a bowl.

Mix ingredients of the dressing together.

Pour over the salad. Add Nish Nosh crackers.

(It's a delicious salad dressing that you can use for other salads too.)

CHANIE SIMON - LONDON, ENGLAND





SPINACH STRAWBERRY SALAD

INGREDIENTS

- 1 large packet baby spinach
- 1 red onion, finely sliced
- 1 punnet fresh strawberries, halved
- ½ cup fresh blueberries
- 2 avocados, sliced

METHOD

Blend dressing ingredients together well.

Place baby spinach on a platter. Top with red onion, strawberries, blueberries and avocados.

Before serving, pour dressing over.

DRESSING

- 2 Tbsp sesame seeds
- 1 Tbsp poppy seeds
- ½ cup white sugar
- ½ cup olive oil
- ¼ cup white vinegar
- ¼ tsp paprika
- ¼ tsp Worcestershire sauce
- ¼ fresh onion

SORALE RODAL - NORWOOD, JOHANNESBURG





TREASURE SALAD

INGREDIENTS

- 2 cucumbers
- 2 green peppers
- 2 red peppers
- 1 large red onion
- 3 carrots
- 1 can baby corn
- 1 packet snap peas or mange tout

METHOD

Slice first five vegetables on an electric blade.

Slice baby corn & snap peas by hand.

Place all dressing ingredients in a pot and bring to a boil.

Remove from heat.

While it is hot, pour the dressing over the vegetables.

Refrigerate.

Keeps for a few days in the fridge.

DRESSING

- ½ cup oil
- ½ cup sugar
- 1 cup cider vinegar
- 1½ tsp salt

RIVKIE PINK - LEICESTER, ENGLAND



ASIAN BARBECUE SALMON SALAD

INGREDIENTS

- 1 ¼ pounds fresh salmon fillet, skin and all pinbones removed
- 1 pack of spinach
- ½ English cucumber, unpeeled, sliced into ¼ inch half-moons
- scallions
- black and white sesame seeds

DRESSING

- ½ cup favorite barbecue sauce
- 2 tsp teriyaki sauce
- 3 tsp roasted or toasted sesame oil, divided
- ½ tsp garlic powder
- fine sea salt
- freshly ground black pepper
- 2 Tbsp fresh lemon juice
- ¼ tsp rice vinegar

METHOD

Preheat oven to 350° F.

Spray a baking pan or broiler pan with nonstick cooking spray.

Set aside.

Cut the salmon into 2-inch cubes. Set aside.

In a medium bowl, whisk the barbecue sauce, teriyaki sauce and 2 tsp sesame oil and garlic powder.

Add the salmon cubes to the bowl and toss to coat.

Place the salmon in a single layer into the prepared pan and bake for 10-12 minutes or until cooked through.

In a bowl, combine the spinach and sliced cucumbers. Season with salt and pepper. Toss with lemon juice and 1 tsp sesame oil and rice vinegar.

Place the salmon cubes on top of the salad.

Garnish with black and white sesame seeds and scallions.

NECHOMA RABIN - HOLLYWOOD, FLORIDA



PESTO, CAESAR SALAD

INGREDIENTS

- 1 large head cos lettuce, chopped
- ½ punnet Italian tomatoes, halved
- 2 Israeli pickles, sliced
- 1 avocado, sliced
- ½ onion, thinly sliced and sautéed until soft
- ½ punnet mushrooms, sliced and sautéed until soft
- 1 red pepper, sliced and sautéed until soft
- ½ English cucumber, sliced in half moons

PESTO DRESSING

- 1 cup fresh basil leaves
- 2 garlic cloves
- ½ tsp salt
- ¼ cup olive oil
- 1 Tbsp water

CAESAR DRESSING

- 4 cloves garlic
- ¾ cup mayonnaise
- 1 Tbsp fresh lemon juice
- 1 tsp Worcestershire sauce
- 1 tsp Dijon mustard
- 1 Tbsp water
- salt and pepper to taste

METHOD

Blend pesto dressing ingredients together until smooth.

Blend caesar dressing ingredients until smooth.

place lettuce on a round platter.

Fan the various vegetables over the lettuce in cone

shapes, keeping each segment separate to complete a

circle. Drizzle both dressings over before serving.

ROCHIE PINK - GREENSTONE, JOHANNESBURG





SUSHI SALAD

INGREDIENTS

- 2 cups sushi rice
- 3 cups water
- ¼ cup rice vinegar
- 2 Tbsp sugar
- 1 tsp salt

• nori

- choice of vegetable diced:

cucumber, carrots, avocado, sweet potatoes

- choice of fish:

raw salmon, raw tuna, baked salmon, seared

tuna, surimi

- sweet sauce
- spicy mayonnaise
- fresh fried onions

TO MAKE THE RICE

Put sushi rice, water, rice vinegar, sugar and salt in a oven proof dish. Cover well and bake on 350° F for 45 minute or until no more water.

METHOD

Layer sushi rice, nori, vegetables and fish.

Drizzle with sweet sauce and spicy mayonnaise.

Topped with fresh fried onions.

MUSHKIE HECHT - PUERTO VALLARTA, MEXICO

