



Cyprus Salad

Add the dry mint after the salad dressing



Table Salad Bowl

Contains Dairy - Sulphites

INGREDIENTS

- 50g Lettuce
- 80g White Cabbage
- 50g Cucumber
- 150g Tomato
- 25g Coriander
- 10g Spring Onion
- 40g Feta Cheese
- 40ml Dressing
- Litre:
- 500ml Olive Oil
- 250ml Red Vinegar
- 15g Salt

METHOD

- 1 Slice the lettuce and cabbage
- 2 Chop the coriander and spring onion
- 3 Cut the cucumber and tomato into cubes
- 4 Add the crumbed feta
- 5 Drizzle the salad dressing over and add the dry mint

GARNISH

- Dry Mint

EQUIPMENT

-  Chopping Board
-  Vegetable Knife

NOTES

- Add the dry mint after the salad dressing



Food safety

From the SOP - what the kitchen must not skip on this dish.

SALAD DO NOTS

SOP 9 - Food Book

Don't use tomatoes that are unripe, a ripe tomato is red , has a fresh smell and is juicy when cut open. Don't use over ripe tomatoes that are soft. Don't use old vegetables to build the salad with. Don't use sour cheese, checking your mise en place in the morning will eliminate any compromised ingredients.
15g 75%



ON THE PASS

Cyprus Salad

Plate - Table Salad Bowl

Method and video links are on page 1.