

LE INSALATE



— VITTORIO'S SPINACH SALAD —

SUBMITTED BY ANN T

Recreated from Vittorio's Italian Restaurant in Toronto

- washed and dried spinach (*baby*)
 - 4 hard boiled eggs, peeled
- 4 or 5 cleaned mushrooms, sliced
- 1 can of artichoke hearts, halved or quartered
 - 3 Roma tomatoes, quartered
 - 2 chopped green onions
 - Kalamata olives

DRESSING:

- $\frac{1}{4}$ teaspoon tarragon
 - $\frac{1}{2}$ clove of garlic
- 2 or 3 tablespoons wine vinegar
- $\frac{1}{2}$ homemade mayo or Hellman's
 - salt and pepper

Place spinach in a large salad bowl. Decorate with eggs, mushrooms, artichoke hearts, tomatoes and green onions and olives.

Drizzle with dressing and toss. Can be made on individual plates as well.

MAKING THE DRESSING:

Soak tarragon and garlic in vinegar. Add salt to dissolve.
Mix vinegar mixture into mayonnaise and adjust seasoning to taste.



—JO'S GREENS AND PROSCIUTTO SALAD—

SUBMITTED BY SAN

We think this is a real keeper and have made it many times!

Mix together, then cover with plastic wrap and refrigerate:

- ½ pound mesclum salad mix
- 8 tablespoons pine nuts or almonds
- 2 dozen chopped basil leaves
- 2 dozen chopped mint leaves
- 4 chopped scallions
- 3 ounce fresh parmesan, grated
- 3 or 4 slices of prosciutto, diced

Thinly slice a red onion and pour over it some red or white wine vinegar. Let it stand for 30 minutes and then drain it.

Into a ½ cup of olive oil, slowly cook 4 cloves of garlic that has been chopped into ¼ inch dice. Remove garlic and increase the heat and add ¼ cup balsamic vinegar and 2 tablespoons red wine vinegar. Once it boils, add 2 tablespoons brown sugar and heat for another minute.

Add the garlic back in with a little salt and pepper.

Pour over the salad greens.



— FENNEL MUSHROOM PARMESAN SALAD —

SUBMITTED BY MQMOI

SOURCE: CHEF ALICE WATERS

- fennel bulbs
- mushrooms (*use raw if you like, but I sauté until golden brown.*)
- extra-virgin olive oil (*more of a fruity tasting extra-virgin olive oil is good in this*)
- fresh lemon
- salt and fresh ground pepper
- Parmigiano-Reggiano

Cut off the feathery tops of the fennel at the base of their stalks and remove the outer layer of the bulbs. Slice the bulbs very thin with a mandolin or a very sharp knife.

Assemble the salad in layers on a large platter or on individual salad plates. First make a layer of the fennel slices. Squeeze lemon juice evenly over the fennel and drizzle with extra-virgin olive oil, salt and pepper.

Add a layer of mushrooms, also sliced very thin. Squeeze more lemon juice over them, drizzle evenly with more extra-virgin olive oil, and season with salt and pepper.

Cut thin shavings of the Parmesan with cheese slicer or a vegetable peeler and arrange them on top of the salad.

You can also grate if you like.

Season with salt and pepper, squeeze more lemon juice over, and drizzle evenly with the extra-virgin olive oil.

Serve immediately.



— ANDY'S CAESAR SALAD —

SUBMITTED BY COOKINGRV (SUE)

This is a variation of the traditional Caesar salad.

You can add a bit of anchovy paste to get the more traditional flavor.

Nice served in bowls or plates, and even better served in a frico (grated parmesan) shell.

I still have to perfect the frico shell, so I can't give a recipe for that yet

- 1 head romaine lettuce
- 3 large garlic cloves—chopped fine
 - 5 tablespoons olive oil
 - juice from 1 lemon
- 2 tablespoons red wine vinegar
- 1 tablespoon Worcestershire sauce
 - 1 cup croutons
 - 1 cup grated Parmesan cheese
 - fresh ground pepper
- 2 teaspoon anchovy paste—optional, we don't use it for this version

Tear lettuce into pieces; rinse and dry well.

Place lettuce in large bowl and top with chopped garlic.

Set aside until ready to serve.

Whisk together olive oil, lemon juice, wine vinegar,
and Worcestershire sauce (*add anchovy paste if using*).

Set aside until ready to serve salad.

When ready to serve salad, whisk dressing and pour over lettuce.

Toss—add grated cheese, croutons, and fresh-ground pepper—toss again
until cheese and croutons are well distributed.

Serve immediately



— RED, WHITE, AND GREEN INSALATA MISTA —

SUBMITTED BY MER4205 (MARIA)

- red lettuce
- white endive
- green arugula
- shredded scallions
- tomatoes
- radishes

Serve with extra-virgin olive oil
and really good balsamic and sprinkled with
crumbled gorgonzola, salt and pepper.



— PANZANELLA —
(BREAD AND SUMMER VEGETABLE SALAD)
SUBMITTED BY LORIJEAN44 (LORI)

This has become one of my favorite summer salads.

- 2 tomatoes, cut into bite-sized pieces
- 1 small cucumber, peeled and sliced
- 1 small red (*Spanish*) onion, thinly sliced
- 1 cup (*1 ounce/30 grams*) fresh basil leaves, torn into small pieces,
plus whole leaves for garnish
- ½ cup (*4 fl. ounces/125 ml*) extra-virgin olive oil, or as needed
 - 3 tablespoons red wine vinegar, or to taste
 - salt and freshly ground pepper to taste
- 6 to 8 slices coarse country bread, lightly toasted

In a bowl, combine the tomatoes, cucumber, onion, and torn basil. Drizzle with ½ cup olive oil and 3 tablespoons vinegar and season with salt and pepper. Toss well to coat evenly.

Cut or tear the bread into bite-sized pieces.

Place half the bread in a wide, shallow bowl. Spoon on half of the vegetables. Layer the remaining bread on top and then the remaining vegetables. Cover and refrigerate for 1 hour.

Toss the salad, then taste and adjust the seasonings. Add more oil or vinegar, if necessary. Garnish with a few basil leaves. Serve immediately.



— SIMPLE TOMATO, BASIL, MOZZARELLA SALAD

SUBMITTED BY RIDER

- fresh tomatoes, sliced
 - fresh basil leaves
- fresh mozzarella (*buffalo especially good*), sliced
 - extra-virgin olive oil
 - red wine vinegar
 - salt and pepper

Layer the three ingredients on a pretty platter with the tomatoes on the bottom, followed by the cheese, then the whole Basil leaves. Whisk extra-virgin olive oil and red wine vinegar, and salt and pepper to taste, and sprinkle on top of the layers. Serve with crusty Italian bread, warmed.



— SUGAR SNAP PEA AND PROSCIUTTO SALAD —
SUBMITTED BY CRAFTYRN (DIANE)

*This is from the cookbook THE BEST AMERICAN RECIPES 2002-2003
edited by Fran McCullough and Molly Stevens—I borrowed the book from the local library
and this recipe caught my eye—just a bit different but sounds luscious.
Original recipe from Joanne Weir.*

- $\frac{3}{4}$ pounds sugar snap peas
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon finely grated lemon zest
- 1- $\frac{1}{2}$ tablespoons fresh lemon juice
- 3 tablespoons finely chopped fresh mint
- 3 ounce thinly sliced prosciutto, cut into thin strips

Drop peas into boiling salted water and
boil about a minute—until crisp tender—drain and
plunge into ice water—drain and pat dry.

In a medium bowl, whisk together the oil,
lemon zest, lemon juice and mint. Add peas,
prosciutto, salt and pepper—toss and serve.

Serves 4



— **SALADA IL FINOCCHIA** —

SUBMITTED BY SUSIE_QUE (SUSIE)

COURTESY OF DIANA FARDONE

*My suggestion would be to
also dress the plate with some of the fennel sprigs.*

Cheers!

- 2 bulbs fresh fennel
- Parmesan cheese (*for shaving*)
- 1 tablespoons caraway seeds
 - extra-virgin olive oil
 - cracked black pepper
 - balsamic vinegar

Slice the fennel bulbs into very thin slices.

Fan them out onto 4 salad plates and drizzle with a little extra-virgin olive oil. Then sprinkle with just a touch of caraway seed and black pepper then 5 to 6 shavings of parmesan cheese. Finally dot the plate with good balsamic vinegar.

Serves 4



— CAESAR SALAD —

SUBMITTED BY ANN T

ADAPTED FROM *Pat Davis Cooking School*

- 1 large head of romaine lettuce, washed, dried and torn into pieces
 - 1 large clove of garlic
 - ½ cup olive oil
 - 1 teaspoon or more to taste Dijon mustard
 - salt
 - pepper
 - splash of Worcestershire sauce
 - anchovy fillets
- ¼ cup Roquefort cheese (*substitute Maytag or another high quality blue cheese*)
 - fresh grated
 - Parmesan cheese
 - 1 coddled egg
 - red wine vinegar
 - fresh squeezed lemon juice
 - homemade croutons

CROUTONS:

- 2 or 3 slices of French or Italian bread ¾ inch thick, crusts removed
 - 1 garlic clove
 - olive oil

Add garlic to salad bowl (*wooden works best*) sprinkle with salt and use a fork to crush garlic. Turn into a paste. Add coddled egg and mix. Add dijon mustard and mix well. Add anchovy fillets and crush with fork. Drizzle in oil a bit at a time, until the oil is absorbed by the egg mixture. Add red wine vinegar and Worcestershire sauce. Season with pepper. Add salt to taste. Add some lemon juice and mix.

Toss romaine lettuce with dressing and add crumbled Roquefort cheese. Sprinkle with Parmesan and add croutons.

CROUTONS:

Rub each slice of bread with crushed garlic clove. Cut into cubes. Heat oil and toss the cubes. Make sure they are well coated. Turn often until nicely toasted. Place in a low oven to finish toasting and crisping. Remove from oven. (*Optional: Toss warm croutons with freshly grated parmesan cheese.*)

Servings: 4



— LEMON SPINACH SALAD

SUBMITTED BY RUTHANNA

Since two of us would like to see Ruthanna's salad and we both have made it, I'm posting it. —MQ

- ½ pounds. sliced mushrooms
- 1 pounds young spinach leaves, washed and stemmed
 - 6 tablespoons olive oil
 - 2 tablespoons lemon juice
 - ¼ teaspoon salt
- 1 tablespoon grated Parmesan cheese
 - 1 clove garlic, slivered
- finely grated rind of ½ lemon
 - 1 hard cooked egg
- freshly ground black pepper

Wash mushrooms and combine with spinach. Chill.

Mix oil, lemon juice, salt, cheese and garlic. Chop up egg and sprinkle over salad. Add lemon rind to salad and grind pepper on top.

Pour dressing over salad right before serving and toss.

NOTE: Best if dressing is made about an hour ahead of time and garlic pieces removed before pouring on salad. Crumbled bacon pieces can be added.

This is a good side dish for fish or veal entrées.



— PENNE AND TOMATO RELISH SALAD

SUBMITTED BY BUBBESKITCHEN (RENÉE)

SOURCE: JULIA CHILD'S THE WAY TO COOK

*With my addition of mozzarella cheese as served for Alexandra's graduation
(from law school) buffet supper, June 21, 2001.*

Preparation and cooking time: 1 hour or so

- 1 pound penne or other pasta
- ½ pound fresh, unsalted mozzarella cheese

INITIAL DRESSING:

- 1 large, clove of garlic, puréed
- salt and freshly ground white pepper
- 1 tablespoon or so virgin olive oil

THE DRESSING:

- ¼ cup or so vinaigrette salad dressing
- 12 or so large, fresh, fine basil leaves, plus more for garnish
- Fresh Tomato and Basil Relish (*ingredients below*)

FRESH TOMATO AND BASIL RELISH:

- 4 large, ripe tomatoes, peeled, halved, seeded and diced neatly
 - 1 tablespoon. finely minced shallot or scallions
 - ½ teaspoon red wine vinegar
 - 1 tablespoon. virgin olive oil
 - salt and freshly ground pepper
 - fresh basil leaves
- 2 tablespoons minced flat leaf parsley, optional

1. Make the **Fresh Tomato Relish**: Mix all ingredients together and set aside.
2. Prepare **Initial Dressing**: Mash garlic with salt, mix with oil and pepper.
3. Cook penne or other pasta in a large pot with at least 8 quarts of water until al dente, but not hard. Drain briefly and put in large bowl. Stir in **Initial Dressing**. Add a few drops of olive oil if necessary. Pasta can be cooked ahead and refrigerated at this point.
4. When ready to serve, Toss pasta with **Fresh Tomato Relish**, add the vinaigrette.
5. Pat dry the mozzarella cheese, dice, and add to pasta. Mix and correct seasoning. Put in serving bowl or individual dishes and garnish with basil leaves.

Servings: about 6



— SUPER SALAD —

SUBMITTED BY CANARYBIRD (SHARON)

SOURCE *I've Got to Have that Recipe, Too!* BY BARBARA DOELL

This recipe was e-mailed to me from a Canadian lady who also loves these Canadian cookbooks. She's not yet a member of this forum but likes to watch us all—maybe she'll join—come on in Louise, the water's fine and friendly! (She also says she finds she prefers to use only 4 tablespoons of the vinegar as 6 is too much for her taste, and she chops the garlic before putting it in the blender as it sometimes leaves a lump.)

SALAD:

- 4 cups romaine lettuce, washed and dried
 - 2 cups spinach, washed and dried
 - 2 cups fresh mushrooms, sliced
- 1 medium sweet red pepper, sliced in thin strips
 - ½ cup pumpkin seeds, roasted and salted
 - ½ cup feta cheese, crumbled
- 6 slices bacon, cooked and crumbled (*optional*)

DRESSING:

- 2 cloves garlic, peeled
- 2 teaspoon liquid honey
- 6 tablespoons cider vinegar
 - 9 tablespoons salad oil
- salt and freshly ground pepper to taste
- ¼ to ½ teaspoon paprika

SALAD:

Tear romaine and spinach into bite-size pieces, add remaining ingredients and toss with dressing.

DRESSING:

Put dressing ingredients in a blender and process until thick and frothy.

Serves 8 to 10



— ROASTED RED PEPPER AND WATERCRESS SALAD —

SUBMITTED BY ANN T

This is a very simple salad to make but with wonderful flavours

Source: Judith Huxley's, TABLE FOR EIGHT

- 4 large red bell peppers
- 6 tablespoons olive oil
- 1-½ tablespoons lemon juice
- 1 tablespoon minced shallot
- salt and pepper to taste
- 1 bunch watercress, washed and dried

Broil or roasted the peppers until the skins are blackened and blistered. Place them in a plastic bag and let them sit for about 10 minutes, or until they are cool enough to handle. Rub off the skins, seed the peppers, and cut into thin strips. Mix the oil and lemon juice and add to the peppers. Add the minced shallot and salt and pepper.

Set aside. Just before serving place the watercress in a bowl, add the peppers with the dressing and toss.



— **BABY GREENS WITH SLICED PEARS** —

SUBMITTED BY EILEEN LAUNONEN

This is a really, really good dressing.

- baby greens
- sliced pears (*I use canned believe it or not*)
 - chopped walnuts
 - crumbled Gorgonzola
 - homemade croutons
 - balsamic vinaigrette

For the dressing I use the Seven Seas Italian package with the mixing bottle. Instead of white I pour balsamic to the line and instead of veggie I use olive oil.



— **ROMAINE-RED LEAF SALAD**
WITH **BALSAMIC-BASIL VINAIGRETTE**—

SUBMITTED BY LORIJEAN44 (LORI)

Eileen reminded me of this salad—its originally from the California Pizza Kitchen

BALSAMIC BASIL VINAIGRETTE:

- 6 to 8 large fresh basil leaves
- 6 tablespoons balsamic vinegar
- ¼ pound Gorgonzola cheese, crumbled
- ¾ cup pure olive oil

ROMAINE-RED LEAF SALAD:

- 1 head (1-½ pounds) romaine lettuce, cleaned, cored and torn into 1-inch bite-size pieces
- 1 head red leaf lettuce, cleaned and torn into pieces
- 8 ounces Gorgonzola cheese, crumbled
- 2 cups walnuts, shelled halves

To make the dressing: process all dressing ingredients except oil using a hand-held stick blender or use a whisk in a small bowl. Slowly blend in oil; refrigerate.

TO MAKE THE SALAD:

Combine the greens in a large mixing bowl. Add dressing and toss to coat all leaves. Transfer the dressed greens to chilled serving plates. Top each serving with equal amounts of crumbled Gorgonzola cheese and walnuts.