

## Broad Bean Salad

**Season:** Spring

**Type:** Salad

**Serves:** 36 tastings

**From the garden:** Broad bean, garlic & mint

**Class focus:** Preparing broad beans for cooking



<b>Equipment:</b>	<b>Ingredients:</b>
<p>Small mixing bowl x 2 Large mixing bowl x 1 Small saucepan x 1 Wooden spoon x 2 Whisk x 1 Sieve x 1 Chopping boards and knives Measuring spoons Baking paper Baking tray x 1 Serving bowl x 5 Serving spoon x 5</p>	<p>6 slices of bread (cubed – 1cm) ¼ cup olive oil 2 cloves of garlic (minced)</p> <p>8 pods of broad beans (see instructions below) 2 cups frozen peas (see instructions below)</p> <p>½ onion (finely chopped) ¼ cup mint (finely chopped)</p> <p><i>Red Wine Vinegar Dressing:</i> 3 tablespoons olive oil 1 tablespoon red wine vinegar 1 teaspoon sugar 1 teaspoon Dijon mustard ¼ teaspoon salt 10 grinds of pepper</p>

### What to do:

1. Heat oven to 180C.
2. Wash all the vegetables and herbs.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Combine the bread, oil and garlic in a small mixing bowl.
5. Pour into a lined baking tray, bake in the oven for 5 mins or until lightly browned. Set aside.
6. Pod the broad beans and boil the beans in a small saucepan filled with hot water from kettle for 5 minutes or until tender.
7. Drain and peel the skin off the cooked beans. Set aside.
8. Put frozen peas in a serving bowl, add hot water from kettle, let it sit for 1 minute, drain and set aside.
9. Combine all the ingredients for dressing in a small mixing bowl. Set aside.
10. Put all the salad ingredients in a large mixing bowl, add dressing and toss gently.
11. Serve into 5 serving bowls with a serving spoon in each.

Interesting terms:

Interesting techniques: Preparing broad beans for cooking – pod, boil & remove the skin.