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VARIOUS SALADS:

SUNNY MEDITERRANEAN SALAD

For the Sunny Mediterranean salad, made with very tender baby Spinach, and dressed simply with Olive Oil and vinegar and tossed with Feta Cheese & walnuts.

1 1/4 lbs.	Baby Spinach
1 Can	Manadrin Orange Segments
1 Small	Red Onion
1 Cup	Cerry Tomatoes
1 Cup	Feta Cheese
1/2 Cup	Walnuts toasted and Coarsly chopped

DRESSING

1/2 Cup	Extra Virgin Olive Oil
3 Tablespoons	Red wine Vinegar
1/2 teaspoon	Salt
1/4 teaspoon	Black Paper

Rinse the spinach thoroughly, drain and spin dry in a salad spinner or blot dry between towels. Place it in the salad bowl. Cut the red onion lengthwise and add it to the salad. Cut the celery tomatoes in half and add to the salad. Add Feta Cheese and Walnuts to the salad. In the small bowl combine the red wine vinegar and salt. Stir to dissolve the salt. Add pepper to taste and slowly whisk in the olive oil to form an emulsion. Pour the vinagrette over the spinach salad and toss gently. Enjoy the Sunny Mediterranean Salad.

Serves 4

NAPA SALAD

Napa Salad is made from Chinese cabbage and dressed with Chinese soya sauce and Oliver oil and tossed with Slivered almonds and sesame seeds.

1 Whole	Napa Cabbage
6	Green Onions (You can substitute with red onion)
1/2 Cup	Cilantro (Dhana)

- 3/4 Cup Slivered Almonds - tossed in the oven
- 1/2 Cup Sesame Seed (Regular & Black Option) tossed in the oven
- 1 Package Dry Noodles (Maggie) - tossed in the oven

DRESSING

- 1/4 Cup Sesame Oil
- 1/2 Cup Soya Sauce
- 1/4 Cup Vinegar (can use White Vinegar, Garlic Vinegar or Balsamic)
- 1/2 Cup Sugar (again you can use less if you do not like to sweet)

Rinse the Napa Cabbage and chop it finely on a chopping board. Toss it into the salad bowl. Chop the green onions and toss it into salad bowl. Chop the Cilantro and toss it into the salad bowl. Add the almonds and the sesame seeds and tossed noodles to the salad bowl. Add the dressings to the salad and toss it gently. Enjoy the Napa Salad.

Serves 4

MOGLAI SALAD

Moglai salad is mostly served in Northern part of India and is made of most of our vegetables. It does not contain any leafy green salad. It has been dressed as Sizzler with Indian cumin seeds and tandori masala.

- 1/2 Cup Cauliflower
- 1/2 Cup Broccoli
- 1/2 Cup White Radish
- 1/2 Cup Red Radish
- 1/2 Cup Cucumber
- 1/2 Cup Cherry Tomatoes
- 1/2 Cup Red Onion
- 1/2 Cup Yellow Zucchini
- 1/2 Cup Green Zucchini
- 1/2 Cup Green Bell Peppers
- 1/2 Cup Red Bell Peppers
- 1/2 Cup Orange Bell Peppers
- 1/2 Cup Yellow Bell Peppers
- 1/2 Cup Coriander

DRESSING

- 1/2 Cup Olive Oil
- 1/4 Cup Tandori Masala

1/4 Cup	White Vinegar
2 Tablespoons	Cumin Seeds
1 Tablespoon	Sugar
1 teaspoon	Salt
1/4 teaspoon	Black Pepper
1/4 teaspoon	Red Chili powder (Optional)

Rinse all the vegetables first. Cut all the vegetables into small pieces or cubes depending on the nature of the vegetables. Toss the vegetables into the salad bowl except coriander. Heat the oil in a pot. When the oil is hot add the cumin seeds and sizzler it for a few seconds. Add the tandori masala, vinegar, salt, red chilli powder and black pepper. Saute all the cut vegetables and mixture it for 1 minute, until well blended. Garnish with Coriander and Cherry tomato. Enjoy the Moglai Salad.

Serves 4

VIETNAMESE SPRING ROLLS

Makes 12 Appetizers

½ CUP	SHREDDED OR JULIENNED CARROTS
½ CUP	SHORT THIN STRIPS CUCUMBER
2	GREEN ONIONS THINLY SLICED
1	FRESH JALAPENO OR OTHER HOT PEPPER, FINELY CHOPPED
1 ½ CUP	SHREDDED LETTUCE
1 ½ CUP	COOKED RICE VERMICELLI NOODLES
2 TBSP	SEASONED RICE VINEGAR
1 TBSP	SOY SAUCE
1 CUP	SNIPPED MINT LEAVES
6	DRY RICE WRAPPERS

In a small bowl combine Carrots, Green Onions, Jalapeno, and Rice Vinegar. In another bowl combine Cucumber and Soy Sauce. Cover both bowls and chill for at least an hour. Drain box mixtures.

Pour 1 Cup of warm water into a deep plate. Carefully dip Rice Wrapper in water, one at a time and let it soften until pliable. Place it on a plate.

Place some Lettuce on each Rice Wrapper near one edge. Place some Rice Vermicelli on the Lettuce. Place about one tablespoon of each vegetable mixture on top. Top with few Mint Leaves. Fold in the ends and tightly roll up the rice wrapper. Cover with damp towel. Repeat with remaining wrappers. Cover and Chill. Cut each roll diagonally in half. Garnish with mint or Cilantro leaves