

SALADS, SLAWS AND DRESSINGS (Excerpt)

Black Bean and Corn Salad

2	CP.	DRIED BLACK BEANS	
30	OZ.	BLACK BEANS, CANNED	(RINSED)
1/3	CP.	LIME JUICE, FRESHLY SQUEEZED	
1/2	CP.	OLIVE OIL	
1	EACH	GARLIC CLOVE (MINCED)	
1	TSP.	SEA SALT, FINE	
1/8	TSP.	CAYENNE PEPPER	
2	EACH	CORN EARS (KERNALS CUT OFF)	
1 1/2	CP.	FROZEN CORN (THAWED)	
1	EACH	AVOCADO, (PEELED, STONE REMOVED), 1/2" PIECES	
1	EACH	RED BELL PEPPER, SMALL	(SEEDED), 1/2" PIECES
2	EACH	TOMATOES, MEDIUM, 1/2" PIECES	
6	EACH	GREEN ONIONS/WITH TOPS,	(FINELY CHOPPED)
1	EACH	HOT CHILE PEPPER, FRESH MINCED)	(SEEDED AND
1/2	CP.	CILANTRO, COARSELY	CHOPPED (OPTIONAL)

If using dried beans, place the beans in a large bowl and add enough water to cover by 2 inches. -Place the bowl in a cool place and let the beans soak for 6 to 12 hours. -Drain and rinse the beans.

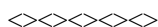
Put the beans into a large pot and add enough fresh water to cover the beans by 1 inch. -Bring to a simmer over medium high heat, reduce the heat, cover, and simmer until the beans are barely tender. 1-1/2 to 2 hours (depending on the age of the beans). -Thoroughly drain the beans and let them cool.

Put the lime juice, olive oil, garlic, salt, and cayenne in a small jar. -Cover with the lid and shake until the ingredients are well mixed.

In a salad bowl, combine the cooked or canned beans, corn, avocado, bell pepper, tomatoes, green onions, Chile pepper, and cilantro. - Shake the Lime Dressing and pour it over the salad. -Stir until well coated.

(The salad can be prepared a few hours ahead, but don't add the avocado until serving time. -Refrigerate, and adjust the seasonings before serving.)

Makes 4 to 5 main-course servings or 8 to 10 side-dish servings.



Chicken Salad, Southwest

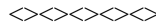
8	OZ.	WATER	
1 1/4	CP.	CHICKEN BROTH	
1 1/2	CP.	LONG-GRAIN RICE	
6	EACH	CHICKEN BREASTS -- BONELESS/SKINLESS	
2	TSP.	GROUND CUMIN	
2	EACH	BLACK BEANS (15 OZ CANS) -- RINSED AND DRAINED	
1	EACH	BELL PEPPER -- CHOPPED	
1/2	EACH	RED ONION -- CHOPPED	

1/4	CP.	CILANTRO -- LIGHTLY PACKED
3	TBLSP.	LIME JUICE -- FRESH
2	EACH	LARGE GARLIC CLOVES

Bring 2 Cp.s of water and 1 Cp. of chicken broth to boil in a heavy medium sauce pan. Add rice. Season with salt and pepper; reduce heat to low. Cover and simmer until rice is tender and liquid is absorbed, about 20 minutes. Transfer rice to large bowl and cool.

Preheat broiler. Place chicken on heavy broiler proof pan. Brush chicken with 1/2 tbs of olive oil. Season with salt and pepper sprinkle with 1 tsp. cumin. Broil chicken until cooked through, about 10 minutes. Cool and cut into 1 inch pieces.

Add chicken, black beans, corn, bell pepper, red onion and cilantro to rice in bowl. Combine remaining 1/4 Cp. chicken broth, remaining tbs. olive oil, remaining tsp. cumin, lime juice and garlic in blender. Process until garlic is finely minced. Season to taste with salt and pepper. Pour dressing over salad in bowl and toss well.



Spinach and Grapefruit Salad

2	TSP.	POPPY SEEDS	
1/2	EACH	RED ONION, THINLY SLICED	
3	EACH	GRAPEFRUIT, PINK OR RED	
6	EACH	GARLIC CLOVES (PEELED)	
2	TBLSP.	WHITE WINE VINEGAR	
2	TBLSP.	OLIVE OIL, EXTRA-VIRGIN	
1	TBLSP.	COARSE-GRAIN MUSTARD	(PREF. POMMERY)
1/2	TSP.	HONEY	
3/4	LB.	SPINACH, FRESH	
		(WASHED AND TORN)	
		(APPROX.16 CP.)	
1/2	EACH	JICAMA, SMALL	
		(PEELED & CUT	
		-- IN MATCHSTICKS)	
		SALT AND	
		FRESHLY GROUND PEPPER	

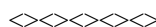
Heat a small skillet over medium heat. -Add poppy seeds and toast, stirring constantly, until aromatic, 1-2 minutes; set aside -Place onion slices in small bowl; add cold water to cover and soak for 10 minutes.-Drain.

Meanwhile, with a sharp knife, remove skin and white pith from grapefruit and discard. Working over a small bowl to catch the juice, cut the grapefruit segments from their surrounding membranes; reserve the segments in a small bowl. -Measure 1/3 Cp. of the juice and set aside.

Bring garlic cloves in a small saucepan and add water to cover. -Bring to a simmer over medium heat; cook until tender, about 3 minutes. -Drain.

In a blender, combine vinegar, oil, mustard, honey, cooked garlic and reserved grapefruit juice. -Blend until creamy. -Season with salt and pepper.

In a salad bowl, combine spinach, jicama, and reserved onions and grapefruit sections. -Drizzle with the dressing and toss. -Arrange on salad plates and garnish with the toasted poppy seeds.



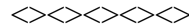
Blue Cheese Potato Salad

2	EACH	GREEN ONIONS, BUNCH	(WASHED AND CHOPPED)
5	EACH	CELERY, STALK (CHOPPED)	
1/2	CP.	DILL, FRESH (CHOPPED)	
1	CP.	MAYONNAISE	
1	CP.	SOUR CREAM	
2	TSP.	LEMON JUICE	
		SALT AND PEPPER TO TASTE	

---ADD AFTER MIXING----

1/2	CP.	BLUE CHEESE, CRUMBLED (ADD WELL)	TO 3/4 AND MIX
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Let mixture sit overnight (very important), as the blue cheese needs to blend with the dressing. -Toss dressing with about 5 LB. of cooked, cut potatoes, more salt, and a little vinegar. -I use small red potatoes, and then cut them into quarters or sixths if they are larger. -I cut them first and then cook them, just until they are done, and then rinse them in cold water to stop cooking. -Then I usually toss them with a little vinegar and salt - remember, potatoes SOAK up salt.

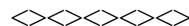


Cajun Coleslaw

5	TBLSP.	MAYONNAISE -- (HEAPING)
1	TSP.	LOUISIANA HOT SAUCE
2	TBLSP.	YELLOW MUSTARD (HEAPING)
2	TBLSP.	KETCHUP
2	TBLSP.	OLIVE OIL
1	TBLSP.	WINE VINEGAR
1	TSP.	GARLIC SALT
1	TBLSP.	WORCHESHIRE
1	EACH	JUICE OF MEDIUMS SIZE LEMON
3	TSP.	SALT (TO TASTE)
4	EACH	BELL PEPPERS -- SLICED
2	EACH	ONIONS, MEDIUM -- SHREDDED
1	EACH	LARGE CABBAGE -- SHREDDED

Put mayonnaise and mustard in a bowl large enough to hold complete mixture, but shaped so that the mixture can be beaten with a fork.

Beat mayonnaise and mustard until combined. Add olive oil slowly, beating all the time. Beat until mixture has returned to the thickness of original mayonnaise. Add Louisiana hot sauce and Worcestershire continuing to beat. Add ketchup and keep beating. Add salt and garlic salt, beating all the time. Add wine vinegar (this will thin the sauce down). Beat this thoroughly, adding the lemon juice as you do. Taste for salt and pepper. Place shredded cabbage, peppers, and onions in a large salad bowl. Pour sauce over and toss well. This should be done about an hour before serving. Tastes even better the next day.



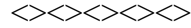
Honey Garlic Dressing

3	EACH	EGG YOLKS
4	CP.	OLIVE OIL
1	TBLSP.	PAPRIKA
1	TBLSP.	BLACK PEPPER, CRUSHED
1 1/2	TBLSP.	SALT

1	TBLSP.	GARLIC (MINCED)
1/2	CP.	HONEY
3/4	CP.	TARRAGON
3/4	CP.	RED WINE VINEGAR

In a large bowl, beat the egg yolks. -Slowly add the oil while whisking to make a basic mayonnaise. -It will work only if you add the oil very, very slowly at first. -You can also use a food processor to make this dressing, but again, you must add the oil ever so slowly to get the desired consistency. -Once the mayonnaise is made, add all the ingredients except the vinegars. -Make sure the dressing is well mixed and ingredients are evenly distributed throughout. -Slowly stir in the tarragon vinegar and then the red wine vinegar, making sure that they are evenly blended.

This dressing must be stored in the fridge or it will spoil. Yield 5 Cp.



For the complete copy of Salads, Slaws and Dressings, go to:

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