
Raw Salad

organic vegetables, extra virgin olive oil, lime
(serves 4 as a starter salad)

Note: Click on any *italic* word
for web reference, description or picture.



Ingredients

4 baby red carrots, peeled
4 baby yellow carrots, peeled
1/2 small (baseball size) *jicama*, peeled
2 stalks of celery with leaves, halved
1/2 small (baseball size) *celery root*, peeled
6 small radishes of varying colors
1/2 cup broccoli florets
2 brussel sprouts
4 spears of asparagus, halved
2 sprigs of *tarragon picked*
juice and zest of two limes
3 ounces organic extra virgin olive oil
1/2 cup raw pistachio rough chopped
1 avocado small diced
salt and pepper to taste

Mise en Place

Mandoline

citrus zester

large mixing bowl

wash and peel vegetables

wash picked tarragon

zest and juice limes

halve celery and separate leaves

halve asparagus

julienne brussel sprouts

dice avocado

apportion olive oil, pistachio

and broccoli florets

Preparation and Assembly

- 1) Use mandoline to slice carrots, jicama, celery, celery root, radishes and asparagus into wafer thin slices.
- 2) Add sliced vegetables to large mixing bowl and lightly toss.
- 3) Add julienned brussel sprouts and lightly toss.
- 4) Add picked tarragon, broccoli florets, celery leaves, lime zest.
- 5) Add lime juice and lightly toss.
- 6) Add olive oil and mix well. Salt & pepper to taste. Toss.
- 7) Assemble dish on a chilled plate and serve.