

Salad Night

Warmer weather calls out for gatherings with family and friends to share good food. This potato/cabbage slaw will answer the call and get the conversation started. Pair it with a yummy avocado salad, some smoked salmon and a fresh baguette. It's perfect food for casual dining and leisurely conversation. Make the salads early in the day and refrigerate.

Finish the evening with fresh seasonal strawberries.

Preparation time: 1 hour and 40 minutes - Serves: 4

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients in small bowls before you start. You'll be happy to have everything ready to go as you throw the salads together early in the day. Prep a total of 1-3/4 C. sliced sweet onion: 3/4 C. for the Potato Slaw and 1 C. for the Avocado Salad.

Potato Slaw

3 slices smoky tempeh
8-10 small new red potatoes (washed)
1 tsp. olive oil

3/4 C. sweet onion (thin-sliced)
2/3 C. carrots (shredded)
2 C. Napa or Savoy cabbage (shredded)

1 T. olive oil
2 T. white wine
1/2 tsp. salt and pepper
1/4 C. rice wine vinegar
1/2 tsp. hot Asian chili pepper sauce
2 teaspoons white sugar

Avocado Salad

1 clove garlic (finely-chopped)
1 T. olive oil
1 T. balsamic vinegar
1 med. cucumber (cut into 1/4" rounds and quartered)
3 Roma tomatoes (chopped)
1 C. Walla Walla sweet onions (thin-sliced and chopped)

3 Avocados (2-1/2 to 3 C. - chop just before serving)
1-1/2 T. lime juice
6 T. grated or shaved Pecorino Romano or Parmesan cheese

Remaining Items and Finish

1 medium-sized baguette (warmed)
one 8 oz. piece of smoked salmon (chilled)

Finish:

2 C. fresh strawberries (sliced)

Dressing for strawberries:

5 T. nonfat yogurt
1 T. brown sugar
1/2 tsp. vanilla extract



Preheat oven to
350 degrees

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

1. Assemble salads several hours before dinner. Cook the tempeh 5 minutes per side in a 400° oven, unless you have some already cooked. Allow to cool enough to handle and chop 3 slices.
 2. Prepare the strawberries and topping. Refrigerate.
- * Summer salads like these are best if they have 2 hours to chill before you dine.

Potato Slaw

1. Rub unpeeled potatoes with a little olive oil, wrap them together in foil and bake 30-40 minutes at 350° or until tender. After cooking, place roasted potatoes in the freezer and allow to cool about 30 minutes before you continue to assemble the slaw.
2. Once potatoes have cooled, slice in thin 1" long matchsticks. Place in a large mixing bowl with sliced onions, shredded carrots and cabbage.
3. Dressing: Measure oil, wine, salt and pepper, vinegar, chili sauce and sugar in a small bowl and stir well. Microwave 30 seconds on high.
4. Add chopped tempeh pieces to salad mixture and pour dressing over entire salad. Gently toss and chill for 2 hours in fridge.

Avocado Salad

1. Place chopped garlic and olive oil in a serving bowl. Microwave 30 seconds.
2. Stir in vinegar. Allow to cool about 10 minutes and add cucumber, tomatoes and sweet onion to bowl. Toss thoroughly. Chill for 2 hours. Wait to add the avocados until just before you wish to serve the salad.
3. Just before serving, chop and toss avocado with lime juice and stir into salad. Top with shaved Romano or Parmesan cheese.

Warm Bread and Serve

About 20 minutes before serving, wrap baguette in foil and place in 200° oven.

Serve: Present family style. Place warmed bread and cold smoked salmon on individual serving plates. Set finished salads on the table in serving bowls. Let diners serve themselves.

Finish:

If not already prepared, mix yogurt, brown sugar and vanilla in a small bowl.

Serve strawberries in small bowls and spoon a couple of tablespoons of yogurt mixture over berries.

What I've Learned from this Recipe

Baking and chilling the potatoes before assembling the slaw will provide you with firm potatoes that handle and slice well.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com