



Pomegranate And Cranberry Salad

# SALADS

All the inspiration I need to whizz up a salad is a quick venture into the local produce section of a market. There, the vibrant colours, freshness and textures conjure up all sorts of salads in my mind. I think of how they will work together and am always coming up with refreshing new combinations.

How amazing the many varieties of lettuce can look in a salad! There is nothing nicer than a crispy lettuce tossed with just the right amount of dressing. I am so happy when I walk into my garden and pick a fresh lettuce, roots and all, knowing that it is grown with love and care and, is free of all pesticides.

Whatever the other vegetables I choose, I always strive for the rubiest of red tomatoes, crispy cucumbers, firm avocados and any number of other titbits I can lay my hands on.

Seasons are all-important for salads – in terms of which fresh ingredients are available and also what people prefer to eat. In summer, there is nothing nicer than pomegranates, watermelons or the like in a salad, adding a sweet slant to the salty and vinegary dressing. In winter, however, heartier salads with roasted vegetables top the bill.

My recent journey to France yielded the delectable “*salade au chevre*” using goat’s cheese. And, of course, a truly South African salad needs only very thinly sliced wet biltong to complete the picture.

Assorted Tomato Salad

Biltong Salad With Creamy  
Mayo Dressing

Cobb Salad

Moroccan Carrot Salad

Grilled Watermelon Salad

Pomegranate And Cranberry Salad

Deconstructed Sushi Salad Platter

Raw Porcini Salad

Roasted Pumpkin, Sweet Potato  
And Fig Salad

Sliced Haloumi Salad

Marinated Goat’s Cheese  
Toast Platter