Greek salad

Fresh from the garden cucumbers, tomatoes, spring onions, green peppers Ingredients vary a little depending on availability, but a Greek salad should always be a celebration of ripe tomatoes and, as such, will always be colourful. Mostly it is topped with fetta, as here.

Equipment
chopping board
knives -
fork
peeler
tea spoon
bowls - 1 small, 1 medium
metric measuring spoons
wooden spoon
scales

Ingredients
1 cucumber
2 tomatoes
2 spring onions
7 kalamata olives
2 tablespoons extra-virgin olive oil
2 teaspoons red-wine or balsamic vinegar
salt
freshly ground black pepper
60 g fetta
2 slices bread
1 clove garlic, peeled.

What to do
*Set out the chopping board, knives and peeler. Peel the cucumber and halve lengthways. Using the teaspoon, scoop out most of the seeds from the centre of the cucumber. Cut the cucumber into 2 cm dice and transfer to the medium bowl.

*Cut the tomatoes into chunks or wedges and add to the bowl. Trim the outside layer of the spring onions and cut off the tops and ends, then cut the spring onions into 1 cm pieces. Add the onion to the cucumber bowl. Place all the scraps in the compost bucket.

*In the small bowl, combine the oil and vinegar to make the dressing. Whisk lightly with a fork, then pour over salad and mix all the ingredients very well with the spoon.. Weigh the fetta and crumble it over the salad.
Taste for seasoning and add salt and pepper (remember the cheese is very salty)
Add torn basil leaves to garnish.

Serve with garlic croutons. Enjoy!
To make croutons, toast bread in the toaster till golden. Rub with garlic clove while hot. Tear or cut into bite sized pieces.

Interesting terms or techniques.
Peeling garlic
Did you know? Fetta is stored in brine, which is
salted water